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MARCH | 2015

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RRROCA MESSAGE

President's Message



Your Official Community Newsletter

Welcome to our new newsletter! Big congratulations to our Editor, Carla Knipe, on a fantastic job steering this change. Change is always hard, but in the end Carla felt, and the board agreed, this was a good one to make.

Speaking of change, the board recently had a special meeting to develop a business plan for RRROCA. As a board we have gone through tremendous change in the past 4 years. The board has gone from a very small crew of 5 or 6 people trying to do everything, to, as of this week, 14 directors and 11 lead positions. In order to help manage all of this change and provide some direction now and for future boards we felt it was a good idea to refresh our vision statements and create some goals to guide us in the years to come. If you are interested in seeing this please visit our website.



RRROCA
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MountainViews

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Now the super-fun part! I get to introduce some new people to you! I couldn't be more excited to welcome aboard Ali Oonwala as our new VP, Jenelle Wohlberg Director of Communications, Kristy-Lynn Brosowski Director of Parks, and Dave Spencer Director of Planning and Development. To those who stepped up as leads a big thank you as well.

I also need to say good-bye to our Director of Transportation, David Klym. He was a tireless fighter for our community's needs. He worked very hard to bring our traffic issues with Country Hills BLVD and I12Ave, Royal Oak Way and around the school to the front of our councillors' agendas. We appreciate your hard work, David, and will do our best to keep it going.

Our youth sports season is just around the corner. I want to thank our sponsors. We have a huge sports program and it wouldn't be possible without the support of our local businesses. It's important to shop local and support the business that are supporting you. Thank you Karen (Director of Sponsorship) for your hard work bringing community and business together.

I would like to thank the person who fixed the Little Free Library at the school after it sustained some damage to the door, most likely due to the cold weather. No name was given so all we can say is we appreciate your help! This Random Act of Kindness inspired us to pay it forward. We are declaring March as Random Act of Kindness month. If someone does something for you or if you do something for someone else, please post it on our Facebook page, send us a Tweet or contact us by email if you aren't on social media. We will be giving out some random awards for sharing your stories and printing a selection of the stories in upcoming newsletters. I can't wait to hear them all! Hopefully this will become an annual tradition in our community.

To start things off, I want to thank the kind man who saw me filling my tire at the gas station in -20 degree weather,

for shooing me away and insisting he fill it for me. What a genuine act of Kindness!

In this issue look for a sneak peak of our calendar of events as well! We have a great summer planned for you and hope to see you out there!

Just because I told you how many are on the board now, doesn't mean we don't need you! Please consider volunteering at one of our events, or even on the board. We have lots of special projects we could use some help with and a couple of board positions as well. Please consider sending Francis a note at volunteer@rrroca.org and letting us know what you might like to help with!

~ Pam Nichol

Please Note:

The opinions expressed with any published article, report or submission reflect those of the author and should not be considered to reflect those from The Rocky Ridge Royal Oak Community Association (RRROCA) or the publisher of this newsletter. While the Editor and Publisher make every endeavor to print accurate information, we cannot guarantee it.

Disclaimer



Lorraine Reed-Loewen
 Consultant
 Investors Group Financial Services Inc.
 100 – 37 Richard Way SW
 Calgary, AB T3E 7M8
 403 253 4840
 lorraine.reed-loewen@investorsgroup.com

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MOUNTAIN VIEWS - 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.



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Address: PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6
Website: www.rrroca.org



MOUNTAIN VIEWS, 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



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RRROCA PROGRAMS

and sports in your community

Your Official Community Newsletter

THE RRROCA BUFF BUNNY BOOTCAMP,

led by Leah Melnyk (pictured front row, centre) puts a group of local ladies through a rigorous workout every week at MyGym. The sessions are tough but, judging by the smiles on these ladies' faces, the participants still manage to have fun!



RRROCA ZUMBA ROCKS!

My name is Helen Rondilla and I am lucky enough to be the Zumba instructor for RRROCA.

The RRROCA Zumba class is a group of beautiful women who, for one hour a week, get away from the everyday stresses of life by turning into dancing divas!!



We dance together every Monday evening at 7:30-8:30pm at My Gym in Royal Oak. We laugh, sweat and get our groove on all while getting an amazing workout. These ladies inspire me and I love watching them all let go and unleash their inner goddess! We have lots of fun together and we look forward to class every week.



If you want to get a spring in your step, then sign up for RRROCA Spring Zumba with me! The sessions will be held on Mondays from April 13 to June 8 (no class May 18) 7:30-8:30 pm at My Gym Royal Oak. The cost is \$72.00 for RRROCA members.

Don't delay...register early to avoid disappointment at www.rrroca.org (look for sport/adult fitness classes on the menu).

PLEASE NOTE

To get in contact with the newsletter if you want to submit content or you just want to say "hi", please use our NEW email address: newsletter@rrroca.org. The previous email address has been deactivated.

SPORTS

If you have already registered – welcome! Look for more information in your inbox in April. We are excited to get the season started!

LAST CHANCE FOR SPORT REGISTRATION!

Registration for Spring Soccer and Ball runs until March 13. LATE REGISTRATION is available from March 14 – March 31 for an additional fee of \$10 per registration. After March 31, registration is closed. To register, visit rrroca.org (under Spring Sports), click on the link and sign up as a new member. Here, you will be able to purchase your RRROCA membership (\$30), and then follow the prompts to register in a program. Registration is open to non-residents as well, as long as a RRROCA Membership is purchased.

SCHEDULE

Programs run for 8 weeks starting on Saturday, April 25 and ending Monday, June 22, 2015. To be eligible to register, players must be born before March 31, 2012.

