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RRROCA REPORTER

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

NOVEMBER | 2016

Join Us!

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

SUNRISE
BY JULIE STROMER



CIRCULATION | 7600 HOMES AND BUSINESSES

ARTICLE HIGHLIGHT: Successful Community Cleanup PAGE 7
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President's Message



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Busy time for RRROCA



Hello everyone!

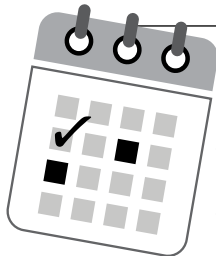
This fall has been an incredibly busy time for our Community Association. We are fortunate to have a great team with a few new volunteers to help manage our projects.

Here's what we have been up to:

- Started construction on our community park - stay tuned to our website for more information.
- Learning how to maintain our park - how to make ice!
- Brainstorming ideas to increase our membership - are you a member? Join today!
- Signing on new volunteers - we still have room for more!
- Preparing for our AGM in November - come to our meeting on November 28 to see what we are all about.
- Evicting mice from our storage shed - not all jobs are pretty!
- Planning for 2017 - we are excited for some fun events.

Make sure to keep an eye on our website! You can also find us on Facebook and Twitter (@RRROCA1) to keep in touch.

As always, I'm happy to hear from you - please email me at president@rrroca.org ~ Tessa



MARK YOUR CALENDARS

- Daylight Savings Time ends Sun, Nov. 6
- November 11 Remembrance Day

Babysitter Registry

Please contact babysitting@rrroca.org for information.

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.

Stay connected to the City of Calgary

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



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

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

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Further details: Deborah Laxton T.C.R.A.D., R.T.S., A.I.D.T.A
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STEP INTO WINTER



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: H000000000

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.





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Thank You for a Successful Community Cleanup

By Michelle Drysdale, RRROCA Director of Events



Thank you to everyone who came out to the RRROCA Community Cleanup on September 18! We had a fantastic turnout. We hope you feel like your homes have been decluttered and you're ready for the fall! RRROCA would like to thank our partners,

London Drugs Royal Oak and the City of Calgary for the part they played in such a successful event. Thank you to all participating vendors, GEEP (Global Electric Electronic Processing), Kidseat Recyclers, The Salvation Army, and Calgary Metal Recycler, for accepting so many items and keeping them out of the landfill. We would also like to extend a big thanks to our RRROCA volunteers and the local Scouts, Cubs and Beavers who helped direct traffic, unload cars, take apart car seats and serve up burgers at the free BBQ!

If you missed the event, London Drugs offers customers a convenient place to drop off items for responsible recycling everyday! Last year, London Drugs customers at all stores who dropped off their recycling contributed to over 11.5 million pounds of waste being diverted from landfills including 72,236 lbs of styrofoam. For a full list of items that can be dropped off at any London Drugs location, including electronics, batteries, light bulbs and styrofoam, visit greendeal.ca.

This year's RRROCA Community Cleanup resulted in the following being diverted from the landfill:

37 lbs
of styrofoam

96 lbs
of batteries

45lbs
light bulbs

60 lbs
of plastic

18
skids of electronics
recycling (at least 1800 lbs)

2
truckloads of metal

- SO MANY car seats (final count to come!)
- one 5-Ton truck of donations for the Salvation Army
- one City of Calgary truck of organics
- one City of Calgary bin of cardboard



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.

VOLUNTEER CORNER



By Joanna Tija RRROCA
Director of Volunteers

Hello RRROCA community members! My name is Joanna Tija, and I am the new Director of Volunteers. I started volunteering for RRROCA as a Volunteer Coordinator earlier this year. It is my pleasure to connect with different volunteers in

our communities. Thank you, volunteers, for contributing your time and efforts to make our events successful! I will do my best to find the most suitable positions for all potential volunteers and build up a strong team for RRROCA. Our communities wouldn't be so wonderful without your support!

Currently, we are looking for ice rink volunteers, an Assistant Secretary, and several Event Leads; details are below. Please email me at volunteer@rrroca.org if you are interested in volunteering with us, and read on for our available volunteer positions.

• Skating Rink Volunteers

Are you interested in helping out with our community ice rink? No experience required, just a keen will to keep the ice in 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.

Time commitment: Varies

COMMITTEE

• Assistant Secretary

The Assistant Secretary will help the Secretary in carrying out clerical duties for RRROCA and stand-in when the secretary is away.

