

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

RRROCA REPORTER



APRIL | 2017

Join Us!

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

Sunset

from Glenbow Provincial Park

photo by Char Krausnick

CIRCULATION | 7600 HOMES AND BUSINESSES

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

COMMUNITY EASTER EGG HUNT! SEE PAGE 14
ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION
403.771.8979 • www.rrroca.org



Calgary's Dedicated Anti-Aging Facility



15% OFF
SILKPEEL
DERMAL INFUSION
AND
OXYGENO FACIAL

EXFOLIATE AND FEEL GREAT

\$50 OFF
REVANESSE
DERMAL FILLERS

REJUVENATE & CONTOUR



**KEEP
CALM**

AND

CELEBRATE OUR
5 YEAR ANNIVERSARY!

15% OFF
LASER PACKAGES

DIOLAZE
LASER HAIR
BodyFX
BODY CONTOURING
FORMA
SKIN TIGHTENING

STOCK UP
ON YOUR
FAVOURITE PRODUCTS

**BUY 5
AND RECEIVE
15% OFF**

Alyria
SKIN OPTIMIZING SYSTEM

ZO[®] SKIN HEALTH
BY ZEIN OBAGI, MD

colorescience[®]

Calgary | Suite 240, 8730 Country Hills Blvd. NW

403-262-7424 | OasisSkinInstitute.ca



Executive Secretary's Message

Hello Community Members!

Welcome to the 4th month of this unfolding year! My name is Patience, and I am the Executive Secretary of RRROCA. I am very humbled to be of service to this beautiful community. The President, the Directors, and their Committee Leads are always seeking new ways to keep the residents comfortable and happy. We receive great support in our initiatives from the City of Calgary and our Ward representatives.

This is reflected in the number of community activities we have planned for the year: sporting activities (hockey, basketball), the Easter Egg Hunt, Park 'N' Play, summer activities, and the Stampede breakfast, among many others. We hope you enjoyed the Family Movie Afternoon that we held last month.

For more information on our upcoming activities, please visit our website, call us at 403.879.2820, e-mail Tessa at president@rrroca.org, and of course, look out for our monthly newsletter. Take care!

~ Patience Fagbenro



MARK YOUR CALENDARS

April 9: Anniversary of the Battle of Vimy Ridge

April 14: Good Friday (Holiday)

April 15: Easter Egg Hunt
@ 10:00 am
(see page 14)

May 26-28:
Parade of Garage Sales



NEW RRROCA Logo!

By Jenna Mortis, RRROCA Director of Communications

We are excited to announce that RRROCA has a new look! You can see our new logo on this edition of the RRROCA



Reporter. This logo is a fresh representation of what has been there all along: a community association dedicated making our community a great place to live. Keep your eyes open for the RRROCA logo around the community to mark our events and community activities.

For more information about how you can get involved with RRROCA, either through volunteering or membership, visit www.rrroca.org.

FAMILY MOVIE AFTERNOON THANK YOU!



- RRROCA's annual Family Movie Afternoon, held on February 25, was a great success
- thanks to close to 100 community residents who came out to enjoy a special community screening of The Secret Life of Pets!
- A big thank-you goes out to the team of volunteers that put it together, the Royal Oak Victory Church for hosting us, and sponsors CIBC and Pet Valu for the delicious popcorn and drinks!



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

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

- Casual Dress
- Relaxed Atmosphere
- Relevant Style

Millennium Contracting Ltd.

Specializing in wind & hailstorm insurance claims, servicing the insurance industry for 30 years.

Buying or selling your home? We can handle all of your residential exterior damages and needs.

30 year warranty. Licensed, Liability Insurance, WCB.

Contact Shawn:
403.703.9132



ROCKY RIDGE
RESIDENT FOR OVER
10 YEARS

Editorial Policy for the REPORTER

The official newsletter of the Rocky Ridge Royal Oak Community Association



We welcome community content, including community event listings, area school updates, senior and youth content, and more. All content appears at the discretion of the RRROCA Board of Directors, the Newsletter Editor, and Mind's Design Publishing, in accordance with these guidelines. All submissions may be edited for length, grammar, and spelling. Any questions about this policy should be directed to the Editor (newsletter@rrroca.org).

SUBMISSION GUIDELINES:

All content submitted to the Editor for publication must be both community-related and family-friendly.

Articles should be no more than 500 words in length. They should not contain any advertorials, creative writing (short stories or poetry), political statements/messages, or anything of a highly charged nature.

Photos should be high-resolution JPEGs (300dpi or greater). Both professional and amateur photographer's submissions are welcome. Though it is not possible for us to offer monetary compensation for submissions, you will receive credit for the photo (i.e., your name printed alongside your photo). If selected, photos will appear either on the cover or in the Local Photographers Page.

SUBMISSION DEADLINES:

Community content is due on the 8th of the current month for the following month's issue. Advertising is due on the 15th of the current month for the following month's issue. All advertising enquiries should be directed to info@mindsdesign.ca.