Program	Birth Year	Day	Time	Cost
T-Ball	2009/2010	Wednesday	6:30pm - 7:30pm	\$65
Coach Pitch 1	2008/2009	Tuesday	6:30pm - 7:30pm	\$65
Coach Pitch 2	2007/2008	Monday	6:30pm - 7:30pm	\$65
U04 Soccer	2011	Saturday	9:15am - 10:00am	\$50
U05 Soccer	2010	Saturday	10:15am - 11:15am	\$65
U06 Soccer	2009	Thursday	6:30pm - 7:30pm	\$65
U08 Soccer	2007/2008	Wednesday	6:30pm - 7:30pm	\$65
U10 Soccer	2005/2006	Tuesday	6:30pm - 7:30pm	\$65
U12 Soccer	2003/2004	Monday	6:30pm - 7:30pm	\$65

VOLUNTEER

Our program would not be able to run without the help of people like you! Should you choose not to volunteer, a \$50 fee is applied to your registration. If you would like to volunteer, you will be prompted to choose the capacity during the registration process.

If you have any questions regarding the sports program, please email me at sports@rrroca.org.

Your Official Newsletter

Community

RRROCA Events Calendar

UPCOMING EVENTS

Here is a Sneak Peek of RRROCA's Events season! We are planning the return of our favourites plus adding some new ones so stay tuned for details as we will release more information when we have it!

- May 30th Laser Tag Day (sponsored by ATB)
- June 6th Family Fun Day
- June 5-7th Parade of Garage Sales
- June 20th Neighbour Day
- July 4th Stampede Breakfast
- July 4th Stampede Adult Party (night)
- Aug. 14th Movie Night at Royal Oak Victory Church
- Sept. 19th Community Clean-Up

COME OUT FOR A FREE FAMILY MOVIE NIGHT!

at Royal Oak Victory Church, 450 Royal Oak Drive NW on March 20th.

Everyone is welcome to see the classic family "Toy Story." Doors open 6:45 pm, movie starts at 7:00 pm. Snacks & Drinks provided. Hope to see you there!



SCOUTS BOTTLE DRIVE

This is an early reminder that the RRRO 242 Scouts annual Bottle Drive will take place on Saturday April 25th.

Please leave your bottles, cans and milk cartons out at the end of your driveway by 9 AM for collection. Please start saving now, every bit helps. This is a significant fundraiser for our group and we thank you for your contribution and support to helping to providing positive programming for community youth.

OUR LITTLE FREE LIBRARIES' SUCCESS CONTINUES

Since our Libraries were launched in September, I've topped up the libraries many times. The amount of traffic to our libraries has slowed over winter but I think that when people start getting outdoors more in the spring, book circulation will once again increase. I'm so glad these little buildings have been used to promote literacy in our community and I hope people smile when they've found a great book. I often wonder what



happens to all the books as I don't see many of them reappear on the shelves. Do they get passed on to friends? Do they have a pride of place on home bookshelves? Has that children's picture book become a bedtime favourite? I wish that the books could tell me!

But, the motto of the Little Free Library movement is "Take a book, Leave a book." Lots of people are taking books but not as many people are leaving books. The long-term sustainability of the libraries depends on books coming in, not just going out. Little Free Libraries are great places to drop off books that you don't want to keep anymore but still want to be put to good use. It seems that pretty much all subjects and genres get chosen as long as they are in good condition. If you are de-cluttering or moving, I'm happy to take bulk donations of books so I can use them to top up the libraries (located near the Pirate Park entrance, at the corner of Rocky Ridge Blvd and Rocky Ridge Drive near the Ranch Centre, and adjacent to the Royal Oak School playground) when needed. Several people have done this already and I'm very grateful for it. I enjoy filling the libraries to bursting and then seeing how long it takes before I need to refill them. Please get in contact with me through RRROCA if you are interested in dropping some books off at my house. The Libraries need more books for older kids and teens so please donate them if you have them.

One of the concerns people have about donating a special book is that it will simply vanish, never to be seen again. I have an official Little Free Library rubber stamp that I often use on the inside of books. You can also write "donated to the Little Free Library" (or words to that effect) inside the front cover or there are printable book labels you can download at <http://littlefreelibrary.org/stewards-friends/>

But the neat thing about LFLs is that they aren't just for books! I've also found audio books, family-friendly DVDs, Halloween goodie-bags containing stickers and pencils and the odd little random note in our libraries. I also once found some gummy worms--I like to think that a child left their precious sweets in exchange for a book. Other Stewards have found individually-wrapped teabags and hot chocolate pouches for people to take along with a book, handcrafted bookmarks, craft items such as embroidery floss or scrapbooking embellishments, flower seed packets, small card games and puzzles--just to name a few little treasures.

Thank you for making our LFLs incredibly successful! Thank you for keeping our libraries tidy and vandalism free! May they continue to bring joy to people of all ages in our community.

NOTE: We were thrilled to receive this very special "Little Free Library fan letter" and wanted to share it.

"Dear RRROCA, Thanks for the Little Free Library. It is so much fun to borrow books from there. I love going with my mom and sister."
~ Munir, age seven

- Carla Knipe, Community Little Free Library Steward



photo by Satoshi Kawakami

Your Official Newsletter

Important Numbers



ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Crowfoot Library	403.260.2600
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Crowfoot YMCA	403.547.6576
Weather Information	403.299.7878

MEMBERSHIP UPDATE

Our new database has been up for over a month now and with a few bumps at the beginning it is now running smoothly. If you haven't had a chance to go online and update your profile, please do. Adding in all of your family members now will make it easier to register for programs in the future. Please visit your profile often in order to see what programs are available to sign up for.

With the new database you will no longer be able to purchase or renew your membership when signing up for external sport leagues such as Calgary West Soccer Club. You will have to purchase a new membership through us prior to signing with the external sport leagues.

In your profile you can also access the volunteer section. There will be many opportunities this summer to help out so please check it out and sign up to contribute to our community!

For more information please visit our website at www.rrroca.org or send an email to membership@rrroca.org

Nicole Savoie, Membership Director

MARCH IS COMMUNITY ASSOCIATION MEMBERSHIP AWARENESS MONTH!

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city! Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

Your community association wants to get to know you and hear from you. They want you to feel safe and love where you live. Most importantly, they want you to be part of it! So take a minute during March Community Association Membership Awareness Month and find out more about yours and how you can get involved.