Time commitment: 2 hours/month

• Event Leads

We are currently looking to build a team to plan events for 2017. Event Leads will assist the Director of Events in the planning and execution of community events, such as the community ice rink grand opening, Stampede breakfast, casino fundraising, etc. This can include idea generation, vendor booking, event promotion, on-site event direction, etc.

Time commitment: 2-5 hours/month



Royal Oak School Update

By Shelley Owens Schaal of the Royal Oak School Parent Council and Fundraising Society

Fall is upon us and so much has happened at Royal Oak School. We would like to extend a big welcome to all our new and returning students, and to all of our new teachers. We have had a busy couple of months, with many events happening.

Our first annual Family Fun Fair was a great success and took place on September 29 in conjunction with our new middle school, William D. Pratt. The weather was awesome and the turnout was fabulous. There were five food trucks serving up great eats from Spud Mobile, Sugar Cube, Family Freezed Lemonade, Family Freezed Popsicles, and Tailgate Grill. There were lots of games as well as door prizes donated from local businesses and parents. Thanks to Kees Taekwondo, My Gym, Pedalheads, Melcor YMCA at Crowfoot and Lorena Mabley for their generous donations!

Thank you to the Royal Oak and Rocky Ridge communities for continuing to support our students' fundraising efforts. Watch for some more exciting fundraisers coming soon, including special deals for Calgary Flames tickets! We would also love to invite you to support our newest ongoing fundraiser with Loveable Labels. These help mark your children's clothing, backpack, etc. to help you find their items in the event that they

get lost. Don't lose it – label it! If you shop using the URL <http://www.rosfs.lovablelabels.ca/>, 20% of your order will go back to our school. Feel free to follow our Facebook page (www.facebook.com/ROSFundraising) for more details on our fundraisers!

We are always in need of volunteers both in the school and for various events. If you have police clearance, make sure to sign up online with our volunteer team so we can inform you of volunteer opportunities. To get started, go to the Royal Oak School website, click on the Royal Oak School Council button on the right-hand side, and choose the volunteer form link at the top of the page.

Finally, as the weather changes, please keep in mind the safety of our children as they walk to and from school. Traffic is busier now that William D. Pratt has opened in the area and we need to be extra vigilant around crosswalks and intersections. Please respect the residents in the area and do not block driveways or park illegally. Calgary Police are continuing to monitor the area and are ticketing for illegal parking, walking infractions and driving offences. Thanks to all of those parents and residents already driving and walking with safety in mind!

Remember to join us on **Monday November 14 at 7pm** for our next Parent Council and Fundraising Society Meeting.

LOCAL PHOTOGRAPHERS

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

Rainbow

BY JAY FRO



Fall in Royal Oak

BY LINDA DONALDSON

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!



Autumn

BY ARPITA
MAZUMDAR



Red Berries

BY CHAR KRAUSNICK

Contact Information



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

Rocky Ridge Royal Oak Community Association

Phone: 403.879.2820 **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

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Director of Events	Michelle Drysdale	events@rrroca.org

Committee Leads

Newsletter Editor	Mary Fleet	newsletter@rrroca.org
Social Media	Fatima Khawaja.....	socialmedia@rrroca.org
Events	Twyla Ferrari	events@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

MP, Calgary Rocky Ridge	Pat Kelly	Pat.Kelly@parl.gc.ca
MLA, Calgary Northwest	Sandra Jansen	Calgary.northwest@assembly.ab.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 Roy Moe	Roy.Moe@calgarypolice.ca

NEWSLETTER AD SALES: 403.203.9152 NEWSLETTERSALES@MINDSDESIGN.CA

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.

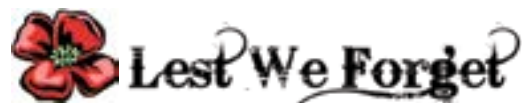
Give me a call at 403.272.4029 or send me an e-mail at eeseen@shaw.ca.



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CAN SPEAK TO TELL THEIR STORY FOR THEM."

- CZESŁAW MIŁOSZ, THE ISSA VALLEY



**FREE
EVENTS**

Rocky Ridge

Lifelong Learning Community

Winter fun abounds at Rocky Ridge Retirement



RSVP today for our events this month!

Africa & Asia- Lifelong Learning Travel Film

Thursday, November 10th at 6:30 p.m.

From Kenya to the Himalayas to China, join us for this Lifelong Learning Travel Film!