Spring Sports



By Ted Linklater, RRROCA Director of Programs

The RRROCA 2017 Spring Sports Program is about to start. Teams, players, coaches, and other key volunteer positions are in place for another great season. Details will be provided through the team coordinators.

RRROCA Coaches clinics have been scheduled for both Soccer and Baseball. The focus for both coaches' clinics is player participation and skill development.

Soccer: Saturday April 8

Session 1: 8:00 a.m.: U-04, U-05, U-06

2 Session: 9:00 a.m.: U-08, U-10, U-12

Location: Calgary West Soccer Centre, 11014 Bears paw Dam Rd NW, Calgary, AB T3L 0C3

Kristin Merrett is the Head Soccer Instructor. Kristin brings a lifetime of playing experience at a competitive level along with her present coaching responsibilities at the high school level.

Baseball: Wednesday April 12, Registration: 5:55 PM

Training Session: 6:00 p.m. – 9:00 p.m. Location: Nose Creek School

135 Covepark Square N.E, Calgary, AB T3K 5W9

Big Al Baseball will be conducting our coaches' clinic.



Big Al Baseball has been coaching and co-authoring training and development programs for over 20 years, including working with and learning from teams at the Major-League Baseball level. Scott Price will be conducting the Coaches Clinics, and Scott has co-presented to thousands of coaches' clinics across North America.

Since RRROCA is a co-sponsor, Big Al Coaches Baseball invites RRROCA baseball parents and volunteers to attend this baseball clinic as well. This is a wonderful opportunity for RRROCA parents to learn baseball techniques and skills that both parent and child can use together at any time. For more details, please contact your team coordinator.

Continued...



Rescued

Join Us On
EASTER SUNDAY
April 16 @ 9am & 11am.

 ROYAL OAK

450 Royal Oak Drive NW
www.rovc.ca • info@rovc.ca
403 286 4677

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.

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

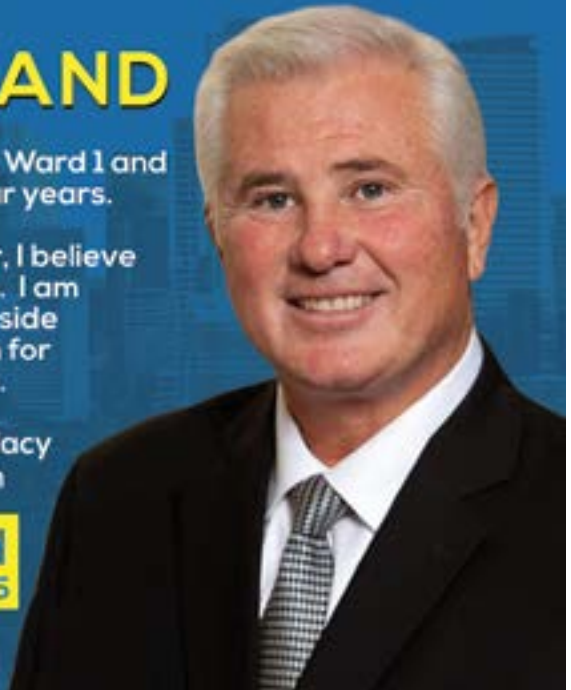
Re-Election Announcement **WARD SUTHERLAND**

It has been an honour and a pleasure serving Ward 1 and the City of Calgary residents over the last four years.

As a business professional most of my career, I believe results are a critical measurement of success. I am proud of my accomplishments working along side dedicated residents that truly have a passion for making their community a better place to live.

I am pleased to officially announce my candidacy for re-election - Councillor, Ward 1, 2017 Term

Stay Updated or Get Involved
wardsutherland.com or call 403-585-0465



RRROCA Volunteer Corner

By Joanna Tija, RRROCA Director of Volunteers



Thank you to everyone who registered in the Spring Sports Program and has committed to volunteer for us! I'm very impressed by the number of community members who have signed up to volunteer for our Casino Fundraiser. Most of the day shift positions have been filled! Your support is the key to our success.

We are still looking for about 20 Casino Fundraiser Volunteers for night shift (6:45 p.m. – 3:30 a.m.) positions. If you want to help, please sign up at <http://bit.ly/2n0RLHV> or the 'Volunteer!' section of the RRROCA website (<http://rrroca.org/en/volunteering-with-rrroca/>) under the 'Casino Fundraiser Volunteers' section. Funds generated by this event will help us pay for programs and facility projects, such as the ice rink. Please remember that if we do not have enough volunteers to meet our commitment, we may not be invited to participate in the next casino event. We are also looking for a Sponsorship Lead. Please e-mail volunteer@rrroca.org if you are interested.

EVENTS

Casino Fundraiser Volunteer

Our Casino Fundraiser will be scheduled on May 31 (Wednesday) and June 1 (Thursday), 2017 at Cowboys Casino (421 12 Avenue SE, Calgary). We are looking for about 40 volunteers to cover at least one shift over the course of the two days. Most shifts are scheduled as 11:15 a.m. to 7:30 p.m., or 6:45 p.m. to 3:30 am.