For questions or more information, please contact Rebecca Dakin with the Federation of Calgary Communities at (403) 244-4111 ext. 204 or communityrelations@calgarycommunities.com.

Your Official Newsletter

Community

Safety Matters

By the time you read this column, it'll be March 2015 and the transition from winter to spring will be subtly but undeniably underway. (Remember that I wrote that, when you're cursing a mid-May snowsquall.)

March 8 is Daylight Savings Time and we all collectively groan at 0200 hours when we set our clocks ahead and lose that precious hours' sleep. More importantly, that's one of the two dates

that the Calgary Fire Department use to remind us to check the batteries in your smoke alarms and carbon monoxide detectors. It's an important reminder - there are an average of 8 deaths due to fires in Canada every week. Avoid being a statistic - take five minutes to check and change those batteries, test those devices, and make a fire safety plan with your family. For more tips, go to www.fiprecan.ca.



Speaking of all things fire prevention and firefighting, on 23 January 2015, Calgary Fire Department broke ground on the Royal Vista Multi-Service Facility and Fire Station 34, located at 16 Royal Vista Way NW. The station, which will also house Calgary Animal and Bylaw Services, will open in 2016 and will triple the number of fire engines available to respond to all manner of emergencies in Arbour Lake, Citadel, Nolan Hill, Rocky Ridge, Royal Oak and Royal Vista. The press release can be found at <http://newsroom.calgary.ca/news/calgary-fire-department-breaks-ground-on-n-w-multi-service-facility-and-fire-station>. I'm looking forward to the announcement next year to proclaim the new station being opened!

In regards to RRROCA safety business, there has been some discussion about the possibility of creating a community-based volunteer group to function as the "boots on the ground" of the Association during association events and for association programmes. Case in point, at the RRROCA Stampede breakfast; there are hundreds, possibly thousands of attendees and only a very few people from the RRROCA actually 'working' it. To this end, the RRROCA would like to develop a small cadre of community members who can commit to a couple of hours of time at the occasional Association event to help out with the 'grunt work' of directing traffic into parking spots, being a friendly face for a lost child (or adult!), helping safeguard lost and found property, and perhaps applying a band-aid to a scraped knee. Training would be provided. The details are still being explored but if you might be interested, send me or any RRROCA member an email message and we'll be in touch shortly. Thanks in advance.

That's all for this month. Thanks for reading.

Mike Foster, RRROCA Safety

LETS MAKE MARCH A RANDOM ACT OF KINDNESS MONTH

by Jenelle Wohlberg, Director of Communications

When I was a little girl in grade 1 or 2, I "caught" my big sister raking leaves on our neighbour's lawn one Saturday afternoon. "What are you doing?" I asked. She was doing a good deed to fulfill a Girl Guide badge requirement and I wasn't to say anything. I guess that was part of the deal. I thought it was too cool not to share and couldn't keep my mouth shut. Some things never change. She was pretty mad at me; thankfully over the years she has gained a bit more patience with me.

Good things are meant to be shared, don't you think? If you agree, we ask you to join in the fun this month. It starts with a Random Act of Kindness. It doesn't have to be big, and it doesn't have to be planned...that's why it's Random. In fact, this year I considered doing a RAOK (yes this too has an acronym), as a Christmas Advent calendar but the scheduled nature didn't fit my desire for spontaneity. So now is the time. Lets roll up our sleeves and exercise our kindness muscle together.

What does that look like? It can be anything. Anything? Anything! Bring in your neighbour's recycle bin when you are out for a walk. Shovel the sidewalk further than you have to. Are you making a batch of cookies or a pot of soup? Make extra and share it with a neighbour. Share your recipe while you are at it. See some garbage on the street? Pick it up. Call an elderly or isolated friend that might not get a lot of phone calls. You get the picture. Be creative. Go big and small. Look for opportunities everywhere.

Why join in this vigilante movement of kindness? Is it really going to change the world? Possibly, but it will definitely change you. Tap into your inner sunshine and make the groundhog eat his proclamation for more winter and I guarantee it will make you smile and brighten your day. Kindness is contagious so don't be surprised if the people around you jump on the kindness train along with you.

And because its fun to share, lets make this thing viral. Share your RAOK with the Rocky Ridge Royal Oak Community Association on Facebook and Twitter (@RRROCA1) using the hashtags #RAOK, #RRROCA, #yyc and you will be entered into a weekly draw for fun prizes and an exciting grand prize. Talk about kindness paying off. Consider it a quasi-random act of kindness from your community association. There's another act to consider and that is to volunteer your time or buy/renew membership in the RRROCA, strengthening your community and continuing to make Rocky Ridge and Royal Oak two of the best neighbourhoods in Calgary.

Are you in? Great. There is no time like the present. Lets get this kindness party started! Send us your selfies, post your comments. Have fun and don't forget to check back next month to see who the big winners are. Although the truth is we are all winners and kindness is its own reward!

PS: Because being kind doesn't have an age limit, neither does our Kindness Month. We want to hear from kids, teenagers, seniors...everyone!

Your Official Newsletter

Community Book Club

RRROCA LADIES' BOOK CLUBS

Do you love to read? Are you looking for some quality "me" time, or maybe just a night out? Perhaps you love to read, but don't want to hire a sitter to attend a book club gathering. RRROCA has several established Ladies book club openings and we have a list of ladies who are hoping to find others who have the same availability as they do (see list below). Each current book club makes their own decisions on when and where to meet, but most meet once a month at various locations. Please contact Judy via email at ladiesgroup@rrroca.org for more information on the current openings or to inquire about interest on a different day/time.