Australia to the Americas- Lifelong Learning Travel Film

Thursday, November 17th at 6:30 p.m.

Join us as we journey from the Great Barrier Reef all the way to New York!

Annual Community Christmas Party & Toy Drive

Saturday, November 26th from 2-4 p.m.

Join us for a free afternoon of fun complete with Sleigh Rides, music, Santa, treats & more! Help brighten the holidays for less fortunate children this season by bringing an unwrapped toy to our Toy Drive for the Salvation Army from November 26th-December 20th.

Happy Trails from the Calgary Stampede

Tuesday, November 29th at 6:30 p.m.

Dust off your Cowboy hat and don't miss this live show! Stampede Royalty, line dancing, singing and more!

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
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Winter Gardening

By Jenni van Iderstine

It's that time of year again. The trees are bare, flower pots are no more, and snow could fly at any time. So how do you keep your front yard looking warm and inviting for the upcoming season? Simple. Create your very own outdoor winter planters! It's really quite easy.

You will start to see the bundles of greenery arriving in your local grocery or hardware stores this month. For greater selection, you might want to try a greenhouse. I typically buy four types of branches including boxwood, cedar, juniper and spruce. You may want to purchase some berry branches, bows, festive balls, birch poles or sparkly twigs from a craft or dollar store.

Once you have your greenery and decorative items, you can get started. I use my four large flower pots which have been on my driveway all summer.

1. Start with a clean flower pot. Clear out all of the dead flowers and roots before the soil is frozen. If it is frozen, just pour hot water over top to thaw it. If you have deep pots, put sand in the bottom third, pool noodles (cut in pieces) in the middle, and soil in the top portion. This helps keep pots weighed down, but still light enough to be moved around.

2. There is no right or wrong way to stuff your flower pots. It's a good idea to put cedar around the front as it tends to hang over the edge of the pot. Next, add boxwood.

3. Stand your juniper branches up in the back. They look

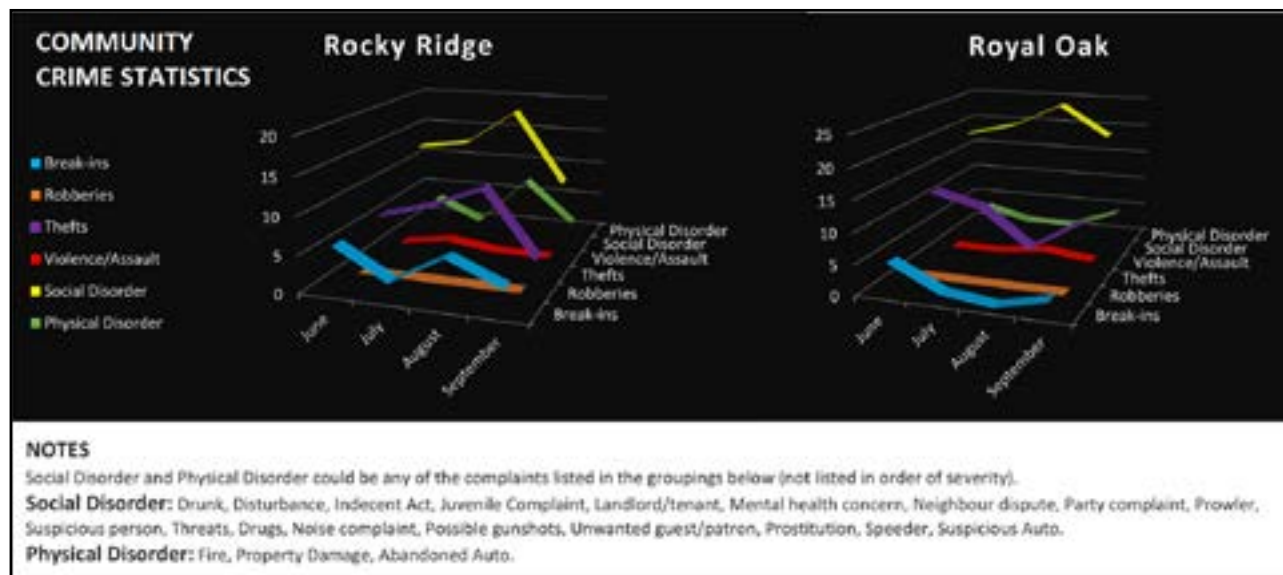


like large fans and create a perfect backdrop. I like to add the spruce/evergreen branches in front of the junipers to fill the space. Feel free to add birch poles in the back with your juniper for a different look.

