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# RRROCA



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ROCKY RIDGE ROYAL OAK  
COMMUNITY ASSOCIATION  
WWW.RRROCA.ORG

MAY | 2016

# REPORTER

*Join Us!*

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

*Savour the  
serenity*  
*Springtime in Rocky Ridge • Royal Oak*  
*by Mike Smith*

CIRCULATION | 7600 HOMES AND BUSINESSES

**ARTICLE HIGHLIGHT: Blueberry Cornbread** Page 8  
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# President's Message



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## Get to know your neighbours!



Summer is approaching fast and with that, there will be more neighbours out and about in our community. This is a reminder to slow down while driving through our communities.

I spoke with our Calgary Police Service Community Resource Officer regarding

crime rates in our communities. Most crimes that occur in our area are opportunistic and we spoke about strategies to deter criminals from our homes and property.

First, talk to people. Say hello, make eye contact, know your neighbours, and be a good neighbour. He encourages us to "Leak and Peek," meaning if we wake up in the middle of the night to take a "leak" to then take a "peek" out the window.

Second, secure your valuables. Do not leave anything in your parked car, and if a little spring cleaning makes some room in the garage, use it. Lock the man door between your garage and home all the time.

Third, make it look like you are home. Have neighbours pick up flyers if you are away on vacation, and put a light on a timer in a windowed room in the house. Leave the outside lights on every night. Criminals are less likely to take advantage of a property that is hard to get into or looks like someone is home.

Let's work on keeping our community a safe and great place to live!

I look forward to seeing you out and about in the community, or at the **Family Fun Day/Sports Party** at Royal Oak Victory Church on May 28.

I'm always happy to have your feedback – e-mail me at [president@rrroca.org](mailto:president@rrroca.org).

~ Tessa Sakamoto

### 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.

## MARK YOUR CALENDARS

- May 7 Family Laser Tag at Rocky Ridge ATB Financial from 10:00 a.m. to 3:00 p.m.
- May 8 Mother's Day
- May 23 Victoria Day
- May 27 to 29 Parade of Garage Sales
- May 28 Family Fun Day/Sports Party at Royal Oak Victory Church
- May 30 RRROCA Board of Directors Meeting at 7:00 p.m. at Charlesglen Toyota (public welcome to attend)
- June 7 Early Registration for 2016-17 Scouting Year from 6:30 p.m. to 8:30 p.m. at Rocky Ridge Co-op (see article on page 15 for details)



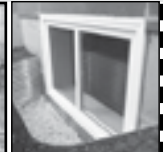
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**WARD 2 COUNCILLOR**  
**Joe Magliocca**

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Web Site: www.Calgary.ca/ward2

*Hello Ward 2!*

**N**eighbour Day is an opportunity for neighbours to come together in the form of BBQs, cleanups and potlucks to celebrate our strong community spirit in Calgary. Make Saturday, June 18 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand. The City of Calgary wants to encourage as many people as possible to host a local activity on their block or in their residential building. That is why they are waiving the fees for small scale local block party permits and neighbourhood park bookings for events that take place on June 18 this year. Please note the deadline for road closure permit applications is May 27. Visit calgary.ca/neighbourday for more information about Neighbour Day including an event planning kit, information about permits and other logistical considerations.

This spring, Calgary Police Service along with Alberta Commercial Vehicle Enforcement will be paying extra attention to safety infractions by heavy and light trucks. They will focus on moving violations, cargo securement, mechanical fitness and other related infractions to ensure all vehicles are roadworthy and safe. There will be check stops and enforcement blitzes throughout the spring.

With the population growth and the new development throughout northwest Calgary, certain major roadways are becoming increasingly congested. Two major projects that I have been advocating for is to twin the Shaganappi Trail overpass over Stoney Trail and to build a full interchange on 14th Street NW and Stoney Trail. Both of these interchange improvements are critical to the transportation network in northwest Calgary. I have met numerous times with officials from the provincial and federal government to advocate for these projects and I will continue to advocate for them at City Hall. If improving these roadways is a priority for you, please share your views with your local Member of the Legislative Assembly, Member of Parliament, as well as my office through www.joemagliocca.com.

**Joe's Tips**

Until May 29, bring your leaves, branches, plants, grass and other yard waste to any City of Calgary landfill for free composting! You can also pick up free mulch from the landfills. Please note that the Spyhill Landfill is now open 7 days/week from 7:30 a.m. - 5 p.m.