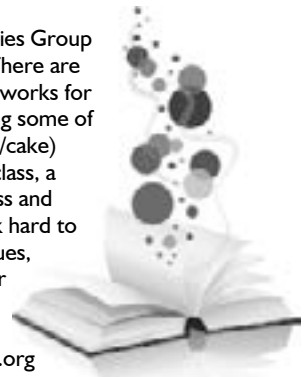
Openings for a current group: Monday evening (no kids)
Thursday evenings (with kids)

Interest to start new groups on the following days/times:

- Any afternoon Mon to Thursday
- Sunday evenings (open to bringing children)
- Tuesday or Thursday evenings no kids

RRROCA Ladies Group

We are hoping to start up the Ladies Group outings again in March or April. There are currently a lot of fun things in the works for 2015, with the hopes of confirming some of the following: a fondant (cupcake/cake) decorating class, an infused glass class, a mani/pedi night, a line dancing class and even a cooking class. As we work hard to confirm the events with local venues, keep your eye on RRROCA.org or the RRROCA Facebook page for more details. As always you can email Judy at ladiesgroup@rrroca.org with questions.



New possibilities: Some new and exciting ideas could be on the horizon! Is there anyone interested in a ladies bunco group? How about an investment club? What about card players? We have been contacted by several neighbors who would be interested in a Bridge Club or even a Poker Club. These groups don't necessarily have to be just for the ladies! Any interested parties should contact Judy via email at ladiesgroup@rrroca.org.

"Don't gain the world and lose your soul; wisdom is better than silver or gold."

• Bob Marley



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ACKU Royal Oak Karate Club
Royal Oak School
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Wednesday ages 4 to 6 6:30-7:00 pm
Wednesday ages 6+ 7:00-8:00 pm
Saturday ages 4 to 6 11:00 am to noon
Saturday ages 6+ 11:00 am to noon

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Sean Viadat: Here is my favorite recipe. I guess my most favorite part about it (the awesome taste of it aside!) is the fun that we always have as a family when we prepare it as “a team”

Easy Chicken Salad Sandwiches

Ingredients:

- 2 cups rotisserie chicken, chopped
- ¼ cup celery, chopped
- 1 tbsp fresh parsley or cilantro, chopped
- 1 scallion, chopped, optional
- 4 tablespoons mayonnaise
- 2 tablespoons sour cream
- 2 teaspoons fresh lemon juice
- 1 teaspoon brown sugar
- ¼ teaspoon salt and pepper, or to taste

INSTRUCTIONS: Combine chicken, celery, scallions, mayonnaise, sour cream, parsley, lemon juice, salt and pepper in a medium bowl. Spread mixture on lightly toasted and buttered whole grain bread. Serve.

Dawn Le Feuvre: When I was in nursing school we made a cookbook to raise money for our graduation. Many recipes were collected from fellow nursing students. I worked in the nursing field until my husband was transferred to the USA, I at that time became a stay at home mom. We lived in 8 states in our 8 1/2 years tour in the USA, we moved to Calgary June of 2005 and call NW CALGARY our home! This chocolate chip muffin recipe has been one of those old faithful recipes for all those coffee dates with other Mom’s and their children. Still today I continue to make this recipe but have played around with the original recipe to make it a little healthier!

Banana Chocolate Chip Muffins

- ¾ cup sugar
- 3 medium bananas, mashed
- 1 egg
- Mix these three ingredients.



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- Then add the following ingredients:
- 1 tsp baking soda
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/3 cup oil

Mix all together, then add 1/2-1 cup chocolate chips, mix!
 Bake at 375 degrees Fahrenheit for 18-22 minutes!
 Makes 12 muffins. If you would like to make them a little healthier you can, use brown sugar instead of white sugar. Instead of using all white flour I now use 1/2 cup of white flour, 1/2 cup of rolled oats and 1/2 cup of ground flax.



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St. Patrick's Day Celebration
Tuesday, March 17th at 2:00 p.m.
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a lively pub hour.

The Last Lecture by Randy Pausch
Wednesday, March 25th at 6:30 p.m.
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"last lecture" after being diagnosed with a terminal
illness, and what he wants his students and children to know.

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that rock, family walk. Frog songs
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DR. SOBIA RAJPUT, MD, CCFP

UPDATE - PROPOSED ACCESS FROM CROWCHILD TRAIL N.W. INTO ROCKY RIDGE/ROYAL OAK

Project background: Rocky Ridge Road was permanently closed in 2009 because of construction related to Stoney Trail and the NW LRT extension to Tuscany. Rocky Ridge Road provided a quick access point into the neighbourhood, especially for those people on the south end of Rocky Ridge/Royal Oak. Residents now have to access these neighbourhoods via Country Hills Boulevard off of Stoney Trail to the north or via 12 Mile Coulee to the west.

At the request of the community and two Councillors, The City of Calgary was asked to explore opportunities to provide a right-in only access lane from westbound Crowchild Trail. At an Open House held on Oct. 15, 2014, residents had an opportunity to review a plan proposed to provide this access from Crowchild Trail. Councillor Joe Magliocca and Councillor Ward Sutherland were in attendance as were about 200 interested residents.

Residents had the opportunity to fill out a survey on the plan at the Open House or online.

The City of Calgary reviewed the feedback received at the session and the results of the survey as part of its process to determine whether the project should proceed.

Recommendation: Feedback revealed that many people were concerned that the problems that exist on Country Hills Boulevard with congestion and truck traffic would not be alleviated by the proposal. The people who would be most affected by the access road were concerned about increased noise, traffic and speeding, and a reduction in their property values, and the cost of the access road.

After reviewing the design proposal and its cost, and considering the feedback received from area residents, **The City of Calgary has decided not to proceed with the right-in only access from Crowchild Trail.** However, in order to reduce traffic congestion on Country Hills Boulevard and to address concerns about truck traffic, The City of Calgary is in negotiations with the Province to develop several alternate truck route options to bypass the intersection at Country Hills Boulevard and 85 Street. More information will be provided as soon as it is available.

"I am extremely pleased that the Province has come to the table with this option," says Ward 1 Councillor Ward Sutherland. "The re-routing of truck traffic will provide the best solution to the current safety concerns that exist on Country Hills Boulevard and will reduce the traffic congestion that the access into Rocky Ridge was meant to address."

