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RRROCA REPORTER

New name



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

SUMMER | 2015

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

SUMMER'S HERE!
Get outside and enjoy our beautiful community!

View from Rocky Ridge Ranch, photo by Shannon Persicke

CIRCULATION | 7500 HOMES AND BUSINESSES



ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

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President's message



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REPORTER

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IT'S SUMMER TIME!

Don't you just love summer? The kids out playing water fights in the evenings, long bike rides on the weekends, walks for a special icy treat, day trips out to the mountains . . . it just seems like there is so much to do (and hurry to get it all in before the snow flies!).

The RRROCA Board of Directors takes a bit of a break during the summer (we don't have a formal meeting in July), but we have some important issues and exciting projects we are still working on.

We are hearing from residents that the gravel trucks continue to be an issue. We encourage you to call 311, and write letters to both our city and provincial representatives on this issue.

Our events team is in full planning mode as we have some exciting things planned for the summer and fall. Read through the newsletter for more details.

In order for RRROCA to provide our services (representation to government on behalf of all community members, community events, spring sports, ladies groups, etc.) we need two things: members and volunteers. We work to engage our community members (you!) to create a dynamic, involved neighbourhood and ultimately to make our home a better place.

Have you ever considered lending your skills to your community association? We are currently looking for Directors in the Sports, Schools, and Transportation portfolios. Unfortunately, when these positions are not filled, it puts some of our services (such as the sports program) in jeopardy.

Also, don't forget to purchase a membership! We don't mail out bills or reminders as our memberships are not compulsory - they can be purchased online at www.rrroca.org for \$30 - and this allows us to host events for the community.

I hope to see you all at the **Stampede Breakfast or the Rowdy BBQ and Dance on July 4th**. Come say hi - I'd love to meet you!

~ Tessa Sakamoto



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Please Note:

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those for the Community Association or the publisher of this newsletter.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so. Thank you.

Disclaimer



Your Official Newsletter

Community

Editor's Message



This issue marks my second as the Newsletter Editor, and I want to start by thanking everyone for your warm welcome.

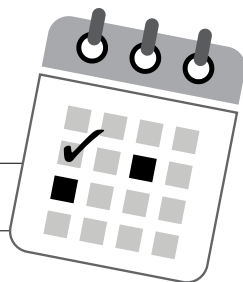
I am enjoying this opportunity to learn more about our great community and have had the pleasure of meeting many more community members since taking on this role.

Do you have any community news, updates or upcoming events you want to share? Do you have an idea for an article? We'd love to hear from you. Send me an email at newsletter@rrroca.org.

And just a reminder that there will be no newsletter in August as we enjoy the summer break. We will be back in September with a jam packed issue that will include all the upcoming fall community events and updates.

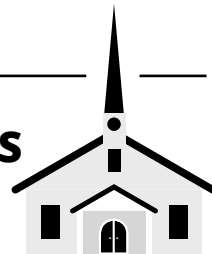
~ Sheryl Khanna

MARK YOUR CALENDARS



July 1	Happy Canada Day
July 3	Stampede Parade in Downtown Calgary
July 4	Free Community Stampede Breakfast from 8:00 am to 11:00 am at the Ranch Centre
July 4	Stampede Triple RRR Rowdy BBQ from 7:00 pm to 9:00 pm at the Ranch Centre
July 4	Free Community Stampede Dance from 9:00 pm to midnight at the Ranch Centre
July 5	Ward 2 Stampede BBQ from 11:00 am to 3:00 pm at Symons Valley Ranch
July 16	Summer Market from 4:00 pm to 8:00 pm at the Ranch Centre
Aug. 3	Civic Holiday
Sept. 1	Back to School
Sept. 7	Labour Day
Sept. 13	Three-on-Three Adult Street Hockey Tournament
Sept. 13	RRROCA Volunteer Appreciation Event
Sept. 19	Community Clean-Up from 9:00 am to 2:00 pm

ROYAL OAK VICTORY CHURCH UPCOMING EVENTS



- Join us every Sunday at 9am or 11am for our weekly celebration services.
- Join us for our Annual Stompin' Stampede Service, Sunday, July 12th at 9 & 11 am. Complimentary BBQ Lunch beginning at 12:30 pm. Toe tapping music provided by recording artist Fraser Campbell. Everyone welcome.
- Be part of the first city-wide 'Date Night Calgary' on Sunday, July 26th! If you are interested in having some romance and fun with your sweetie, simply go to Royal Oak Victory Church's website (www.rovc.ca) and download the 'Date Night Calgary' booklet. It will give you all the information you need to add some summer sizzle to your marriage!
- Everest Kidz Camp (ages 3 to 11) August 10 - 14. Register on line or call us at the office at (403) 286.4477.