Positions include: General Manager, Banker, Cashier, Chip Runner, Count Room Supervisor (11:15 p.m. – 3:30 a.m.), and Count Room Staff (11:15 p.m. – 3:30 a.m.).

Casino Fundraiser Coordinator

The coordinator will be responsible for slotting people into shifts and positions, sending out reminders to make sure everyone shows up before the Casino Fundraiser, etc.

LEAD

Sponsorship Lead

This position will assist the Director of Sponsorship with approaching new sponsors and maintaining relations with existing sponsors for RRROCA events and programs.

Commitment: 2-5 hrs/month





CELEBRATING
45
years
IN BUSINESS

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



REPLACE YOUR FURNACE WITH SPRING'S AND **\$AVE!**

Book before April 30/17 and receive up to **\$600** off any list price.

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

SALE

PRE SEASON AIR CONDITIONING SALE!



Book before April 30/17 & receive up to **\$600** off any list price.

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

FURNACE & DUCT CLEANING CLEANING SPRING BLOW-OUT SPECIAL

1 FURNACE & 12 VENTS

\$129+ GST

BOOK BEFORE APRIL 30th, 2017

INCLUDES
1 STANDARD DISPOSABLE FILTER



Royal Vista MEDICAL

ACCEPTING NEW PATIENTS

MON TO FRI 8:30 AM - 5:00 PM
SATURDAY 9AM - 12PM WALK IN
SAME DAY APPOINTMENTS

DR. ANTHONY SETO, MD, CCFP
WALK-INS MONDAY 1PM-5PM



RoyalVistaMedical.ca

403-262-7787

WE WOULD LIKE TO WELCOME:
DR. DEEP TOOR, MD, CCFP

DR. SOBIA RAJPUT, MD, CCFP
DR. AYESHA N. RAHIM, MD, CCFP
DR. JOHANNA FESTEN, MD, PH.D., CCFP
DR. VLAD IURASCO, MD, CCFP
DR. ARNOLD CHETTY, MD, MBChB, MBA

THE MANOR VILLAGE AT ROCKY RIDGE



Move-In Incentives!

New Residents can receive up to **\$1000** towards their moving costs, and an additional **\$250 Dining Room credit** by calling The Manor home.

BOOK YOUR COMPLIMENTARY LUNCH & TOUR
403-239-6400
450 ROCKY VISTA GARDENS NW, CALGARY



RRROCA Community Connection

Rocky Ridge Royal Oak Community Association

PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6
403.879.2820 • communications@rrroca.org • www.rrroca.org

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

Gerard Lynch..... 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

Folorunso Agunbiade events@rrroca.org

Marcie Hawranik

COMMITTEE LEADS

Newsletter Editor

Mary Fleet..... newsletter@rrroca.org

Communications Lead

Immanuel Nwachukwu..... info@rrroca.org

Social Media

Fatima Khawaja socialmedia@rrroca.org

Events

Michelle Drysdale..... events@rrroca.org

Karla Schultz

Viraj Shah

Website

Wendy Alessi info@figtreedesignstudio.com

Babysitter's Registry

Hong Zhu babysitting@rrroca.org

COMMUNITY CONTACTS

MP, Calgary Rocky Ridge

Pat Kelly pat.kelly.c1@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

Mind's Design

NEWSLETTER AD SALES:

403.203.9152

NEWSLETTERSALES@MINDSDESIGN.CA



Visit www.rrroca.org for information about RRROCA

DID YOU KNOW?

Volunteering for RRROCA as a Board Member or a Committee Lead will allow you to:

1. Gain valuable volunteering experience and essential work skills;
2. Be among the first to learn community news;
3. Get a RRROCA membership (\$30) or one sport registration for free (\$65) every year; and
4. Most importantly: help us build a thriving community!



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 shared in 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**

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 by Canada Post to approximately 7600 residents and local businesses.

SUBMISSIONS - Please direct editorial enquiries to newsletter@rrroca.org and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Rocky Ridge & Royal Oak Community Association or the publisher.



NOW THE WHOLE FAMILY
CAN HAVE FUN IN ONESIES!

You love staying active, you love
your family and you love onesies.

So, guess what? We created
Canada's first ever Onesie Run!
It's a fun time for you to jog or
walk at any speed you like!

SIGN UP AT ONESIERUN.CA
EAU CLAIRE MARKET APRIL 22ND 2017

Kids are Free!

Official charity partner:



Community Park Update



**By Dave Spencer, RRROCA Director
of Planning and Development**

As many residents have noticed, the hockey rink is complete. The parking lot is paved and much of the landscape is complete, including the pleasure skating area. Lighting remains to be completed. Phase One is all done. Phase Two will proceed pending successful funding

applications, which were submitted in February and March.