**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.



**Royal Oak**  
VICTORY CHURCH

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



## Yard Waste from the City of Calgary

Spring cleaning means plenty of yard waste that can be given a second life as compost!

From April 1 to May 29, City of Calgary landfills will waive fees for residential loads of yard waste. It will then be composted at the sites, turning it back into a useful resource.

Ensure loads only contains yard waste like leaves, branches and plants (no sod). Charges will apply to loads containing other items.

Leave yard waste loose using tarp to transport it or put paper yard waste bags, which can be composted.

**Spyhill Landfill at 69th St and 112th Ave. NW is open seven days a week, 7:30 to 5:00.**

“Yard waste makes up over a third of household garbage at this time of year,” says Sharon Howland, Leader of Program Management at Waste & Recycling Services. “Fallen leaves, branches and plants are all materials that can be composted instead of thrown away. By composting this material, it will help reduce greenhouse gases and turn it into a useful product that helps new plants grow.”



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\*These offers are available to adults age 18 or over. To cash in on the \$350, open your eligible new personal chequing account between April 1 and May 31, 2016 and set up recurring direct income deposit and/or at least two unique recurring pre-authorized payments from this account. The first deposit or each of the first payments must go through your account by August 31, 2016, and each must recur at least once per month for the next two consecutive months. If you have or had a personal chequing account with us on or after December 31, 2013 you're not eligible for the \$350. To cash in on the \$150 referral bonus, you need to be an existing personal chequing account customer and each friend you refer must follow the same process, and meet the conditions, for the \$350 cash offer. Visit [atb.com/friends](http://atb.com/friends) or our branch for full offer details.



## Community Pace Car Program coming



I am excited to announce the Pace Car Program to our communities. In partnership with the Calgary Police Service, Councillor Ward Sutherland and Councillor Joe

Magliocca we will be launching the program on May 28, 2016. This is a very important initiative to ensure traffic safety within our communities.

If you would like to sign up for the Pace Car Program you can do so at Cycle Path in the Royal Oak Plaza, the Rocky Ridge Retirement Center, or all day at the Royal Oak Victory Church during the Family Fun Day on May 28. Also, you can sign up online [www.rrroca.org](http://www.rrroca.org).

The Pace Car Program is a locally delivered, community-wide program that focuses on raising awareness around speed reduction in the community, especially in school and playground zones and pedestrian-dense areas.

The Pace Car Program involves seeking out community members to sign up as Pace Car Drivers. Participants will sign the Pace Car Supporters Pledge and proudly display the official Pace Car emblems on their car window.

The Pace Car Pledge will take place at noon at the Rocky Ridge Retirement Center on May 28.

Many Pace Cars work to calm traffic throughout a neighbourhood - the more people who participate, the better it works!

Please feel free to e-mail me anytime at [vp@rrroca.org](mailto:vp@rrroca.org).

~ Ali Oonwala



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## FREE ESTIMATES! CALL NOW!









## Neighbour Day 2016

A message from the Federation of Calgary Communities

This year Neighbour Day will take place on Saturday, June 18.

Held annually on the third Saturday of June in commemoration of the 2013 floods, Neighbour Day is an opportunity for neighbours to come together to get to know one another and celebrate your community. Neighbour Day events can be as big or as small as you'd like, ranging from:

- Front yard BBQ
- Block party
- Community potluck/picnic
- Movie in the park
- Community clean-up
- Neighbourhood walking tour
- Paint the pavement event
- Community garden party
- And so much more!

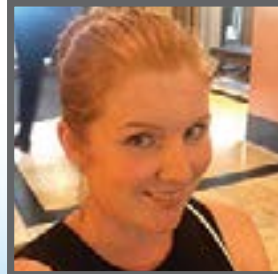
The idea is to meet one another, make new friends, have fun, and maybe work together on a project that benefits the entire community. So make Saturday, June 18, 2016 the day you get to know your neighbours!

Check with your community association to see if they have anything planned, and to find out how you can get involved!

And don't forget to share your experiences on social media using the hashtag #yycNeighbourDay.

Visit [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay) for more information, ideas, and resources to help you with your Neighbour Day activities!

## Parade of Garage Sales



By Michelle Drysdale,  
RRROCA Director of  
Events

The best time to start planning for your garage sale is today! Book your calendars for **May 27 to 29** if your garage and

basement are overflowing. While it might not be time to start putting prices on anything, it's time to sign up to participate in the Parade of Garage Sales.

