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RRROCA



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

JANUARY | 2017

REPORTER

Join Us!

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

ONE COLD AFTERNOON

BY CARLA KNIPE

Happy New Year!

CIRCULATION | 7600 HOMES AND BUSINESSES

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HIGHLIGHT: Sports registration starts Feb 1. Visit www.rrroca.org

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

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Dr. Michel R. Prévost MD
Dr. Nanette Fouché MBChB, IAPAM

New Years Resolutions

let us help you start



Buy any laser package and receive 10% off
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offer valid until January 31st 2017

MEDICAL SERVICES

- Acne and Acne Scarring
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- Botox for Hyperhidrosis
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- BodyFX™ Body Contouring
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- Fractora™ Skin Resurfacing
- PRP Vampire Rejuvenation
- Mesotherapy Treatment
- Softening of Scars
- Silkpeel™ Dermalinfusion™
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- Photofacials
- Vascular Lesions

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

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President's Message



RRROCA
ROCKY RIDGE ROYAL OAK
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WWW.RRROCA.ORG



Happy New Year!

Happy New Year! I hope you have had a wonderful holiday season and are looking forward to 2017. Recently, RRROCA had its AGM and elected its Board of Directors. The Directors are volunteers who commit their time, skills, and

effort to make our community a better place. Newly elected Directors include Joanna Tjia, Ted Linklater, Patience Fagbenro and Jenna Mortis. I'd like to welcome all our new Directors to the board including David Houston, as well as thank former Directors Michelle Drysdale and Karen Abbott for their past contributions to the board. Check out our website (rrroca.org) to see what we do and where we could use some help!

Sports registration starts Feb 1; please check the website for more details.

Thanks. ~ Tessa



MARK YOUR CALENDARS

- January 1:
New Year's Day
- January 28:
Chinese New Year



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.



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

'Casual Dress - Relaxed Atmosphere - Relevant Style'
Check out our website for more information, www.rovc.ca.

Before & After School Care

Kindergarten - Grade 6 | 7AM - 6PM



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PUB**

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Lunch Specials

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- \$10 Soup & Sandwich
- \$13 Steak Sandwich

Family Friendly Weekend Brunch

Kids Welcome from 10am - 2pm
Saturdays & Sundays Only

COME CHECK OUT THE NEW KIDS MENU!



Helping Your Children With Social and Emotional Skills

By Jody Breen, Community Coordinator of the Calgary NW
Early Childhood Coalitions



As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more. Teaching your child social-emotional skills is just as important. These skills are:

recognizing and understanding their thoughts and feelings, making healthy decisions and learning right from wrong, being a friend and making friends (teaching conflict resolution and cooperation), self regulation (calming themselves down in an appropriate manner), and being empathetic to others.

Here are some tips on how to foster social emotional development in a baby:

1. Respond to the baby's cries. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for when they are tired, hungry, happy, upset, etc.
4. Being gentle and comforting when they are upset. Rock the baby, sing a soft song, cuddle, or walk with them.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecmmap@weconnectyou.ca.

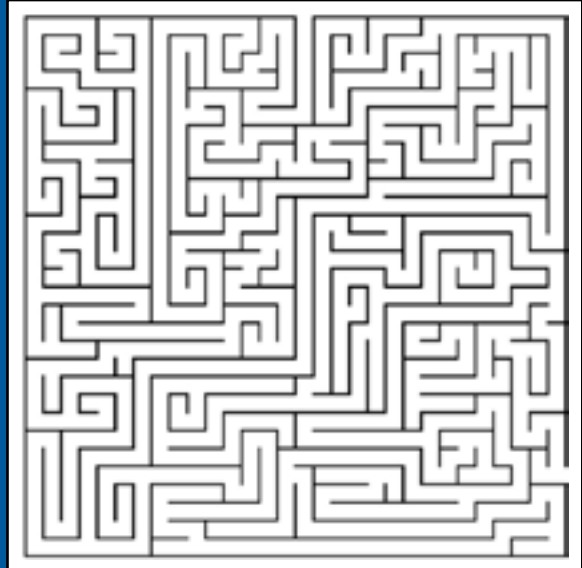


Kid's Winter Maze



**THIS GIRL
CAN'T FIND HER
SNOWMAN!**

Can you help lead her
through the maze to find it?



Joke Time!



Q: What's a tornado's favorite game?

A: Twister!

Q: What falls but never hits the ground?

A: The temperature!

Q: What is the opposite of a cold front?