There are a few hazard areas and an area that was prepared for electrical service that will be restored after electrical power is installed. Once the site is safe, the blue fence will come down, and only the pavilion area will be fenced off. Everyone should be able to take a stroll through the park in late spring. Furniture and picnic tables will come with Phase Two. The school children at the new middle school are looking forward to playing basketball in the rink area.

Please check back for more news in the near future.

DON'T MISS OUT – VISIT...



► **National Volunteer Week:** Calgary Public Library's volunteers are honoured each April during **National Volunteer Week (April 23-29, 2017)** at our Volunteer Recognition Event. Our volunteers make an incredible difference in our community every day, allowing the Library to do so much more: offer more programs in more locations, and more often, to so many more Calgarians. Thank you to all our volunteers!

Want to be a Library volunteer?

Visit libraryvolunteers.ca for more information.

► **Bill's Book Café with Mike Morrison:** Take in *Bill's Book Café* with Library CEO Bill Ptacek and Mike's Bloggity Blog creator Mike Morrison. It's guaranteed to be a lively discussion of *Your Inner Critic Is a Big Jerk* by Danielle Krysa.

Louise Riley Library: April 7 | 6:30 p.m.

To register, visit calgarylibrary.ca.

► **Summer Reading:** Looking for ways to keep kids busy this summer? The Library can help with that! Kids can be part of a 3 Things for Canada Action Squad and help with community projects, learn to code using Scratch, and get messy with our science program. And of course we've got books that kids love to read!

Make a difference in the life of a family...



Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

East Calgary: 403-660-6809
West Calgary: 403-660-1136




Boys & Girls Clubs of Calgary Home-Start Calgary



Published by:

Mind's Design



SERVING COMMUNITY RESIDENTS,
COMMUNITY ASSOCIATIONS
& LOCAL BUSINESSES
FOR OVER 13 YEARS!

WWW.MINDSDESIGN.CA

ADVERTISE YOUR BUSINESS TODAY!

REACH OVER 250,000 POTENTIAL CUSTOMERS!

DOWNLOAD THE "MIND'S DESIGN" NEWSLETTER APP.
403-203-9152 | newslettersales@mindsdesign.ca

Your community newsletter is delivered by:




SPRING YARD WASTE LANDFILL DROP-OFF



Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for free composting.

Before you leave for the landfill:

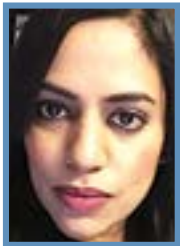
- ✓ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
- ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
- ✓ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit calgary.ca/yardwaste

RRROCA School Update

Enthusiastic crowd at school opening

By Ambreen Sulman, Director of Schools



William D. Pratt school had its official opening event this past February. RRROCA was invited to attend, and we are so glad we did! The event was very well organized and the enthusiasm of the students was infectious.

The school is named after Calgary's William Donald Pratt, famously known as Bill. His family attended the ceremony. William D. Pratt's grandson, T.O. Whenham, gave a speech on behalf of the Pratt family about how proud Bill would have been of the school. Whenham was especially proud of the fact that the school could open in September against all time constraints, because this mirrored most of Bill's projects during his life. He concluded his speech by throwing a white hat into the crowd, just like his grandpa would have done. The school was presented with a special gift of a historically significant school bell by the Calgary Board of Education (CBE). This bell was originally from the first school built in Calgary (in 1885), which was located under the Calgary Tower. There were also speeches by Sandra Jansen (MLA) and the Chief Superintendent of the CBE.

One thing that was clear during the ceremony was the brilliance of the students in all faculties, from the concert band's performance to the dramatic presentation on Bill's life by the performing arts class. The school's sports teams are excellent. In particular, the girls basketball team stands out: they have won 15 of the 16 games they've participated in!

We as a community are extremely fortunate to have such an amazing school in our neighbourhood. You can tell that the staff are very hardworking and the student love being there. It all started four years ago, when some Royal Oak/Rocky Ridge residents went to Sandra Jansen and Joy Bowen to demand a middle school for the community. The perseverance of all involved resulted in this amazing school that now stands in our community.



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

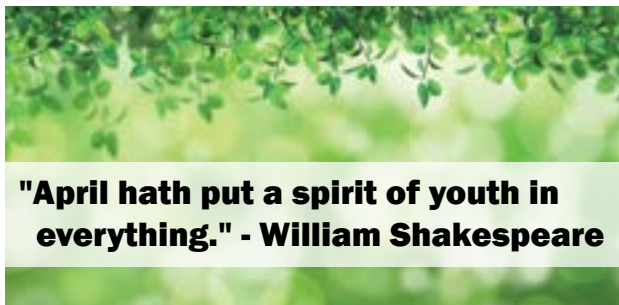
Registration ongoing for Rocky Ridge Ranch 2016 Programs

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



"April hath put a spirit of youth in everything." - William Shakespeare

We can **HELP** you with **ALL** your **PLUMBING NEEDS.**

587-433-1178

- Gas line to BBQ - it's time!
- Water heater repair
- Bathroom renovations
- Leaky faucets