4. Accessorize. Your pots should be looking pretty good by now! This is where you can start to play around with all of your accessories. In November, I typically just have berry branches and large pinecones in my pots. Once December rolls around, I bring out the gold branches and sparkly balls for a more festive look.

Be creative and tie a bow around your pots. Add accessories that will match the bows on your garage or the wreath on your front door (if you have one). Have fun and be creative with it!

You have now created your very own masterpiece that your neighbours will envy. Best of all, it will last till the spring! Enjoy!



Why get a RRROCA Membership?

By Muoi Leong, Director of Membership



The Rocky Ridge Royal Oak Community Association (RRROCA), is 100% run by volunteers and provides a number of benefits:

- Hosts a number of community events, such as the Stampede Breakfast, Neighbour Day, Community Clean-Up and Community Garage Sales.
- Organizes the Spring Sports programs (soccer, slo-pitch, T-ball) for our children.
- Coordinates the Babysitting Registry.
- Works as a conduit between our city and provincial government, acting as a voice for our community for various issues.
- Organizes and partially funds the development of an outdoor ice rink and will organize the maintenance and upkeep of the ice rink.
- Continuously works to promote community safety – such as implementing the PACE car program, making crosswalks more visible, and working with the area constable to reduce the community crime rate.
- Communicates area and city issues to residents.
- Communicates with the Ward 1 and 2 Councillors, the Member of Legislature of Alberta, and the Members of Parliament.

I encourage you to visit our website for information on upcoming events and RRROCA-funded initiatives at <http://rrroca.org>.

Our success depends on your membership.

Thank you for supporting Rocky Ridge Royal Oak Community Association!

It's Time to Register/Renew Your RRROCA Membership

DRAW PRIZES!

For each month from November 2016 to February 2017, all new and renewed memberships for 2017 will be put into a monthly draw with winners having their membership fee refunded or winning prizes donated by local businesses.

The earlier you sign up or renew, the more chances you will have to win!

Your support of the community association is critical for the maintenance of programs that the Rocky Ridge and Royal Oak communities enjoy. Membership registration can be done online at www.rrroca.org or by filling out the form below.

☐ **New membership** ☐ **Membership renewal**
Memberships are annual and are valid January 1 to December 31

Your personal information will be used for Association purposes only and will never be shared in 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 updates the e-mail will be on file but not used for Association news

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

**RRROCA MEMBERSHIP: PO BOX 91009, RPO Royal Oak,
Calgary AB T3G 5W6**





Fish Tacos By Terri Gilson, Rocky Ridge Resident



Do you want to get rid of that 'fishy' taste you get from salt water fish? Use frozen fish, and defrost fillets in milk. Yes, this food hack really works!

Servings: 6

Ingredients:

For the slaw:

- 1 bag (397g/14oz) coleslaw
- 4 green onions, thinly sliced
- 1/2 cup golden Greek deli – sliced peperoncini or tamed jalapeños (or any hot pepper)
- 1 clove garlic, minced (or 1 tsp of minced garlic in jar)
- 2 Tbsp lime juice (fresh is best)
- 4 Tbsps mayonnaise
- Sugar, honey or agave syrup to taste (optional)¹
- 1/4 tsp of salt

For the fish:

- 3-4 cups of milk (for soaking/defrosting)
- 1/3 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 1/8 to 1/4 teaspoon smoked paprika
- 1 to 1 1/2 lbs, sole
- 2 Tbsps vegetable oil

To serve:

- 12 corn tortillas hard or soft shells
- Torn cilantro leaves
- Sliced avocado (optional)²
- Lime wedges to garnish
- Salsa to garnish

Notes:

¹ I used 1 tsp agave

² I don't use this

Directions:

1. Defrost the fish pieces in a shallow pan (bottom of a broiler pan or large cake pan or roaster for 1-1.5 hrs) covered in milk (I used 2% milk) and flip halfway through the defrosting if the milk isn't completely covering the fish. I defrosted it on the counter, but you could put it in the fridge. This could be done overnight in the fridge, instead.

2. Once fish is fully defrosted (which should only take 1-1.5 hrs) on the counter, prepare the fish, combine the flour, salt, pepper, and paprika in a shallow container. Pat the fish dry, then dredge it in the flour mixture.