A: A warm back

Q: How do hurricanes see?

A: With one eye!

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Fees are payable per Semester – **NO YEARLY CONTRACT**

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Semester starts - 6th January 2017

Further details: Deborah Laxton T.C.R.A.D., R.T.S., A.I.D.T.A
www.theborahlaxtonschoolofdance.ca or tel: 403 475 9952



STEP INTO WINTER



UNIVERSITY OF
CALGARY

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)
- \$50 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REBy 0948
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



WINTER can be a challenging time for people to get around their neighbourhood. A person with reduced mobility, a parent with a stroller or even just someone carrying bags from their car to their door can easily slip on ice and snow on sidewalks and pathways. Consider helping your neighbours and community by being a Snow Angel and keeping walkways clear of snow and ice!

The Snow Angels campaign encourages Calgarians to look out for those who may need assistance with snow removal. Now in its 13 year, it's one way that community members can come together and help each other out.

If you, or someone you know has been helped by a Snow Angel, call 311 or go on line to recognize them and nominate them prizes. For more information visit calgary.ca/SnowAngels.

Be a Snow Angel!

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

To support our community, we NEED you to be our volunteers! Please email me at volunteer@rrroca.org if you are interested in any of the following positions.

BOARD

Director of Sponsorship

Responsible for approaching and maintaining relations with sponsors for RRROCA. Will be expected to attend monthly board meetings.

Time commitment: 5 hours/month

Director of Events

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

COMMITTEE

Event Leads

We are building a team to plan events for 2017. Event Leads will assist the planning and execution of community events, including idea generation, vendor booking, event promotion, on-site event direction, etc.

Time commitment: 2-5 hours/month

Assistant Secretary

Responsible for assisting the secretary in carrying out clerical duties for RRROCA and standing in when the secretary is away.

Time commitment: 2 hours/month

EVENTS

Casino Fundraiser Volunteers

We are looking for about 40 volunteers of 8-hour shifts to successfully run our Casino Fundraiser for May 31 (Weds) and June 1 (Thurs), 2017 at Cowboys Casino (421 12 ave SE, Calgary).

There are various positions, such as banker, cashier, chip runner, etc. Apart from having fun, you will help the association to raise funds needed for community capital projects.



Make a World of Difference

DID YOU KNOW?

Volunteering with RRROCA as a board member or a committee member will allow you to:

1. gain valuable volunteering experience and essential work skills;
2. stay up to date on community news as it arises;
3. get a RRROCA membership (\$30) or one sport registration (about \$65) for free every year; and
4. most importantly: help us build a stronger community!



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WWW.BACKBEATMUSICGROUP.CA

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LOCAL

PHOTOGRAPHERS

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



FROZEN FRIDAY
BY SONYA TRAN



Christmas Tree
BY MARY FLEET



Winter Birds
BY CARLA KNIPE



BLACK SQUIRREL
BY CHAR KRAUSNICK

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!



PUFFY SPARROWS
BY CHAR KRAUSNICK

Contact Information



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

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

Directors

Director of Communications	Jenna Mortis	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	David Houston	parks@rrroca.org
Director of Programs	Ted Linklater	programs@rrroca.org
Director of Sponsorship	VACANT	sponsorship@rrroca.org
Director of Volunteers	Joanna Tija	volunteer@rrroca.org
Director of Schools	Ambreen Sulman	schools@rrroca.org
Director of Transportation	Durotolu Aro	transportation@rrroca.org
Director of Events	Michelle Drysdale	events@rrroca.org

Committee Leads

Newsletter Editor	Mary Fleet	newsletter@rrroca.org
Communications Lead	Immanuel Nwachukwu	info@rrroca.org
Social Media	Fatima Khawaja	socialmedia@rrroca.org
Events	Joy Peacock	events@rrroca.org
Website	Wendy Alessi	info@figtreedesignstudio.com
Fitness Classes	Leah Melnyk	fitnessclasses@rrroca.org
Babysitter's Registry	Hong Zhu	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

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 eoosen@shaw.ca.



Welcome Wagon... a Canadian tradition since 1930.

**TOUR
TODAY**



Come Explore Seniors Lifelong Learning

Have you ever wanted to continue learning 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 to get you out of the house and beat those winter blues!

Rocky Ridge Retirement Community is pleased to offer a 4 week, Professor led series starting in January. Our goal is to challenge you, and provide an educational outlet to keep your mind sharp with like-minded peers. We are pleased to offer **History 2291** at no charge, to interested Seniors 65 years and older.