**REGISTER NOW** at [www.rrroca.org](http://www.rrroca.org).

Sign up and let us do all the advertising for you!



## FAMILY FUN AT DISASTER ALLEY

### CALGARY EMERGENCY MANAGEMENT AGENCY

**THEY'RE YOUR FRIENDS AND NEIGHBOURS.** They're everyday heroes. They work for organizations like the Calgary Fire Department, Calgary Police Service, STARS, Alberta Health Services, HAWCs, Enmax, ATCOGas, Calgary Transit, and many more. Meet them all at Disaster Alley on Saturday, May 7, from 11am to 3pm, at McMahon Stadium (east parking lot).

Disaster Alley is fun, family-friendly, and best of all, it's **FREE!** Learn what first and other responders do to help keep Calgarians safe every day, and in emergencies and disasters. Learn what you can do to be better prepared for unexpected emergencies and disaster. Check out [calgary.ca/disasteralley](http://calgary.ca/disasteralley) for more information!

Disaster Alley is proudly presented by the Calgary Emergency Management Agency (CEMA).



## Blueberry Cornbread



**By Terri Gilson, Rocky Ridge Resident and Volunteer Contributor**

I have been a lifelong cornbread fan, but the discovery of this recipe took my cornbread devotion to an entirely new level! This blueberry cornbread makes a great breakfast, dessert or snack for the kids' lunch bags. And you can replace the fresh blueberries with frozen.

Fresh fruits and veggies are expensive these days! And according to news reports, there is no end in sight. Frozen fruits and vegetables are great option for those who want to find clever ways to stay healthy and remain within budget.

- 1 ½ cups blueberries (I use frozen, slightly thawed)
- 1 cup + 1 teaspoon all-purpose flour, divided
- 1 cup yellow cornmeal
- 1/3 cup brown sugar
- 1 tbsp baking powder
- ½ tsp salt
- 1 large egg, lightly beaten
- 2/3 cup milk
- ½ cup vegetable oil
- ½ tsp vanilla extract

1. Preheat oven to 400° and spray an 8-inch square baking pan or a cake pan with non-stick cooking spray.

2. Toss blueberries with 1 teaspoon of flour and set aside.

3. Combine flour, cornmeal, brown sugar, baking powder, and salt in a large bowl. Stir with a whisk to evenly combine ingredients.



4. In a medium bowl, combine egg, milk, vegetable oil, and vanilla extract. Whisk well.

5. Add wet ingredients to dry and mix just until dry ingredients are moistened. Gently fold in blueberries. You do not want to mix too much.

6. Pour batter into prepared pan and bake for 20-25 minutes or until a wooden pick or cake tester inserted in the center comes out clean.

\*If you use frozen berries, your results will look a little different than the photo and you will need to bake a little longer (approx. 5-8 minutes) or until tester comes out clean.

Recipe and photo courtesy of [www.spicysouthernkitchen.com/blueberry-cornbread/](http://www.spicysouthernkitchen.com/blueberry-cornbread/)

**Questions about this recipe or other cooking/  
baking questions? E-mail Terri at  
[newsletter@rrroca.org](mailto:newsletter@rrroca.org)**

“SPRING - AN EXPERIENCE IN IMMORTALITY.” - HENRY D. THOREAU





## WARD I COUNCILLOR Ward Sutherland

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

### Hello Ward I

I routinely hear from seniors on fixed incomes who are anxious about how they can pay property taxes and utilities that rise faster than their pensions. They are not alone! Regular families and regular Calgarians are all facing challenging economic times. In 2018, I am proposing to freeze the wages of The City employees (including unions) to give Calgarians a 0% property tax rate. This proposal, if passed in Council and combined with large savings in operations and capital spending, would result in a **corresponding freeze** on property taxes (that are slated to rise by 4.7%) in 2017-18. A tax freeze on The City portion of property levies could take effect as early as **2017**.

## Civic Chat



The City has not filled at least 350 vacancies, which has saved \$17 million. Contracting out services has also benefitted savings without The City seeing an increase in complaints. However, I know The City can do more. Union employees need to take into account that wage increases over the past 3 years (3.1% average) were higher than normal in the current environment.

The conditions to pursue a tax freeze are better than ever, given \$86 million in recent expense savings, including \$73.6 million in lower capital project costs. We are in a good, strong financial position right now. A wage freeze could also enable The City to hold off any hikes to transit or recreation fees for two years, which would save The City \$10 million.

