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RRROCA



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MARCH | 2017

REPORTER

Join Us!

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



BY THE LIGHT OF THE MOON
BY CHAR KRAUSNICK

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LOCAL PHOTOGRAPHERS PAGE: P9

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Director of Communications' Message

Come on out!

This year is off to a great start, and we are looking forward to a wonderful 2017 filled with community events and activities. As a relatively new volunteer with RRROCA, it has been such a pleasure for me to get involved in my community, make some new friends, and learn more about the great work that RRROCA does. RRROCA works hard to ensure that Rocky Ridge and Royal Oak are great places to live, and we are always looking for great volunteers and new members. I encourage every one of you to check out the volunteer opportunities available to you. Remember, there are perks for RRROCA members, especially with our upcoming Spring Sports Program!

I look forward to seeing you at some of our great community events in 2017!

- Jenna Mortis



TIP OF THE MONTH

BLUE CART RECYCLING

Bag your bags!

Always bundle your plastic bags before recycling. Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment, and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.

YES! Bundle all stretchy plastic bags together in one bag and tie the handles closed.

Acceptable plastic bags include:

- Grocery bags
- Bread bags
- Shopping bags
- Dry cleaner bags
- Sandwich/lunch bags
- Plastic stretch wrap
- Ziploc®/freezer bags
- Bubble wrap

NO! Do not recycle these types of bags:

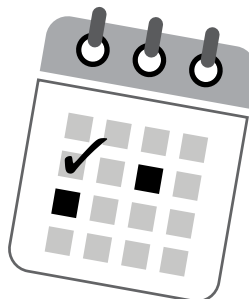
- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches



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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International Women's Day, March 8, 2017

Artist: J. Howard

CALLING ALL LOCAL BUSINESSES!



RRROCA needs YOU!



As you know, the RRROCA Reporter is the **ONLY** official newsletter of the Rocky Ridge/Royal Oak Community Association (RRROCA). That means this is the **ONLY** newsletter that publishes articles directly from the RRROCA Board of Directors about upcoming community events, programs, and other important

information. Advertising your business or community-related event(s) in our newsletter means that you could:

- **Reach up to 7,395 homes in the community with your message;**
- **Allow us to improve and expand our newsletter; and**
- **Help your community!**

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Check out these important updates from The City of Calgary

Spring-Clean Up begins as soon as winter ends. Do your part to help crews sweep efficiently and effectively by moving vehicles when your street is scheduled for sweeping.	Calgary.ca/ Sweep
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
Register now for summer fun. Art, golf, swim camps, nature camps, sailing lessons and much more.	Calgary.ca/ Recreation/ Programs
What are your kids doing for March break? Day camp space available.	Calgary.ca/ Recreation
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more	calgary.ca/ Accessibility
Be a Snow Angel by clearing snow and ice from a neighbour's walk. Recognize a Snow Angel by calling 311 or visiting calgary.ca/SnowAngels.	Calgary.ca/ SnowAngels



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2017 Spring Sports Program

By Ted Linklater,
RRROCA Director of Programs

Just a friendly reminder that early registration for the Spring Sports

Program ends on March 12.

The last day to guarantee your spot in the Spring Sports Program is on March 12. After this date, a late registration fee of \$25 applies, and registrations are accepted only if spots are available.

The Spring Sports Program would not be able to run without volunteers. Remember, the \$50 deposit that is charged during registration will be refunded once a parent or guardian fulfills their volunteer responsibilities.

If you have any questions or comments, please email me at programs@rrroca.org.

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.



By Joanna Tija, RRROCA
Director of Volunteers



Thank you to everyone who registered in the Spring Sports Program and committed to volunteer for us! Your support is the key to our success.

We are actively looking for Casino Fundraiser Volunteers who will help us to raise funds for our community. Casino Fundraisers are an important part of raising funds for our community. Those funds are used to offset our programs, facilities, and services to our residents.

Volunteers are the lifeblood of any healthy and active community. Please consider giving your time to help out. If we do not have enough volunteers to meet our commitment, we may not be invited to participate in the next casino event. Please sign up at the Volunteer page on the RRROCA website (<http://rrroca.org/en/volunteering-with-rrroca/>) under the Casino Fundraiser Volunteers section, or email me at volunteer@rrroca.org.

Thank you in advance!

EVENTS

Casino Fundraiser Volunteer

Our Casino Fundraiser will be scheduled on May 31 (Wednesday) and June 1 (Thursday), 2017 at Cowboys Casino (421 12 Ave SE, Calgary). We are looking for about 40 volunteers to help with 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 a.m. 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.).