Plumbing Maintenance Packages Available (helps to avoid costly disasters & repairs in the future)

CONTACT FOR DETAILS. scott@tspph.com / ted@tspph.com

the Gutter Doctor
Home Exteriors
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca



Types of Auto Glass By Durotolu Aro, RRROCA Director of Transportation

Laminated glass is made by sandwiching a layer of plastic between two sheets of glass; these three layers are then fused together via exposure to high temperature and pressure. The plastic holds the glass in place if it breaks, creating the spider's web look. This eliminates the risk of passenger injury due to flying glass. Some manufacturers use UV ray absorbing plastic to protect the passengers from sun rays. Laminated glass is used for the windshield; some luxury car

manufacturers use it for the front side windows as well.



**Laminated
Windshield Glass**



**Tempered
Rear Window Glass**

Tempered glass is made by rapidly heating and cooling glass to make it hard but brittle. Tempered glass breaks by shattering into millions of tiny pieces with edges too dull to cut; as a result, passengers are protected from glass cuts. Tempered glass is usually used for rear and side windows. If trapped in a vehicle and you need to break a window, try the sides first; you will need less force to break those.

Chinook Winds and Chipped Windshields: The City of Calgary applies salt and small rocks to the road to aid driving in snowy conditions. With time, the rocks bind to the snow and get pushed to the side. Chinook winds warm up our winter and melt some of the snow, leaving behind the rocks. We know the rest of the story. Chinook winds are one of the reasons Calgary has a high percentage of chipped windshields.

Crack Propagation: On cold winter mornings, the windshield contracts and then gradually expands as the windshield heater warms it. The temperature difference causes stresses in the windshield, which can result in chip and crack propagation. Chips and cracks located around the lower middle section of the windshield are more susceptible to propagating because most of the hot air from the windshield heater is directed at that area. This is why a large percentage of long cracks are located at the lower section of the windshield. For this reason, chips and cracks in this area should be fixed as soon as possible.

Glass Care: Auto glass cleaner/polish leave a thin film on the windshield that repels water, thereby preventing water streaks in rainy weather. The coat also increases the windshield wiper's efficiency.

LivLean™
Lean

Medically Supervised Weight Loss

Lose up to 30 lbs in 30 Days
... and keep it off

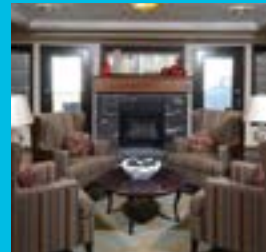
To Book your appointment call:
403-567-2046
LivLean.ca

**TOUR
TODAY**

Rocky Ridge

Lifelong Learning Community

Join us this Spring at Calgary's most vibrant Retirement Community



RSVP for our Free April events today!



History 1131 - Canadian History, Origins to 1867

This Professor-led lecture series will be held every Tuesday in April from 1-3 p.m. and is an introduction to the early history of Canada. Major topics include the Indigenous peoples, European exploration and the Age of Discovery, English Conquest of New France, the Maritime Colonies, American expansionism, the North-West Territories (early Manitoba, Saskatchewan, Alberta), the Pacific North-West and the road to Confederation. RSVP today!

Richard Sheriff Western Comedy Hour

Thursday, April 6th at 6:30 p.m.

Back by popular demand! Come join us for an evening of Comedy as Richard Sheriff keeps us laughing in our seats!

Israel Travel Film

Thursday, April 13th at 6:30 p.m.

Take an aerial pilgrimage to Israel, the world's only Jewish State and Holy Land to three major religions: Judaism, Christianity & Islam.

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

EASTER EGG HUNT!



Join the North West Family Church & RRROCA for a
COMMUNITY EASTER EGG HUNT
on Saturday April 15th at 10am
at the greenspace North of Royal Oak School
on Royal Birkdale Drive

City of Calgary Information/Updates

Calgary



Census and voter registration 2017

Complete your census and voter registration at the same time! Watch the mail for your access code and visit calgary.ca/census from April 1 to 21 to complete your census and voter registration online.

The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians.

If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 22, 2017.

You have opinions. *We want to hear them.* Join Calgary's online panel, Citizens' View

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca.

Spring Yard Waste landfill drop-off program

Bring your yard waste to City landfills for free composting from April 7 - May 28.

What's old is new again when composting your yard waste. From April 7 – May 28, all three City landfills will waive fees for residential spring yard waste. Bring your leaves, branches, plants (no sod – it can't be composted) and other yard waste to any City landfill for free composting.

Please use paper yard waste bags, leave the material loose or bring it in plastic bags (plastic bags must be emptied onsite). This program is only for residential customers and charges will apply if your load contains other items.

By composting your yard waste, this material is kept out of the landfill and given a second life as compost.

Free mulch is available for pick up at all City landfills for both residents and businesses. Bring your shovels as you are required to load your own vehicle.