This update is posted at www.calgary.ca/nwlrt

TRANSIT ORIENTED DEVELOPMENT (1031 EAMON ROAD) OPEN HOUSE

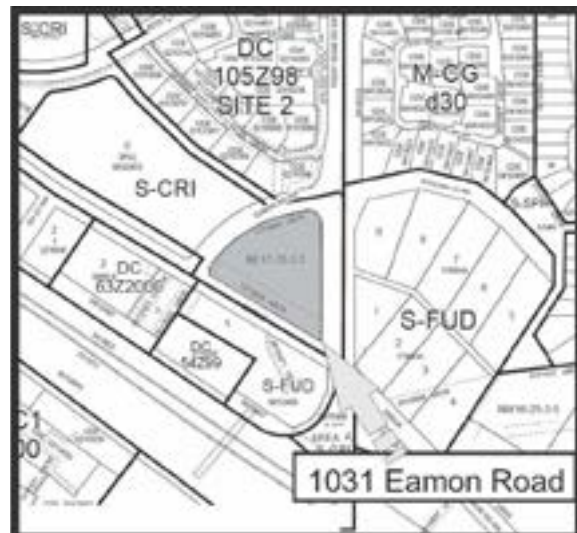
Rocky Ridge and Royal Oak residents are encouraged to attend an open house to learn more about a land use re-designation proposal for one of the last transit oriented development opportunities the community has to offer.

The land owner, Telsec Property Corporation, and their consulting team will be present at the Rocky Ridge Ranch Centre on March 31, 2015 from 5 to 8 p.m. to present details of their proposal to redesignate a 2 acre parcel of land (1031 Eamon Road) to allow for the continuation of "park and ride" and include a multi-storey residential land use.

The developer is committed to creating a plan, which blends with and is respectful of surrounding residents while helping The City of Calgary achieve its goals of increased density, and pedestrian oriented development, within the vicinity of LRT stations.

The application will be designed in a manner consistent with the City's Transit Oriented Development Policy and other related City Policy Plans. While such details are not usually included at the land use stage, the ultimate form the building will take will be informed by the land use choice the nature of surrounding residences, parking capacity and City related servicing opportunities.

To learn more about this application, please join us at the March 31, 2015 open house. **Open house details:** Date: March 31, 2015 Time: 5 to 8 p.m. Location: Rocky Ridge Ranch Centre



SENIORS' CORNER

Inspiration for seniors and aging

Aging can be difficult at times and at one point or another, everyone goes through it. It is important to remember that even though our physical appearance changes, our spirit does not. Some people in their 70s, 80s and 90s are much younger in spirit than some people in their 20s or 30s. It all comes down to one thing and that is our outlook on life. Everybody is looking for the fountain of youth, but what they often are unaware of is that the fountain of youth can be found by simply looking within oneself.

Always remember, we are never too old to realize a new goal or dream. As we age, we have a lot left to offer to society and are able to accomplish a great many things in our remaining years.

Let these quotes on aging inspire you:

The longer I live the more beautiful life becomes.

~ Frank Lloyd Wright

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

~ Henry Ford

Beautiful young people are accidents of nature, but beautiful old people are works of art.

~ Eleanor Roosevelt

When our memories outweigh our dreams, we have grown old.

~ Bill Clinton



Letter writing

is making a comeback

Check next month's
newsletter
for this exciting article.

You are never too old to set another goal or to dream a new dream.

~ C.S. Lewis

And in the end, it's not the years in your life that count. It's the life in your years.

~ Abraham Lincoln

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

~ Mark Twain

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Kids Corner

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D	L	U	K	O	R	A	L	B	C
F	Z	O	T	Q	E	Y	B	O	R
N	Q	D	V	L	E	Q	K	T	G
A	M	L	D	E	N	I	O	J	C
C	F	J	P	D	R	P	K	Z	K
F	Z	D	K	I	Q	H	V	L	C
E	X	U	S	H	C	R	A	M	U
T	D	H	P	Y	R	L	R	E	L
W	H	E	V	T	J	V	G	O	E

SPOT THE DIFFERENCE

Circle the 6 differences on picture B.



A



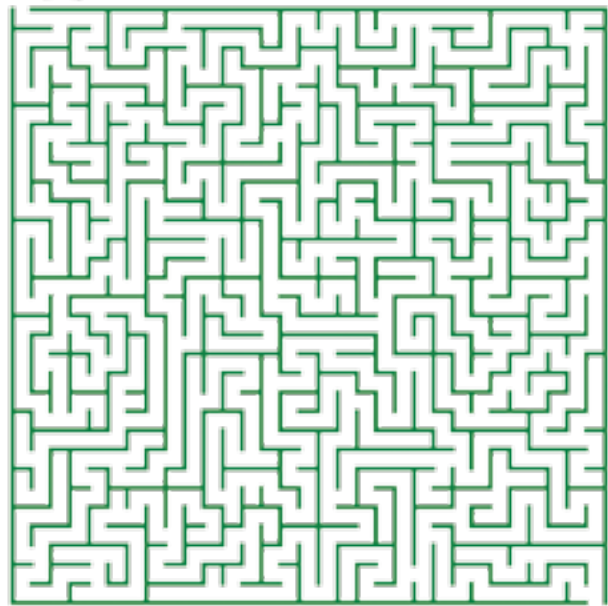
B



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PATTY'S DAY JOKES:

Q: Why can't you borrow money from a leprechaun?
 A: Because they're always a little short. Q: Why don't you iron 4-Leaf clovers?
 A: Because you don't want to press your luck. Q: What's Irish and stays out all night?
 A: Paddy O'furniture!

Q: How is a best friend like a 4-leaf clover?
 A: Because they are hard to find and lucky to have. Q: What do you get when you cross a pillowcase with a stone?
 A: A sham rock Q: Why do people wear shamrocks on St. Patrick's Day?
 A: Regular rocks are too heavy. source: www.jokes4us.com



ROCKY RIDGE RANCH

Homeowners Association



ROCKY RIDGE RANCH

Your Official Community Newsletter

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634 www.rrrha.ca officeadmin@rrrha.ca

Ranch Centre Hours: 9:00 am - 10:00 pm

Office Hours: Mon: 11:00 am – 6:00 pm • Wed: 10:30 am – 6:30 pm

Thu: 1:00 pm– 9:00 pm • Fri: 10:30 am – 6:30 pm • Sat: 9:00 am – 4:00 pm

Closed Sundays, Tuesdays, and all statutory holidays

The RRRHA Mission Statement:

To enhance the value and properties of Rocky Ridge Ranch through judicious self management of all lands, properties and assets and to enhance the programs made available through our Ranch Centre which best serve our community's diversity, providing additional homeowner value and benefit.