History 2291-Film and History, History and Film:

This course introduces you to the post-modern concept of using film as a historical document with special emphasis on established themes in film history. Films are a valuable source of social, cultural, and intellectual history, as well as representing and chronicling historical continuity and change. One purpose of the course is to impart knowledge and understanding of historical events as they were interpreted through the directors' lens and portrayed in the film medium. A second purpose is to then interpret those developments and film genres in the "language of the film," a critical and analytical context incorporating a broad framework of social, political, economic and historical perspectives.

Classes: 1:00 p.m.-3:00 p.m. every Tuesday, starting on January 17th for 4 weeks.

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

These classes will be taught by Professor Rod Martin, PhD. After retiring from the RCMP, Rod completed his BA and MA in Law Society and Legal History and then graduated with his Doctorate in Philosophy. He has taught in the History Department at U of C and is currently at Mount Royal University.

Please also remember to RSVP for the following events:

- Lifelong Learning Great Course Film Series-US & the Middle East: every Monday & Wednesday from 2-3 p.m. from January 9th to February 15th
- Estate Planning by Quadrant Accounting: Wednesday, January 18th at 6:30 p.m.
- Chinese New Year's Celebration: Thursday, January 19th at 6:30 p.m.

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



Community Park Construction



By Dave Spencer, RRROCA Director of Planning/Development



We are continuing construction on our Community Park. The completion date is still to be determined as we are waiting for a few essential pieces of the puzzle to come together, and progress is weather dependent. We are looking forward to opening the park to our community when we are certain that the site is safe for our residents. If you are interested in getting involved, we are looking for volunteers to help out once the community ice rink is completed.

For more information about progress on the Community Park, and for volunteer opportunities available, visit www.rrroca.org.



Your Community CLASSIFIED ADS!

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

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

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 several benefits:

- Hosts many 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.
- Has organized and partially funded the development of an outdoor ice rink, and will organize the maintenance and upkeep of the ice rink once it is complete.
- 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 the 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

The provided information will be used for Association purposes only and will never be shared 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 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

Congratulations to Venkata M.!!!

To all others who now have a RRROCA membership, THANK YOU!!

Your names will be re-entered for our next month's draw.

The earlier you register or renew your RRROCA membership, the more chances you will have to win.

~ Muoi Leong



Winter Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.



Post-Holiday Energy Bites By Terri Gilson, Rocky Ridge Resident & Volunteer Contributor



Post-Holiday Energy Bites are perfect for your post-holiday rehab. Delicious and easy, they make a great healthy dessert or snack. Enjoy!

Ingredients:

- 1/2 cup almond butter
- 1 1/2 Tbsp. liquid honey
- 1/2 tsp. almond extract
- 1 tsp. vanilla extract

- 1/3 cup chia seeds
- 1 1/2 cups rolled oats
- 1/2 cup shredded sweetened coconut
- 2-4 Tbsp. water
- 1 tsp. ground fennel seed
- 1 1/2 tsp. anise
- 1/3 cup pistachios, finely chopped
- 1/2 cups dried cranberries
- 1/2 cups dried apricots

Directions:

1. In a mixing bowl, stir together almond butter, honey, vanilla and almond extracts.
2. Add oats, coconut and chia until evenly coated. Add 2 Tbsp. of water.
3. Stir in pistachios, cranberries, apricots, anise and fennel seed.
4. At this point, if mixture still doesn't stick well, stir in additional water, as needed. Transfer mixture to refrigerator for about 10 minutes or until easier to handle.



5. Remove from refrigerator and shape into 1-inch balls. Store in refrigerator in an airtight container. They also store well in the freezer for up to 4 months.

Prep time: 10 minutes

Cook time: none

Total time: 20 minutes

Servings: 18

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

NEW TO CANADA?

ARRIVING IN A NEW CITY CAN BE OVERWHELMING. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit calgary.ca/newcomers.



**"Every man should be born again on the first day of January.
Start with a fresh page." ~ Henry Ward Beecher**



Rocky Ridge Ranch Homeowners Association
10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

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

HOURS: Mon/Wed/Fri 8am-4pm, Tue/Thu 8am-8pm
Sat/Sun 8am-12pm

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MOMS N' TOTS
WEDNESDAYS 10AM

If you are a mom and have a child 4 years & under join us at Royal Oak Victory Church. Come for some great conversation over coffee in a relaxed atmosphere.