Please note that landfill hours have changed! Check the days/hours of your nearest landfill and other program details at calgary.ca/yardwaste.



Look deep into nature, and then you will understand everything better.

- Albert Einstein

Spread your wings with a birdwatching course:

The City of Calgary's birdwatching courses are designed to improve your skills whether you are a beginner or advanced birder. Get expert information on bird species, viewing equipment and identification techniques, and put your learning into practice as we go in search of Calgary's winged wonders.

Courses are offered throughout the spring and summer at various park locations.

Registration is \$26.25 per person (12 years and up). All courses are rain or shine, so please dress for the weather.

Book your spot before it flies away at calgary.ca/parksguide or call 403.268.3800.

Recognizing our Volunteers

By Joanna Tija, Director of Volunteers

This month we will recognize Michelle Drysdale, our former Director of Events from February 2016 – January 2017. She is now an Event Lead for RRROCA.

Michelle organized so many awesome events for us last year. These include the Easter Egg Hunt, Family Fun Day, the Parade of Garage Sales, our Stampede Breakfast, Neighbour Day, and the recent Movie Day. She has volunteered over 30 hours per month between March – July 2016.



Here is the interview with Michelle (M).

Q: Why do you volunteer for RRROCA?

M: I decided to volunteer as Director of Events when I saw a post implying that the Stampede Breakfast would be cancelled if no one could fill the position. Volunteering as Director of Events has been a great way to freshen up my skills and meet new people with similar interests. It has been very rewarding.

Q: Do you also volunteer for any other organization(s)?

M: I sometimes volunteer at Royal Oak School as well. There are so many opportunities to volunteer in our community and I'm amazed at how many people are willing to volunteer – they help make our collective community experience a great one.

Q: How has your volunteering experience been with RRROCA?

M: My experience volunteering with RRROCA has been very enjoyable. I have met so many people and had fun working with a team.

Q: What have you accomplished?

M: I've worked closely with community businesses and organizations on our partnered events, organized the Stampede Breakfast attended by over 3,500 residents, and promoted our community cleanup which doubled in attendance last year. I have continued to build relationships with our community partners, created an event listing (coming soon!) to promote other community events, and established event files for continuity and succession planning. With Joanna's help, we have also created an Events Team!

Q: What have you learned through volunteering for RRROCA?

M: My experience with RRROCA made me realize how much a community needs volunteers. They are so important to our success. I have also realized what a great community of businesses we have. They do so much to enhance our community and are essential to the events that we hold. I pay more attention to where I shop as a result!

Q: Any future goal(s)?

M: This year, due to time constraints, I can no longer act as Director of Events – but I'm staying involved as an Event Lead! I aim to ensure that our growing Events Team is ready to execute the RRROCA 2017 event lineup.

Seeing the events we have planned come together and be enjoyed by our residents – especially the smiles on the faces of the little ones – is very rewarding.”

~ Michelle

Words from the author

Michelle is very responsible, pleasant to work with, and always prompt and courteous. We are so thankful to have her as a volunteer!

We are looking forward to the events organized by our new Event Team this year. If you are interested in volunteering with us, please contact me at volunteer@rrroca.org.

Your Community CLASSIFIED ADS!

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

EXOSIDE CONSTRUCTION INC.: Finding quality solutions to all of your exterior housing needs. Our services include: Roofing, Aluminum Cladding, Soffit and Fascia, Exterior Painting, Vinyl, James Hardie and Aluminum Siding. NOW BOOKING FOR SPRING! Senior's Discounts Available! Call Robert today at 403.990.1346 www.exosideconstruction.com (with the BBB) (Please see our display ad on page 17)

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

PSYCHOLOGY PRACTICE: Now Accepting! Shamanic/ Reiki Healing also available. Located in Rocky Ridge. www.soulfulbeing.ca 403.241.4114.

PLACE YOUR AD HERE!
403.203.9152

Community Civic Chat

Ward Sutherland, Councillor Ward I

Phone: 403.268.2430 • Email: ward01@calgary.ca
Website: www.Calgary.ca/ward1



Green carts coming mid-2017

All single-family homes and fourplexes can expect to receive their new green carts in mid-2017. Green carts and starter kits will be delivered to homes quadrant by quadrant. Weekly green cart collection will start the same week for the entire quadrant. Details on quadrant start dates will be shared by the City later this spring.

Residents will receive a starter kit which includes:

- Green cart - the same size as the blue cart;
- Kitchen pail - to collect food scraps inside the home;
- Starter supply of compostable bags - to line the kitchen pail;
- Starter supply of paper yard waste bags - for extra yard waste that doesn't fit inside the cart; and
- Instruction guide and collection schedule.

Green carts and blue carts will be picked up every week on the same day. Since most household waste is compostable and may smell, this material will be picked up once a week. Black carts will be picked up once every two weeks on a different day than blue and green carts since more than half of our garbage is compostable material that can go in your green cart. To learn how to prevent odours and pests, visit Green Cart Tips at www.calgary.ca.