Notices

2015 HOA Fees: The Homeowner association fees were due February 28. All overdue accounts will now accumulate 2% interest monthly starting March 1, 2015. We will be mailing out monthly statements for all overdue accounts. Please visit our website for information about online payment www.rrrha.ca. Please note, if you choose to pay online, you will be subject to a \$5 convenience fee. You are still able to pay the fees in the office or mail us a cheque for the full amount.

Hall Rentals: Planning a birthday party, Wedding, or meeting? You can check the availability and pricing of our hall rentals by calling 403-547-6633 or checking our website www.rrrha.ca. We allow members and non-members to rent our halls, however non-members pay a higher rate.

Clubs

Rocky Ridge Rockers: Everyone 50 and older from Rocky Ridge and Royal Oak is invited to join us for coffee and conversation every Tuesday from 1:30 – 3:30 pm in the upper level of the Ranch Centre. It is a great way to meet your neighbors. Feel free to bring a craft or quilting project to work on.

Board of Directors

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Secretary Michael Teh
Treasurer Marguerette Kennedy
Director..... Anil Gupta

Committee Chairs

Operations Conrad Savoie
Community Relations Heather Sutherland

Spring Events

Easter Party (Members Only)

March 28, 2015 from 12:30 pm – 2:30 pm

The Easter Egg Hunt will start at 12:45pm. Create Easter themed crafts and enjoy lunch with us as we celebrate this holiday. For those who stay until 1:45pm we will be handing out balloon animals. To RSVP, please call 403-547-6633 with your name, address, and how many children and adults will be attending.

Used Clothing and Toy Sale

April 18, 2015 from 10:00 am – 2:00 pm

Participate in our bi annual sale by selling or buying new or gently used clothing. Come early for the best deals. If you would like to sell your items, please go online to rrrha.ca to fill out the registration form, or stop by the office during office hours to sign up. Registration begins February 18, 2015.

Spring Market

May 2, 2015 from 10:00 am – 2:00 pm

Stop by our annual spring market to peruse the items our local vendors have to offer. Typically we will have a mix of arts and crafts type vendors and home business direct sales vendors. Vendor registration begins March 2, 2015. Check online for registration forms or stop by the Ranch Centre during office hours to sign up.

ROCKY RIDGE RANCH

Homeowners Association



ROCKY RIDGE RANCH

Your Official Community Newsletter

Spring Programs

Registration for our spring programs begins March 1. Stop by the Ranch Centre office to sign up and pay for your class. Members and non-members are welcome to sign up for our fitness classes, however non-members will have to pay a slightly higher rate. You may also view the schedule and registration forms online at www.rrrha.ca



YOGA

Hatha Yoga – Tuesdays w/Vanitha
Time: 6:30 – 8:00 PM
Date: April 14 – June 23 Cost: \$150 (members), \$175 (non-members)

Hatha Yoga – Thursdays w/ TBD
Time: 9:00 am – 10:30 am
Date: April 9 – June 25 Cost: \$150 (members), \$175 (non-members)

FITNESS

Pilates – Tuesdays w/Vanitha
Time: 8:10 pm – 9:00 pm
Date: April 14 – June 23 Cost: \$92 (members), \$104 (non-members)

Hatha Yoga – Thursdays w/ TBD
Time: 8:00 PM – 9:00 PM
Date: April 9 – June 11 Cost: \$84 (members), \$95 (non-members)

ZUMBA - Mondays w/ Jivka
Time: 7:00 – 8:00 PM
Date: April 13 – June 22 *excluding May 18
Cost: \$84 (members), \$95 (non-members)

Boot Camp – Thursday's w/TBD
Time: 6:45 – 7:45 PM
Date: April 9 – June 11
Cost: \$84 (members), \$95 (non-members)

The Ranch Centre and Membership

At the Ranch Centre we often get asked why our membership is exclusive to certain members in Rocky Ridge and excludes all of Royal Oak. Since this is the first time our content will be available in the new merged Rocky Ridge and Royal Oak community newsletter, we thought we would explain why this is, in an attempt to mitigate confusion.

Simply put, membership belongs to the owners of homes that have encumbrances on the land title to our association. This encumbrance is a mandatory fee that owners must pay. We exist to increase the property value of the homes encumbered to us. We provide members with access to the gated park located in the community and programs relevant to the interest and needs of our residents. We also maintain certain flowerbeds and pathways in the community year round.

There are certain areas in Rocky Ridge which were never encumbered by the developer so they never had a chance for membership. Since Rocky Ridge and Royal Oak were developed as separate communities, when homes were built in Royal Oak, they were never encumbered. The ranch centre was not designed to be for Royal Oak residents. Membership at the Ranch Centre works in the same way as membership does for the Tuscany club or The Arbour Lake Residents Association. Members of Royal Oak or Rocky Ridge cannot pay for membership to the Tuscany club unless they owned a home in Tuscany as well which had an encumbrance to the Tuscany club. It just so happens that we have a strong community association that encompasses two communities and people will often confuse the RRRHA and RRROCA.

It has often been asked if non-members can encumber their home to become members. At this time, the answer is no. However, non-members are still able to take part in many of the services we offer. These include the following: Spring/Christmas markets, clothing and toy sales, fitness programs, summer camps, and hall rentals. We will make an effort to distinguish between the events that are exclusive for members and those which are for everyone to enjoy in all newsletter editions. So although the Ranch Centre is somewhat exclusive, there are valuable things which we do offer to non-members.