Mathematically, a wage freeze is possible, but ultimately it depends on the will of Council.

Stay connected! Sign up at [www.wardsutherland.com](http://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 Web site or my Ward I E-Newsletter, visit: [calgary.ca/wardIconnect](http://calgary.ca/wardIconnect).

~ Ward Sutherland

## How safe is your backyard fire pit?

**B**ackyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

### SAFETY TIPS AND BYLAW REGULATIONS

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.

- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 am to 1 am, unless prohibited in a fire ban.

### DO NOT BURN:

- o Painted, treated or lumber containing glue or resin
- o Wet, or green/fresh cut wood
- o Yard waste (cut grass or leaves)
- o Garbage
- o Rubber
- o Plastic
- o Furniture



Always check [www.calgary.ca/firebans](http://www.calgary.ca/firebans) to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting [calgary.ca](http://calgary.ca) and searching the term 'fire pits'.

# VOLUNTEER CORNER



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

**T**hank you everyone who stepped up to take up various roles within RRROCA. We have only two long term roles available on the board and committees, and one event that will require 150 volunteers! As we anticipate the opening of the ice rink at the community park, we will be looking for volunteers to maintain the ice on the rink. Please take a look at the roles we have below and let me know if you can help out by sending an e-mail to [volunteer@rrroca.org](mailto:volunteer@rrroca.org). We are currently updating our volunteer database and invite you to send an e-mail if you will like your name to be added for future events. We are currently looking for the following positions:

## EVENTS

### Stampede Breakfast

Over 150 volunteers needed on July 9th to flip pancakes, direct traffic, serve juice, clean-up, and assist in the kids corral, among others. This is our biggest event of the year and every support we can get is appreciated. Choose from three shifts between 7 a.m. to 12 p.m.

**Time commitment:** 3 hours only

### Volunteer Coordinator - Skating Rink

Are you interested in managing a group of volunteers to keep the ice rink in excellent condition for the community to enjoy? Support would be provided even if you have no experience, a keen interest would do. The RRROCA community ice rink will be ready by next winter and we will need some help to get it going. Please sign up if you feel you can help. **Time commitment:** Varies

### Skating Rink Volunteers

Are you interested in helping out with our community ice rink? You don't need to have any experience, just a keen will to keep the ice in a great condition for skating. The RRROCA community ice rink will be ready by next winter and we will need some help to get it going. Please sign up if you feel you can help. **Time commitment:** Varies

## BOARD

### 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

### Director of Parks

The Director of Parks will be responsible for parks and recreation in the community. He/she will liaise between the community and the board on issues related to parks within the community. **Time commitment:** 5 hours/month

*The breeze, the trees, the honey bees  
...All volunteers! - Juliet Carinreap*

## MEMBERSHIP



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

Membership sign-up for 2016 is now underway. Please go to our Web site ([www.rrroca.org](http://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](mailto:membership@rrroca.org).

**New membership**  **Membership renewal**

Memberships are annual and are valid January 1 to December 31  
New/renewal memberships \$30.00

Your personal information will be used for Association purposes only and will never be given to third parties.

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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 \_\_\_\_\_

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

# Contact Information



## 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)

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	Laura Robertson	.....	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	.....	parks@rrroca.org
Director of Programs	VACANT	.....	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	Michelle Drysdale	.....	events@rrroca.org

### Committee Leads

Newsletter Editor	Sheryl Khanna	.....	newsletter@rrroca.org
Social Media	Fatima Khawaja	.....	socialmedia@rrroca.org
Events	Twyla Ferrari	.....	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

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**Babysitter Registry**  
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# 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	6				7
1			4				
2	7			8			5
		4	9	5			3
3			1	4	7		
9				1			2 4
				8			9
	4			9	5	1	



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## 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 [eoosen@shaw.ca](mailto:eoosen@shaw.ca).



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DESIGN CENTRE

Address: 423 - 58 Avenue SE [www.homefloors.ca](http://www.homefloors.ca) *We'll find it. We'll install it. We'll guarantee it.*

**FREE  
COURSE**



## 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!

Rocky Ridge Retirement Community is pleased to announce an education series for Seniors this February, facilitated by a highly qualified former professor with a passion for lifelong learning. Our goal is to challenge you, and provide an educational and social outlet to keep your mind sharp while interacting with like-minded peers. Rocky Ridge believes Seniors have much to contribute, and are pleased to offer our **History 4000-American Politics: The Evolution of the American Political System History** course for FREE, to interested Seniors 65 and over.