Eligible homes cannot opt out of the program. If you live in apartment or condo, find out about food and yard waste diversion requirements for multi-family complexes at www.calgary.ca.

Never miss a collection day! Sign up to receive free automated reminders before your pick-up via the iPhone or Android apps, text message, e-mail, phone call, or embed your schedule into your online calendar.

Information is like compost; it does no good unless you spread it around.

- Eliot Coleman

CHAT WITH CHIEF CHAFFIN

Councillor Ward Sutherland is inviting the residents of all Ward I communities to come out on May 11, 2017, from 6:30 p.m. – 9:00 p.m. to meet Chief Roger Chaffin and some of his key staff. Do you have a question for the Chief or want to meet him? Here's your opportunity to hear him discuss policing issues in Calgary and ask him questions.

This "fireside chat" style event is open to all residents of Bowness, Crestmont, Greenwood/Greenbriar, Montgomery, Rocky Ridge, Scenic Acres, Silver Springs, Tuscan, University Heights, University of Calgary, Valley Ridge, and Varsity.

If you have any questions relating to the meeting, please contact Councillor Ward Sutherland's office at ward01@calgary.ca or call 403.268.3240. This event will take place at the Silver Springs Community Association (5720 Silver Ridge Drive NW).

If this is an event you would like to attend but you require disability accommodations, please contact 311 to request an accommodation or service. Please provide at least two weeks' notice so that the City of Calgary can coordinate the service.



ExoSide Construction Inc.  

Robert Fehr
403.990.1346

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

Our services include: Our services include: Roofing, Aluminum Cladding, Soffit and Fascia, Exterior Painting, Vinyl, James Hardie and Aluminum Siding.

NOW BOOKING FOR SPRING! Senior's Discounts Avail.

exosideconstruction.com **FREE ESTIMATES**

Community Civic Chat

Joe Magliocca, Councillor Ward 2

Phone: 403.268.3280 • Email: ward02@calgary.ca
Website: www.Calgary.ca/ward2



Polar Plunge a success!

Thank you to all who participated in this year's Polar Plunge in Arbour Lake. Over \$40,000.00 was raised for the Special Olympics! Thanks also to the Arbour Lake Residents Association for hosting this great event.

Complete your census and voter registration at the same time! Watch the mail for your access code and visit www.calgary.ca/census from April 1 to 21 to complete your census and voter registration online. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 22, 2017.

Winter is coming to an end and Calgary Snow Angels have been helping people get around their neighbourhood all season. Snow Angels help keep a neighbourhood safe to travel in while building community spirit. 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 for prizes. For more information visit calgary.ca/SnowAngels.

From April 7 to May 28, all three City landfills will waive fees for residential spring yard waste. Bring your leaves, branches, plants (no sod – it can't be composted) and other yard waste to any City landfill for free composting. Please use paper yard waste bags, leave the material loose, or bring it in plastic bags (plastic bags must be emptied onsite). This program is only for residential customers and charges will apply if your load contains other items. Free mulch is available for pick up at all City landfills for both residents and businesses. Bring your shovels, as you are required to load your own vehicle.

Calgarians will be mailed an access code in late March which can be used at www.calgary.ca/census to complete both their census and voter registration online. Door-to-door census collection will begin in late April if residents are unable to complete their census and voter registration online. For more information visit www.calgary.ca/NeighbourDay.

Joe's Tip:

Please note that landfill hours have changed! Check the days/hours of City landfills at www.calgary.ca/yardwaste.ca

*No matter how
long the winter,
Spring is sure
to follow.*

~ Proverb



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 Sadaf 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 403.471.5279 or send me an e-mail at mehdisadaf@hotmail.com



Welcome Wagon... a Canadian tradition since 1930.

**"SPRING COMES: THE
FLOWERS LEARN THEIR
COLORED SHAPES."**

~ MARIA KONOPNICKA



GOOD FRIDAY SERVICE
10:30 AM

COMMUNITY EGG HUNT
Sat. 10 am (see ad page 14)

EASTER SUNDAY
10:30 AM

403-241-8822
www.nwfchurch.com  @nwfchurch

10307 Eamon Road NW
- next to the Tuscany LRT Station
(Rocky Ridge side)
 You will find us "at the end of the line"



North West Family Church Welcomes you to attend our Sunday Service at 10:30 am
Need prayer? We would love to pray for you, just call or email us nwfc@nwfchurch.com.



ASSINIBOINE
LIGHTS & LANDSCAPES

403.301.3300

WWW.ASSINIBOINE.COM

CALL NOW
 - BBB - WCB
 - Licensed - Insured
 - Bonded








LANDSCAPE CONSTRUCTION

- LANDSCAPE DESIGN - STONE PATIOS - RETAINING WALLS - SOD
 - GRADING - TREES - FLOWER BEDS - FENCES - DECKS AND MUCH MORE

SPRING CLEAN UPS & WEEKLY LAWN CARE

- AERATE - POWERRAKE - LEAF CLEAN - FERTILIZE - PRUNING - MOWING - BEDS - VACATION CUTS

FREE ESTIMATES! CALL NOW!