3. To prepare the slaw, place the shredded cabbage in a bowl and sprinkle with 1/4 teaspoon of salt. Whisk together the minced garlic, lime juice, and mayonnaise and add to coleslaw. Taste and add a sweetener, salt, and pepper to taste. Pour over the cabbage mix and toss to combine. Mix in tamed jalapeños or peperoncini.

4. Heat the oil in a heavy pan over medium-high heat until the oil is shimmering and flows to coat the entire bottom of the pan. Add the fish to the pan — if cooking multiple fillets, arrange them in a single layer with a little space between. Cook for 3-5 minutes per side, carefully flipping once with a spatula, until both sides are golden-brown and the fish is opaque and flakes apart easily in the thickest part. Transfer the fish to a clean plate and flake into large chunks.

5. Meanwhile, soften the corn tortillas, by placing them in the microwave for 5-10 seconds.

6. Serve the fish on a platter with the tortillas, slaw, cilantro, avocado, lime, and salsa on the side, letting each diner assemble his or her own tacos.

Prep time: 15 minutes + 1.5 hrs. defrosting

Cook time: 10 minutes

Total time: 25 minutes (+ defrosting)

Recipe source: <http://www.thekitchn.com/recipe-fish-tacos-with-quick-cabbage-slaw-recipes-from-the-kitchn-15838>

See more of Terri's recipes at www.foodmeanderings.com

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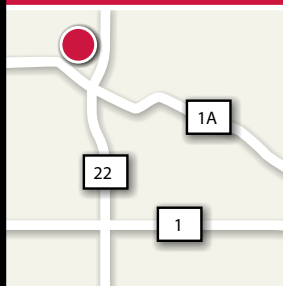
Cochrane is a great place for families. It's a neighbourly small town, with traditional values, convenient amenities and a choice of popular schools. This is a place to make memories – without breaking the bank.



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Civic Chat



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WARD 1 COUNCILLOR Ward Sutherland - Rocky Ridge

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

Traffic Safety Ward 1 Meeting

Silver Springs Community Association
5720 Silver Ridge Drive NW
Thursday, November 17, 2016 from 6:30pm-9:00pm

Together with The City of Calgary and the Calgary Police Service (CPS), Councillor Sutherland will be hosting a community traffic safety meeting on Thursday, November 17th at the Silver Springs Community Association from 6:30 p.m. - 9:00 p.m. This meeting is open to all residents of Ward 1.

Traffic Safety is of paramount concern to citizens, consistently appearing as a top concern in citizen satisfaction surveys. Traffic safety is also a priority of the Calgary Police Service, who utilize both education and enforcement to ensure the safety of drivers and pedestrians.

This meeting will give Ward 1 residents a place to voice their concerns as well as learn how to keep Calgary's roads safe for all users. The goal of these meetings is to create a forum to discuss and raise awareness of traffic safety and to take some specific actions, based on citizen concerns on a specific topic. Actual things that The City, CPS, and citizens can do to improve safety will be discussed. Participants will then be asked to provide feedback about where they believe additional CPS enforcement would be beneficial in their ward.

Based on feedback, CPS will conduct additional enforcement in each ward and report back their findings. The City's Transportation Department will then research and recommend specific engineering measures that could be applied where issues exist. A follow-up meeting will take place in early 2017 and it will be organized by Councillor Sutherland's Office. To receive more information about the Traffic Safety Meetings, visit www.calgary.ca/ward1connect or sign-up at www.WardSutherland.com



WARD 2 COUNCILLOR Joe Magliocca - Royal Oak

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

On September 25, an additional southbound lane was added onto the Shaganappi Trail Bridge over Stoney Trail. The purpose of the additional lane is to help with traffic congestion during the morning rush hour. So far, I have heard and observed that this enhancement has made a significant improvement in reducing traffic congestion. The City of Calgary has also adjusted the traffic light timing to allow for improved traffic flow on Shaganappi Trail south of the Stoney Trail interchange.

City of Calgary Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining city streets as soon as snowflakes hit the ground. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. You can also see where crews are plowing on the live map at Calgary.ca/RoadConditions.

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit Calgary.ca/snow.

Joe's Tip: Please take a moment on November 11th to remember the sacrifices made by our veterans for the freedom that we enjoy today.

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

Notes from the Office

Registration ongoing for Rocky Ridge Ranch 2016 Programs. Punch passes available. Contact the office or visit www.rrrha.ca for details.

403.547.6633 • www.rrrha.ca • officeadmin@rrrha.ca



Program guide available at
www.rrrha.ca and Facebook

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