### **History 4000-American Politics: The Evolution of the American Political System:**

No election in the world, other than our own, is more important to Canadians than an American Presidential election. We follow the candidates, watch the debates and root for our favourite. We know that who wins can have an enormous impact on the relationship between Canada and the United States and, potentially, our daily lives. Most of us, however, know very little about the American political system: How are candidates selected and by whom? What is the Electoral College? How did the two party system come to pass? History 4000 will deal with the structure of the American government, the evolution of the two party system, the expansion of the franchise from its limited beginnings, and the process of actually choosing a President.

***Classes: 1-3 p.m. every Tuesday, starting on June 7th for 4 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.

There will be limited spots available, but we hope to add courses as per demand. Please contact either Heather Sutherland or Nori Wiesner at 403-930-4848 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](http://www.RockyRidgeRetirement.com)  
10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1  
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ANNIVERSARY COLLECTION For special pricing go to [StepperHomes60.com](http://StepperHomes60.com)



# COCHRANE'S HERITAGE HILLS IF YOUR KIDS COULD CHOOSE WHERE TO LIVE...



TOWNHOMES FROM THE LOW \$300's



LANED HOMES FROM THE LOW \$310's

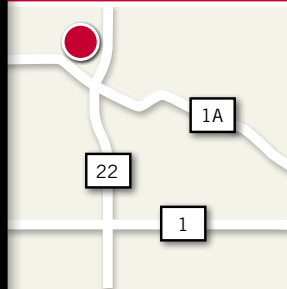
## A GREAT PLACE TO START

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?

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[heritagehills@stepperhomes.com](mailto:heritagehills@stepperhomes.com)



HERITAGE HILLS  
COCHRANE



[stepperhomes.com](http://stepperhomes.com)

Calgary



## SUBSIDIES ARE AVAILABLE FOR CITY SERVICES

Need help accessing City of Calgary programs, services or facilities?

The City has several programs

that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services.

Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).



**The Library is coming to your community! Climb aboard to borrow/return books and movies**

**WHERE:** Tuscany LRT Station  
Bus circle (north side) – parking available

**WHEN:** Every Thursday afternoon

**TIME:** 3:30 pm – 6:00 pm

Scheduled stops: [www.calgarylibrary.ca/booktruck](http://www.calgarylibrary.ca/booktruck)



CALGARY  
PUBLIC  
LIBRARY

The LIBRARY is coming

The Canadian Liver Foundation's Stroll for Liver is a fun, family friendly outdoor walk / run to raise awareness of liver disease, and support research and treatment of liver disease.

**THE CALGARY STROLL FOR LIVER** will be held on Saturday, June 18, 2016 at Confederation Park / Rosemont Community Hall.

Registration and collection of pledges will begin at 9:00 AM, with the walk starting at 10 AM, followed by refreshments and prizes for the top fundraisers.

Funds raised will support liver disease research.

To register for the Stroll, visit [www.strollforliver.ca](http://www.strollforliver.ca) and click on the Calgary Stroll, or call us at 403.276-3390.

For information on sponsorship, please contact:  
Debralee Fernets, Regional Manager – Alberta  
Canadian Liver Foundation  
403.276.3390 • [debralee@liver.ca](mailto:debralee@liver.ca)



## REGISTRATION FOR Beavers, Cubs, Scouts and Venturers

Early Registration Event for the 2016-2017 Scouting Year, starting September 2016

Rocky Ridge Co-op Community Room

Tuesday, June 7th from 6:30 to 8:30 p.m.

For more information, e-mail [mcoady98@yahoo.com](mailto:mcoady98@yahoo.com)



## Engine Oil - What does it do?

By Durotolu Aro, RRROCA Director of Transportation



Let's compare engine oil with body lotion. Rub your hands hard together, after a while you will start feeling tired, pain and heat, repeat with lotion and you will observe:

- Less force is needed...your engine will be more efficient.
- Less heat is generated...your engine will run cooler.

- Less pain is felt...preventing metal surfaces rubbing against each other oil reduces engine damage.
- Lotion protects the skin from sunburn...engine oil coats the engine minimizing exposure to oxygen and preventing rust.
- Engine oil holds in suspension all the nasty by-products of combustion.