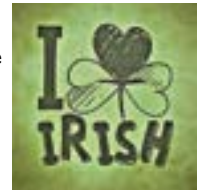
Casino Fundraiser Coordinator



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

DID YOU KNOW:

The humble shamrock was originally a teaching tool. St. Patrick is said to have used the three-leaved plant to explain the Holy Trinity (Father, Son, and Holy Spirit) to the pagan Irish.





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Friday, March 17th at 2:00 p.m.

Join us for some green beer, refreshments & music by the Goodtimer's for St. Patrick's!

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Rocky Ridge Royal Oak Community Association

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Joe Magliocca joe.magliocca@calgary.ca

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Visit www.rrroca.org for information about RRROCA

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for information.

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

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**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.

Local PHOTOGRAPHERS

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



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!

Recognizing our Volunteers

By Joanna Tija, Director of Volunteers

Volunteers don't necessarily have the time; they just have the heart!

~ Fatima

Each month, we will use this space to recognize the excellent contributions of one of our volunteers. This month, our Social Media Lead Fatima Khawaja was nominated for her excellent volunteer work and long-term commitment. She has been handling RRROCA's social media accounts for the last two and a half years.



Here is the interview with Fatima (F).

Q: Why do you volunteer for RRROCA?

F: I feel it is important to give back to our wonderful community. Even though I work full-time and am a mom to a rambunctious toddler, I set time aside to help RRROCA with their social media. They say volunteers don't necessarily

have the time, they just have the heart!

Q: How has your experience been while volunteering for RRROCA?

F: RRROCA is such a wonderful platform for our voices to be heard, and I've met such talented people while volunteering. Boxer Muhammed Ali, one of my heroes, once said, "Service to others is the rent you pay for your room here on Earth."

Q: What have you accomplished?

F: By meeting so many people through the Photo Friday contests and other events, I can truly say I know my neighbours, which is so important.

Q: What have you learned through volunteering for RRROCA?

F: I've learned about the ins and outs of the community we live in, and have newfound appreciation for the hard work that goes into running a community association.

Q: Any future goal(s)?

F: Make our Facebook and Twitter into places where neighbours can exchange information and ideas.

Words from the nominator - Tessa Sakamoto, President of RRROCA

We are so thankful to have Fatima on our team. She represents RRROCA well and has great ideas to keep our community engaged, like Photo Friday. Fatima somehow strikes a balance in her home, work, and volunteer roles, and we are lucky to have her!

Quote from Fatima

"Service to others is the rent you pay for your room here on Earth."

We are so glad to have many enthusiastic volunteers like Fatima helping our community. Are you ready to pay your rent now?

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RRROCA Membership

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!

February Draw Winner!

Congratulations to Allison K., the winner of our final membership draw!

Please remember that a RRROCA membership is needed for participation in the Spring Sports programs as well as the Winter Skate program.



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

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Slow Cooker Pulled Pork on a Bun

By Terri Gilson, Rocky Ridge Resident & Volunteer Contributor



I recently read in Ricardo Magazine that Albertans love their slow cookers.

We love them so much so that we use it more than any other province in Canada. Of course we do! What's not to love about an appliance that does all our cooking for us while we're at work or off gallivanting around?! This slow cooker pulled pork recipe is perfect for any time of the year, makes a great weeknight or Sunday night dinner and is perfect for feeding a crowd. So pile it high on buns with a quick broccoli slaw, garnish it with some pickled jalapenos or sliced peperoncini for even more zing (if that's your thing) and enjoy having the slow cooker do your work for you!

Prep times: 30 minutes **Cook time:** 8 minutes **Servings:** 8

Ingredients:

3-1/2 lb. (1.6 kg) pork shoulder blade roast
 1/2 tsp. (2 mL) salt
 1/2 tsp. (2 mL) pepper
 2 Tbsp. (30 mL) vegetable oil
 1 onion, diced
 4 cloves garlic, minced
 2 Tbsp. (30 mL) chili powder
 2 tsp. (10 mL) dried cilantro
 2 bay leaves
 1/4 cup (60 mL) tomato paste
 1 can (14 oz/398 mL) tomato sauce
 2 Tbsp. (30 mL) packed brown sugar
 2 Tbsp. (30 mL) cider vinegar
 2 Tbsp. (30 mL) Worcestershire sauce
 1 Tbsp. natural hickory liquid smoke flavour
 340 g/12 oz. broccoli cole slaw
 4-6 Tbsp. of coleslaw dressing (add to your liking)
 1/2 cup sliced peperoncini or pickled jalapenos (optional)
 8 whole wheat buns



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

Directions:

1. Sprinkle pork with salt and pepper. In Dutch oven or large, deep frying pan, heat oil over medium-high heat; brown pork all over. Transfer to slow cooker.
2. Add onions, garlic, chili powder, cilantro and bay leaves to Dutch oven/frying pan; cook, stirring often, until onions are softened, about 5 minutes.
3. Add tomato paste; cook, stirring, about 2 minutes. Add tomato sauce, sugar, vinegar and Worcestershire sauce and liquid smoke. Pour into slow cooker. Cover and cook on low until pork is tender, about 8 hours.
4. Transfer pork to cutting board and when cooled for about 10 minutes, remove any fat and bone. With 2 forks, shred or "pull" pork.
5. Meanwhile, pour liquid from slow cooker into large saucepan; skim off fat. Bring to boil over high heat; boil vigorously until reduced to 3 cups, 10 to 12 minutes. Discard bay leaves.
6. Add pulled pork; stir to coat and warm through.
7. Pile meat on bun.
8. Broccoli slaw: Mix broccoli slaw and coleslaw salad dressing together and add to bun.
9. Add peperoncini or pickled jalapenos, if desired.

~ Adapted from Canadian Living Magazine, June 2013

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



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RRROCA Civic Chat

Ward Sutherland, Councillor Ward 1

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



Bowness Park Update

Spring is in the air! With the warming weather, residents can look forward to spending time at Bowness Park. Listed below are some plans that are currently under way, under review or being considered as of January 2017. Please note that there is a chance that some items may get changed, postponed or removed due to circumstances outside Ward 1's jurisdiction.

- Creation of a residential parking zone West of 85th Street is being considered;
- Notices about the parking situation are being prepared for delivery to stakeholders in households close to the Park, and planned to be delivered in January 2017;
- A stakeholders' meeting is planned to be held by Roads for those households receiving said notices;
- Creating additional parking spots on the North side of the river by Baker Park is currently being considered;
- The creation of a corresponding shuttle service to tie in Baker parking with Bowness Park usage is being planned;
- It is being proposed that large party bookings be obliged to use Baker Park parking and shuttle services;
- Electronic traffic counters to monitor the number of vehicles entering Bowness Park are being looked at;
- The use of electronic signage at the gate and on the main road(s) outside of the Park to better advise users of the availability of parking spots is being explored; and
- Better provisions for "drop-off service" for seniors, handicapped persons, etc. being pursued.

Never miss another municipal or community event!
Sign up for all the latest news at www.WardSutherland.com

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MY NEIGHBOUR CARD

The Federation of Calgary Communities, in partnership with the Calgary Police Service, have a friendly resource to encourage neighbours getting to know one another. The My Neighbour Card gives you space to write down the names and contact information for all of your neighbours, in case of an emergency. Do you have one? If not, they can be picked up through your community association.

Get to know your neighbours!

*A message from the Federation of Calgary Communities
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RRROCA Civic Chat

Joe Magliocca, Councillor Ward 2

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Website: www.Calgary.ca/ward2



Spring is around the corner!

On January 23, City Council approved \$45 million in tax relief by limiting the 2017 non-residential municipal property tax increase to 5 percent. I voted in favour of providing this tax relief as it will result in a substantial tax cut for many small businesses in Ward 2. While I continue to advocate for long term sustainable tax reductions for all Calgarians, this temporary tax relief program will provide immediate benefits and signal that Calgary is Open for Business. For more information on property taxes, please visit www.calgary.ca/ourfinances.

With spring just around the corner, The City's annual Spring Cleanup is coming to neighbourhoods across Ward 2. This means that shortly, street sweeping will begin; this involves removal of sanding materials and debris that have accumulated on roads during the winter months. City crews will be sweeping on a compressed schedule, working 7 days per week. When you see street sweeping signs in your neighbourhood, please remove vehicles and carts from City roads. For more information on when sweeping will begin in your community, please visit www.calgary.ca/sweep.

The civic census online will be open on April 1 for census submissions. In addition, this year, Calgarians will also be able to complete their voter registration online.

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.

Joe's Tip:

Mark June 17 on your calendar for this year's Neighbour Day. This is a great opportunity for neighbours to come together to celebrate our strong community spirit in Calgary.

For more information visit www.calgary.ca/NeighbourDay.



North West Family Church
BREAKTHROUGH In Canada
Location: 10307 Eamon Road NW Calgary, Alberta
"It's a New Season"
Service Times
Leadership Conference: Mar. 18th 8:30 AM
Special Service: Mar. 18th 10:30 AM
Speaker: Brother Farnell Blackman

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(Rocky Ridge side)
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