ROYAL OAK
VICTORY CHURCH

450 Royal Oak Drive NW
• info@rovc.ca • 403 286 4477

Civic Chat



RRROCA
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COMMUNITY ASSOCIATION
WWW.RRROCA.ORG



WARD 1 COUNCILLOR Ward Sutherland

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

Happy New Year!

Happy New Year, and welcome to 2017! I have good news to share with you from The City of Calgary. As Vice-Chair of the Finance Committee, I'm pleased to announce that there will be no property tax increases for 2017. On November 21, 2016, City Council unanimously passed budget adjustments for the New Year, resulting in a 0% property tax increase. This freeze is made possible by a one time \$18-million rebate via The City's "rainy day" fund.

The City has done much cost cutting and found numerous new efficiencies; however, these cuts can only go so deep. Saying "no" to spending is actually the easiest thing to do, yet at times it can be the worst decision ever. For example, you may cut spending and realize a savings in the short run, and end up having to spend double to catch up later. There are times where we have made decisions in Council to spend money in order to save quadruple and sometimes more over a long period of time. I would like to thank City Manager Jeff Fielding and his team for finding millions in savings in City spending - the City has managed to find \$183.3 million in savings overall.

I have no doubt 2017 is going to be a challenging year for us all. However, we are Calgarians, and being natural entrepreneurs is just part of who we are. We will adjust, and we will prosper.

All the best for 2017, thank you for the opportunity to serve and advocate for you.

To follow future updates on municipal news, sign up for my e-newsletter at www.WardSutherland.com





WARD 2 COUNCILLOR Joe Magliocca

Phone: 403.268.3280
 Email: ward02@calgary.ca
 Facebook: www.facebook.com/joe.

Welcome 2017!

Happy New Year! I know for many residents of Ward 2, the past year has been very difficult. I am pleased to report that prior to the New Year, City Council unanimously approved Adjustments to the 2017 Budget which includes relief in taxes and fees to support Calgary home owners and businesses. This includes:

- Property tax freeze for 2017;
- Elimination of the Green Cart program fees for 2017; and
- A sliding scale for Calgary Transit's Low Income Monthly Pass based on income which will be implemented in the second quarter of 2017.

City Council also set aside \$15 million from the Fiscal Stability Reserve to assist Calgary businesses facing challenges due to the economic downturn. Administration will report back to Council early in the New Year with options for Council to consider around utilizing the funds.

Over 11,000 Calgarians provided feedback on the proposed changes to the Community Standards Bylaw, of which City Council has approved. The bylaw regulates neighbourhood nuisances, safety and liveability issues. The approved amendments address citizen concerns related to outdoor concert bass sound levels, wood-burning fire pits, upkeep of properties and delivery of unwanted items.

Council has also given approval of amendments to the Livery Transport Bylaw. These amendments will provide Calgarians with more transportation choices while maintaining public safety.

I'm very glad to see that 144th Avenue NW was opened to traffic between 14th Street NW and Centre Street. Although this is not the final alignment, I am really pleased to see that this section is open as it provides another exit out of Evanston.

JOE'S TIP: Stay informed about parking bans this winter by subscribing to email alerts at Calgary.ca/snow, following @yyctransport on Twitter, calling 311 and watching local news or listening to the radio.

January



Renovating your home is stressful enough on its own, but include children and the pressure can be overwhelming. Here are three tips to help your family survive an upcoming renovation.

ESTABLISH ROUTINES. Keeping life as normal as possible for your children will help maintain calm within your home.

Making meals in large batches that can be quickly reheated or prepped helps keep your days on schedule. Setting a bathing time that allows all to get in and out of an in-progress bathroom efficiently and without disturbing any unfinished work is a good habit to get into.

SAFETY HAZARDS. Ensure tools are always stored out of little hands' reach and safely put away at the end of each day. New "toys" can be appealing to children who may have seen plastic versions of hammers, drills and saws in their own playrooms, but might not realize how dangerous the real ones are without adult supervision. Sealing off nearby HVAC ducting or vents, using plastic hang sheets, and vacuuming with a HEPA-filtered vacuum twice a day are integral to protecting your family from dust and allergens.

TACKLE ONE ROOM AT A TIME. Trying to upgrade more than one space at a time can be a recipe for chaos — or worse, injuries. Choose one room or area to fully complete before moving onto the next. This helps keep potential hazards and air allergens contained to one space at a time, which in turn makes it easier to keep kids away from the area.

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