### SPECIFICATIONS

The number before the "W" (winter) is the low-temperature rating, the lower the value the better the oil resists thickening at lower temperatures. The second number is the high-temperature rating, the higher the value the higher the oil viscosity and the better the oil resist thinning when heated. These specifications are achieved by including additives in the oil. Mineral oils are made from crude oil while synthetic oils are formulated from chemicals by chemists.

### OIL CARE

Fresh oil is golden brown, but it degrades with time and turns black due to:

- Contamination from byproducts of gas combustion.
- Small particles of metal from engine wear.
- Degradation of the additives caused by engine heat and pressure.

The oil filter removes these contaminants, but ultimately fresh oil will be needed. Oil change frequency for Vehicles is specified in Kilometers while that of mowers/snow blowers is specified in hours of operations. A good rule of thumb is to change your oil before storage after the season (mowers in fall, snow blowers in spring). If you did not change your mower oil last fall consider changing it before use this spring. Run the mower for 5mins to warm the oil before draining, so the oil can flow faster.

### TIPS

- Oil gradually flows to the lowest part of the engine, so run mower/vehicles at a slow speed for a few mins before hitting the gas after long periods of not use.
- Plugging in a car in winter keeps the engine oil warm. The engine needs less energy to start and is better lubricated prolonging engine life.
- If you have squeaky doors, 3-4 drops of oil will fix it.
- When oil leaks into the combustion chamber, it gets burnt up and the engine becomes smoky. If buying a used car make sure you look out for this.

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PRESENTS

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(see website for details)

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To register or for more information, visit:

**royalsoccer.com**





# What to Know Before You Go...Cuisine

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



**Would you describe yourself as a foodie? Do you shun the buffet? Are you a bit of a wine expert?**

Increasingly, travelers are seeking out experiences that include fine dining, sampling local cuisine, wine tastings and cooking demonstrations as part of their vacation. An interest in food is at an all-time high and many are not willing

to compromise on cuisine when they travel. This has created opportunities for hoteliers, cruise lines and tour companies to step up and provide the very best in culinary offerings alongside great destinations and luxury services. Some of them even become a food and wine destination onto themselves.

**Why not ensure that you'll enjoy the very best in cuisine and viniculture on your next vacation? It is as simple as choosing the right hotel or cruise line.**

The Caribbean's boldest new restaurant is at an all-inclusive resort. It's called Frida Kahlo by Alquimia, and it's the newest restaurant at the Playacar Palace resort in Playa del Carmen. The restaurant is the first of its kind in the region, combining haute cuisine with what it calls an "audiovisual spectacle" in a private experience for up to ten guests. The restaurant also uses cooking

techniques from liquid nitrogen to vacuum coffee makers in what is a two-hour dinner across eleven courses.

"Palace Resorts continually strive to enhance the guest experiences through awe-inclusive, awe-inducing amenities. The quality and attention to detail in everything we offer from cuisine and service, in-room amenities, spa offerings and stylish décor, truly separates Palace Resorts from the competition," said Gibran Chapur, Executive Vice President of Palace Resorts. "We believe Playacar Palace's Frida Kahlo by Alquimia is raising the bar in industry standards, and we look forward to delighting our valued guests in Playa del Carmen for years to come."


The concept was created by Chef Oscar Dominguez, who prepared and researched for more than a year to create the eatery. The courses were all inspired by legendary Mexican artist Frida Kahlo, with dishes like fiery chili with honeyed flan and tender venison with sharp orange zest paired with champagne and mezcal.



"Redefining the notion of what an all-inclusive resort can and should offer, Palace Resorts is pleased to offer guests an unmatched experience from an expert team specializing in the unexpected," Chapur said.

## KIDS!

### WHAT'S THE BEST MOM MADE OF?

Colour, and Fill out this recipe, to share with YOUR Mom! 

Recipe for the best MOM!

A cup of \_\_\_\_\_

A tablespoon of \_\_\_\_\_

A drop of \_\_\_\_\_

A sprinkle of \_\_\_\_\_

A teaspoon of \_\_\_\_\_


A dash of \_\_\_\_\_

Mix together with \_\_\_\_\_

Add a pinch of \_\_\_\_\_

Bake.

Serve with \_\_\_\_\_





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

The Rocky Ridge Royal Oak Community Association (RRROCA) is a volunteer-driven body that effectively acts upon the common interests and concerns of the community's diverse residents.