Daynia Lopez-Nelson, Office Administrator for the RRRHA



Sandra Jansen | MLA Calgary-North West

#7223, 8650 - 112 Avenue NW | Calgary, AB T3R 0R5

Email: calgary.northwest@assembly.ab.ca

Alberta's Fiscal situation poses challenges

Since last June, we've seen world oil prices drop by nearly 50 per cent. With energy contributing so much to Alberta's economy, exports and revenues, this situation obviously has a major impact on our province's finances. If low prices continue, we could have a \$6 to \$7 billion shortfall for Budget 2015.

In 2014, Alberta's population grew by more than 100,000 including growing families and new Albertans arriving from across Canada and around the world. Many newcomers contribute to our economic health by spending money, paying taxes and filling jobs. But they, along with the 4 million people already living here, need infrastructure. For example, an increase of 100,000 people a year means Alberta gains 15,000 children, who need 28 new schools—every year.

Dealing with lower revenues and a growing population requires a carefully balanced approach. If government simply cut \$6 to \$7 billion out of the budget, we would only make a bad situation worse, causing a recession and devastating public services. Plus, Albertans have learned the hard way that when you defer investment in public infrastructure it can take decades—and a lot more money—to catch up.

Alberta has the highest-cost public services, along with the lowest taxes, and we have been filling the gap with resource revenues. Those are revenues we can't count on.

So, what to do?

Premier Prentice has established a Budget Committee that is exploring all options including reducing government spending, increasing revenues, and using our \$5 billion contingency account to help us move to a long-term sustainable fiscal plan. The Premier has said that he is not embracing a sales tax, nor does he believe Albertans want one. Some Albertans have advocated for a sales tax, and the government is willing to listen to what they have to say.

The Alberta Government has already begun to take action, with a three-point plan to reduce government expenses. This plan includes:

- limiting hiring to critical or front line workers;
- severely limiting staff travel and training; and
- restricting spending on goods and services.

As we approach the next budget, we know we will have to make difficult choices. But we also know that Albertans are resilient, and more than equal to the challenges before us.

With prudence and vision, our government will protect the province's economic health while delivering on Albertans' priorities. We have weathered these storms before and we will once again.

WARD 1 COUNCILLOR SUTHERLAND'S MONTHLY REPORT

In January, I reflected on the responsibilities and the different roles I am expected to fulfill as a city councillor. I am required to participate on council to make decisions to help govern the city. It is also my responsibility to represent the residents of ward 1.

In 2014, I attended: 72 committee appointed meetings; 30 council meetings; seven Business Plan & Budget meetings; 108 city administration meetings relating to Ward 1 issues; 128 city administration meetings on city issues, 60 committee related issues; accepted 173 councillor/deputy mayor invitations; and I spent 555 hours in preparation for council. In comparison to my role representing residents, I attended 205 community meetings/events, I called back 211 residents, and I responded to 10, 906 emails. In evaluating my time spent, I realized I need to make changes in order for me to spend more time in the community.

In 2013, Ward 1 consisted of 85, 771 residents. For a comparison, the City of Lethbridge has a population of 90, 417. In past 15 years, Ward 1 experienced no growth. Now, there are 12 potential developments. In 2014, council voted against increasing the number of councillors, which has not changed since 1976, despite Calgary's population increasing from 450,000 in 1976 to a projected 1.3 million by 2017. In order to give the attention needed to be a facilitator for residents, I have realigned and expanded responsibilities within my office.

I am pleased to announce Ralph Smith is Ward 1's community liaison. Ralph will work closely with me and focus on community resolution, community engagement and resolving community concerns in Ward 1. Please help me welcome Ralph aboard!

SOUTH BEARSPAW AREA STRUCTURE PLAN BECOMES HASKAYNE AREA

STRUCTURE PLAN - The Haskayne Area Structure Plan (ASP) was renamed in honour of the Haskayne Family, long-time residents of the area and strong philanthropic community members. The vision for the area structure plan is the creation of a vibrant community with protected natural areas, pathways and over 3,500 acres of open space. Both Haskayne Legacy Park and a portion of Glenbow Ranch Provincial Park are within the area offering ample opportunities for residents and visitors alike to enjoy these incredible outdoor spaces. As a showcase of innovative design, it will offer a variety of housing choices ranging from single family to multifamily homes in addition to a diverse offering of commercial amenities. The new community will offer spectacular views of the mountains, the Bow Valley and the city skyline unmatched by any other community in the city.

Since the ASP process began, three open houses have been hosted, giving the public an opportunity to provide valuable feedback into the future of the area.

A fourth open house, led by The City of Calgary, will be hosted on March 3, 2015 (5pm-8pm) at the Lynx Ridge Golf Course. Stop by

WARD 2 COUNCILLOR MAGLIOCCA'S MONTHLY REPORT

Now Available: A New Four-Year Plan for Calgary: City Council approved The City of Calgary's Action Plan for 2015 -2018. Now you can read it online in its full, finalized version. Representing a \$22 billion capital and operating investment in Calgary over four years, the approved Action Plan allows The City to maintain most of its services, with some enhancements and new investments. Visit calgary.ca/actionplan to find out more. Thank you Calgary, for taking Action!

Multi-family Recycling is Coming to Calgary: If you live in an apartment, townhouse, or other multi-family complex, on-site recycling is coming soon!

Council has approved a bylaw requiring multifamily complexes to provide on-site recycling for residents by February 1, 2016. Recycling companies can provide collection and processing. The City of Calgary will provide communication, education and monitor compliance.

To learn more about multi-family recycling, visit www.calgary.ca/multifamilyrecycling, or contact 311.

Earn Your Wings as a Snow Angel: For some Calgarians each new snowfall brings worries of slipping and falling. Keeping sidewalks shoveled, ice-free and safe can be very challenging – even dangerous – for older adults and others who have limited mobility. As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too. You'll help them and everyone else who travels your sidewalk! For more information visit calgary.ca/snowangels

Spring & Summer Recreation Program Guide: From day camps to sailing and rock climbing, don't miss picking up your guide to fitness and adventure. Visit Calgary.ca/recreation for more information.

and contribute to the process! Visit www.calgary.ca/haskayne for more information.