Local PHOTOGRAPHERS

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



MOOSE
BY JADE OHLHAUSER



EASTER BUNNY
BY CHAR KRAUSNICK



SNOW MUSHROOMS
BY BRIAN RUSHFELDT



FROSTY PINES
BY ANDY DODSWORTH



SUNSET
BY KELLY CHERNESKY-MOONEY

The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature and 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. Who knows, you just might see your photo(s) in print!

HEY KIDS!

THE FAIRIES ARE BACK FOR THE SPRING! HOW MANY COLOURS DID THEY BRING WITH THEM?



Joke Time!

Q: What's a baby chick's favorite plant?

A: EGG-plants!

Q: When do people use trampolines?

A: Spring time!

Q: What goes up when the rain comes down?

A: An umbrella!

Q: What falls but never gets hurt?

A: The rain!

Q: What do you get when you plant kisses?

A: Tulips!

BICYCLE HELMET SAFETY

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



GETTING INFORMED

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

GETTING STARTED

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

GETTING THE RIGHT FIT

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

WWW.ALBERTAHEALTHSERVICES.CA

YOUR CITY SECTION

facebook.com/thecityofcalgary
twitter.com/cityofcalgary calgarycitynews.com

Check out these important updates from The City of Calgary

Recreation is for everyone – we offer classes that respond to the varying needs of all Calgarians of all ages and abilities; including those experiencing chronic health conditions.	Calgary.ca/ Gentle Fitness
Spread your wings with a birdwatching course! Learn how to identify different bird species and get tips and tricks on how to get the most out of your birdwatching experience.	Calgary.ca/ Calgary ParksGuide
Register your child for a spring nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.	Calgary.ca/ ParksGuide
Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit.	Calgary.ca/ Neighbour Day
It's golf season! Search tee times, get GPS enabled course maps, and share interactive scorecards with The City of Calgary golf app. Download it today.	Calgary.ca/ Golf
Compost your spring yard waste for free at City landfills from April 7 – May 28.	Calgary.ca/ YardWaste
Complete the census and voter registration online! Watch the mail for your access code and visit calgary.ca/census from April 1 to 21.	Calgary.ca/ Census
Fun and FREE activities for children, youth and families all year-round. Find out what's happening in your area.	Calgary.ca/ Community Programs



It's Golf Season!

Calgary.ca/Golf



TIPS FOR BUYING A VEHICLE

With winter ending and warmer weather approaching, the time is right to think about spring and summer cruising in some great wheels. If you're in the market for a vehicle this season, there are some things you can do to make the experience interesting, rewarding and satisfying.

Whether you're looking for a new or used vehicle, check out these tips to get you started:

ANALYZE YOUR DRIVING NEEDS. Where do you live? What do you do? How will you use your vehicle? How many people and things will you carry along with you? How much will you travel each day?

ANALYZE YOUR CHOICES. Gasoline, diesel, electric or hybrid are your basic power choices nowadays and each has its advantages depending on your driving needs.

AVOID TEMPTATION. There are some thirsty, fuel-guzzling vehicles out there and they're not all pickup trucks or large SUVs.

THINK LIGHT, THINK SMALL, THINK EFFICIENT. Why buy a bigger, more expensive vehicle when a smaller, greener one will do?

DO THE MATH. Check the EnerGuide label on the vehicle for the fuel consumption ratings.

~ www.newscanada.com



LOCATED IN ROYAL OAK SQUARE!

Royal Oak FAMILY DENTISTRY

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

NOW ACCEPTING NEW PATIENTS! Dr. Jasbir Mundi | Dr. Rashmi Bajaj

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



 **403.374.6161**

#112, 500 Royal Oak Drive, NW



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

Great Clips®
IT'S GONNA BE GREAT™

A great haircut does
wonders for your selfies.



Any Haircut
\$5 OFF

Not valid with any other offers.
Limit one coupon per customer.
Valid at Calgary, Airdrie, Cochrane,
Okotoks and Lethbridge salons.

Offer Expires:
04/30/2017

Great Clips®
IT'S GONNA BE GREAT™

greatclips.com | greatclipsapp.com | greatclipsfranchise.com

facebook.com/greatclips



OnlineCheck-In™

Download our free app
or visit greatclips.com.

CROWFOOT CROSSING

814 Crowfoot Cres. NW

403-208-3444

M-F 9-9 Sat 9-6 Sun 10-5



SOLID SOLUTIONS
CONTRACTING AND RENOVATIONS

Are you looking for a change?
Add value to your property by hiring a
reliable contractor in your neighbourhood.

- Kitchens
- Basements
- Bathrooms
- Handyman Services



(403) 477-0987

f @SolidSolutions01

SolidSolutionsRenovations.com