Membership in RRROCA is voluntary, and is distinct from the Rocky Ridge Ranch Homeowners Association. Our mandate is quite different from the Homeowners Association in that we:

- tackle and fix residents' concerns;
- review and adjust development applications;
- community park and outdoor skating rink development;
- operate children's and community based programs;
- provide insurance for supported sport and area usage activities;
- communicate area and city issues to the residents;
- communicate with the Ward 1 and 2 Councillors, the Member of the Legislature of Alberta, and with the Member of Parliament.

*Our success depends on your membership.*

*Thank you for supporting your community association and your local businesses!*



To become a member of RRROCA please go to [www.rrroca.org](http://www.rrroca.org).

**12<sup>TH</sup> ANNUAL**  
**FAMILY FUN DAY**  
**SATURDAY MAY 28 • 12-3PM (Rain or Shine)**  
**ROYAL OAK VICTORY CHURCH • 450 ROYAL OAK DRIVE**

SNOW CONES	MINI GOLF	FACE PAINTING
POPCORN	HOT DOGS	TRAMPOLINES
JUMP HOUSES	CARNIVAL	DUNK TANK
	CRAFTS	PETTING ZOO

CONSIDERATION PROVIDED BY:







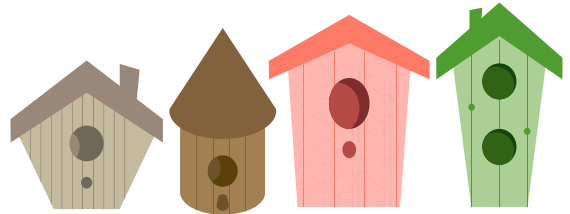

# Rocky Ridge Child Care

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Rocky Ridge day home openings are available now. I offer a safe, positive and engaging private day home that has immediate openings with affordable pricing.

## CALGARY HOMEOWNERS



### ARE YOU A NEW HOMEOWNER?

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As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit [calgary.ca/myhome](http://calgary.ca/myhome).




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LOCAL

# PHOTOGRAPHERS

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



Community Easter Egg Hunt  
**BY SHERYL KHANNA**



Thoughtful Ruminations at Work  
**BY BILAL RASOOL**



Mountain Chickadee in Royal Oak  
**BY MIKE SMITH**



Winter in Spring  
**BY JANELLE LAW DABISZA**



Rare full moon setting within minutes of sunrise in late February west of Rocky Ridge  
**BY BRIAN RUSHFELDT**

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

# YOUR COMMUNITY ANNOUNCEMENTS

**A Star at 10!**

*Happy Birthday Kristine ...  
wishing you more glorious  
years to come.*

*Love, Innocent, Frances and Michael*



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](mailto: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](mailto:newsletter@rrroca.org)

## COMMUNITY CRIME REPORT

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	4	7
Attempted Murder	-	-
Commercial Break-in	1	1
Homicide	-	-
Residential Break-in	1	8
Robbery	0	-
Sex Offence	0	-
Theft	7	23
Theft from Vehicle	8	21
Vandalism	3	4
Vehicle Theft	6	9



Statistics provided by Calgary Police Service's Crime Mapping Application

Covering January 20, 2016, to April 20, 2016.

# Community ●●●●

**CLASSIFIED ADS!** To place your classified ad, contact sales at 403.203.9152 or email: [newslettersales@mindsdesign.ca](mailto:newslettersales@mindsdesign.ca) today!

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# Rocky Ridge Ranch Homeowners Association



10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1 • Please see [www.rrrha.ca](http://www.rrrha.ca) for office hours.

## SPRING PROGRAMS:

The Spring session of fitness classes runs from April until June. Our full program listing is also available on our website at [www.rrrha.ca](http://www.rrrha.ca). Punch Passes available. Registration ongoing.