Since the last City-led Open House hosted in September, The City and the landowner team have been working collaboratively to resolve technical design components that will deliver a complete community in northwest Calgary. Complete communities are communities that are built with strong social, community, recreation, arts, culture, parks, commercial and public safety infrastructure. When combined, these factors create community well-being.

For the Haskayne ASP, considerable emphasis has been placed on factors such as transit routes, a connected road network, land use compatibility and high quality open space areas. The City and the landowner team continue to work on guiding policies that will deliver a community within which residents can live, work and play.

For more information, please visit: www.haskayneasp.ca



Your Official Newsletter

Community

Local Business

Royal Oak Family Dentistry: A New Dental Practice Opening in Royal Oak Increases Access to Dental Care in NW communities of Calgary

Dr. Jasbir Mundi, PhD, DDS, and Dr. Rashmi Bajaj BDS, DDS will Offer Full-Service Dental Care and Personalized Treatment Plans.

Calgary, Alberta, Feb. 9, 2015 -- A new dental practice "Royal Oak Family Dentistry, is opening in Royal Oak, Calgary on Monday February 9th., located at 500 Royal Oak Drive NW (next to Church of Jesus Christ of Latter-day Saints and Royal Oak Victory Church or at NE corner of Royal Oak Drive & Rocky Ridge Road,) this conveniently located practice will provide wide range of dental services that range from preventive care to general dentistry.

Dr. Jasbir Mundi, lead dentist at the Royal Oak office, received his Doctor of Dental Surgery (DDS) degree at, University of Toronto, School of Dentistry. He is serving the NE communities of Calgary from about last one decade, and currently running a very successful practice. Dr. Rashmi Bajaj, completed her Doctor of Dental Surgery degree from School of Dentistry, University of Pacific, California, USA, providing dental services from about last three years in North East Calgary. Dr. Mundi and Dr. Bajaj look forward to meeting the Royal Oak, Rocky Ridge and all other adjoining

communities and providing much-needed access to dental care and dental education. Dentists will practise all aspects of family dentistry and treat patients of all ages.

The practice is equipped with digital radiography, and will provide hygiene services, treatment of periodontal (gum) disease, wisdom tooth extractions, fillings, laser dentistry, children dentistry, Invisalign, orthodontics, comprehensive exams, root canal treatment, whitening, and crown & bridge work. Royal Oak Family Dentistry is dedicated to provide:

Personalized and Customized treatment and friendly service; treatment plans as per patients' need and comfort zone.

Affordable dental care; where cost shouldn't prevent patients from getting the dental care they deserve. Practice is also committed to keeping prices low, as well as offering time to time special promotions, senior discounts, and discounted new-patient exams and X-rays for patients without dental insurance. The practice works with all insurance providers and handles the paperwork, saving patients time and hassle.

Convenient hours and location; The office will be open extended hours, including evenings and all Saturdays, so that patients can see the dentist at a time that works best for their schedule. Walk-in and emergency patients are welcome.

To make an appointment, patients can call (403) 374-6161.

It is worth mentioning here that this corner of Royal Oak and Rocky Ridge Road has already started Royal Oak Day Care, Royal Veterinary Hospital and also getting ready to provide medical, physiotherapy, and pharmacy services in the coming days.



To place your classified ad, contact sales at 403-203-9152 or email: newslettersales@mindsdesign.ca today!

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Got a great name for the new Royal Oak Middle School?

Whats in a name? A name can say so much about a person or place, especially our public institutions. They can evoke a sense of place, purpose and even patriotism. As a community we will have an opportunity to provide input into the name of the new Royal Oak Middle School. The Board of Trustees has convened a School Naming Committee and will be looking to the community for input. Mountain Views will provide additional details as they become available. Also check rrroca.org, as well as RRROCA's Facebook and Twitter pages for further updates.

If you have any specific questions or comments you can email corpsec@cbe.ab.ca



NOW OPEN IN ROYAL OAK SQUARE!

Royal Oak Family Dentistry

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

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- *Children Dentistry*
- *Cosmetic Dentistry*
- *Root Canal Therapy*
- *Preventive Therapy*
- *Teeth Whitening*
- *Wisdom Tooth Extractions*
- *Mouth Guards/Sports Guards*
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CREB FORECASTS PRICE STABILITY AMID EASING DEMAND

Housing sales are forecasted to ease by four per cent this year, due to market uncertainty and changes in economic climate, while prices are expected to remain relatively stable with a modest increase of 1.58 per cent on an annual basis.

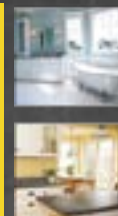
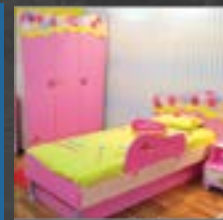
Although sales are expected to ease, previously tight conditions throughout 2014 indicate that rising supply would push the market into more balanced conditions, supporting price stability in 2015. However, CREB warns there are multiple risk factors attached to this forecast, which estimates a total of 24,503 homes will be sold in the city this year. The housing risks lie mainly with employment levels and net migration, both of which can be more severely impacted by a prolonged period of weakness in the energy sector. There is also the impact that energy prices have on consumer confidence. If energy prices stay low throughout the year, concern regarding job stability could cause consumers to delay unnecessary changes regarding housing. CREB notes that while sales activity is expected to ease in 2015, it remains consistent with long-term levels. By comparison, sales in 2014 were nearly 15 per cent higher than the long term trends for Calgary.

The economic situation is far better today than what it was in 2009, where the fallout of the financial crisis resulted in a U.S. recession, weakness in energy sectors, a pullback in investment and ultimately job losses in Calgary, with economic indicators remaining more positive in this period, the pullback in housing is not expected to mirror the activity of the 2009 -2010 period. With more supply in the market expected this year, buyers will likely have more alternatives in all price ranges. It's a nice scenario for buyers, but it also means that sellers will likely have to adjust their price expectations and be realistic about the amount of time their home will be on the market.

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