### Zumba - Mondays w/ Jivka

Time: 7:00pm – 8:00pm

Date: April 4 – June 20 \*excluding April 1, May 1, and 23 (Victoria Day)

Cost: \$85(members), \$95 (non-members)

### Yoga - Tuesdays w/ Vanitha

Time: 6:30pm – 8:00pm

Date: April 5 – June 21, 2016

Cost: \$150 (members), \$175 (non-members)

### \*Pilates – Tuesdays w/Laurie

Time: 8:10 pm – 9:00 PM

Date: April 12 – June 21, 2016

Cost: \$ 95 (members), \$105 (non-members)

### Yoga - Thursdays w/ Vanitha

Time: 9:00am - 10:30am

April 7 – June 23, 2016

Cost: \$150 (members), \$175 (non-members)

### Bootcamp – Thursdays w/Janette

Time: 5:45pm-6:45pm

Date: April 7 – June 23, 2016

Cost: \$ 95 (members), \$105 (non-members)

### \*Yoga – Thursdays w/ Marcy

Time: 7:00pm – 8:15pm

Date: April 14 – June 23, 2016

Cost: \$100 (members), \$125 (non-members)

### \*Pilates – Thursdays w/Laurie

Time: 8:20 pm – 9:10 PM

Date: April 14 – June 23, 2016 (no class May 10th)

Cost: \$ 95 (members), \$105 (non-members)

### \*Kids Yoga – Fridays w/Kaitlyn

Time: 6:00pm – 6:45pm

Date: April 15 – June 17, 2016

Cost: \$100 (members), \$115.00 (non-members)

\*Subject to registration numbers

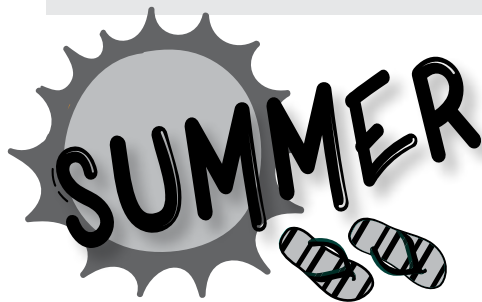
We are pleased to offer Tennis lessons with instructors from First Serve Tennis. Classes will run if we have 6 or more people signed up for each session of each class. A registration form (youth or adult, as applicable) must accompany payment.

### Tuesdays Level 1 (Beginner):

Date	Time	Ages	Rate
May 10 – June 14	5:00 PM – 6:15 PM	7-9 years old	\$125 (M) \$150 (NM)
May 10 – June 14	6:15 PM – 7:30 PM	10-14 years old	\$125 (M) \$150 (NM)
May 10 – June 14	7:30 PM – 8:45 PM	Adults (15+)	\$150 (M) \$175 (NM)

### Fridays Level 2 (Intermediate):

Date	Time	Ages	Rate
May 13 – June 17	5:00 PM – 6:15 PM	7-9 years old	\$125 (M) \$150 (NM)
May 13 – June 17	6:15 PM – 7:30 PM	10-14 years old	\$125 (M) \$150 (NM)
May 13 – June 17	7:30 PM – 8:45 PM	Adults (15+)	\$150 (M) \$175 (NM)



## SUMMER CAMPS OFFERED AT ROCKY RIDGE RANCH:

Kids Summer Tennis Camps instructed by First Serve Tennis will be available Monday-Friday during the following weeks:

July 11 – 15, 2016

July 25 – 29, 2016

August 8 – 12, 2016

7-9 year old Beginners: 9:00am-10:15am

10-12 year old Beginners: 10:15am-11:30am

7-12 year old Intermediates: 11:30am-12:45pm

Registration available now through RRRHA. Please contact the Ranch office if you have questions or would like to register for classes.

Visit [www.rrrha.ca](http://www.rrrha.ca) for more information

### Also being offered at RRRHA:

#### Bricks for Kidz: July 18-22

Half day camps, Monday – Friday  
9:00am-12:00pm; 1:00pm-4:00pm  
(lunch supervision provided)  
To register please visit  
[www.bricksforkidz.com](http://www.bricksforkidz.com)

**Pedal heads:** Weekly camps running Monday to Friday from June 27 – September 2

For more information, please visit  
[www.pedalheads.com](http://www.pedalheads.com)

#### Tuck N' Tumble: July 11-15

For more information, please visit  
[www.tuckntumble.ca](http://www.tuckntumble.ca)

#### The Deborah Laxton School of Dance:

July 25-29

Monday – Friday 10:00-11:00am

For more information, please visit  
[www.thedeborahlaxtonsofdance.ca](http://www.thedeborahlaxtonsofdance.ca)

## Notes from the Office

Registration ongoing for Rocky Ridge Ranch 2016 Spring Programs. Punch passes available. Contact the office or visit [www.rrrha.ca](http://www.rrrha.ca) for details.



Program guide available at [www.rrrha.ca](http://www.rrrha.ca) and Facebook



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