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.

RRROCA CONTACTS

Names and Emails

Your Official Community Newsletter

Rocky Ridge Royal Oak Community Association

Phone: 403-771-8979 **E-mail:** communications@rrroca.org

Address: PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6

Website: www.rrroca.org



The REPORTER, the official newsletter for both Rocky Ridge and Royal Oak, is published 11 times a year by Mind's Design Studio and is delivered to the all residents and local businesses by



RRROCA Board of Directors

Interim President	Tessa Sakamoto.....	president@rrroca.org
Vice President	Ali Oonwala	vp@rrroca.org
Treasurer	Paul Watson	treasurer@rrroca.org
Secretary	Loretta Kao	secretary@rrroca.org

Directors

Director of Communications	Jenelle Wohlberg.....	communications@rrroca.org
Director of Events	Teree Young	events@rrroca.org
Director of Membership	Nicole Savoie	membership@rrroca.org
Director of Planning/Development	Dave Spencer.....	planning@rrroca.org
Director of Safety	Jessica Asuquo.....	safety@rrroca.org
Director of Sports	Tessa Sakamoto.....	sports2015@rrroca.org
Director of Social Media	Fatima Khawaja.....	socialmedia@rrroca.org
Director of Sponsorship	Karen Abbott	sponsorship@rrroca.org
Director of Volunteers	Frances Kalu.....	volunteer@rrroca.org
Director of Schools	VACANT.....	schools@rrroca.org
Director of Transportation	VACANT.....	transportation@rrroca.org

Committee Leads

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Ladies' Group	Judith Stasiak	ladiesgroup@rrroca.org
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Pace Car Coordinator	Jana Sinclair	pacecar@rrroca.org

Advisors

Past President	Pamela Nichol	
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
CRC	Heather McKay.....	Heather.McKay@calgary.ca
Community Liaison Officer	Constable Roy Moe.....	roy.moe@calgarypolice.ca

NEWSLETTER AD SALES: 403-203-9152 NEWSLETTERSALES@MINDSDESIGN.CA

Your Official Newsletter Community

Sports update



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photo courtesy of Kerri Kryger Cobb

What a great season!

By Tessa Sakamoto, RRROCA Director of Sports

Another spring, another sport season. Just think . . . the next time our children hit the field next year they will be a whole year older. A little cliché, but where does the time go? It was a great season - not too much rain, lots of skills and drills, plenty of water breaks, and the best cheering sections around (maybe I'm biased). We would like to thank all of the children who came out to play soccer and ball this year - you tried your best, learned skills and applied them in games and most importantly, were great team players. And to the parents, thank you for signing them up, bringing them each week, volunteering and sitting through chilly spring winds with a smile!

For next season - we generally start registration at the beginning of February, so keep a look out on our Facebook page and the *RRROCA Reporter*.

We are currently looking for a Director of Sports to lead our volunteers and run the program. The program for next year is ready to go, but in jeopardy until we can fill this position. If you have a few hours per month to spare and are interested, please contact volunteer@rrroca.org today! Not sure you can handle it on your own? Get a few friends involved and share the work. The more the merrier!

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night, Has a
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Bryan Procter



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7pm – Midnight

Tickets \$25.00

Under the Tent at Ranch Centre
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Dinner catered by the Mad Rose Pub
(includes gourmet burger and salad, hand-cut chips
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Tickets on Sale at Mad Rose, ATB and The Ranch

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Hours of Operation:
Sun - Thur: 11am-10pm Fri - Sat: 11am-11pm

Calgary Bike to School Day



By Sheryl Khanna

On June 2, 2015, you may have noticed hundreds of bikes making their way to and from schools around the city as students participated in Calgary's Annual Bike to School Day.

Started by last year by Kyle Stewart, a teacher at Simon Fraser School, Bike to School Day has taken off in our active city. This year over 50 schools participated with over 9,000 students biking to school. Our community was well represented with over 376 students biking to and from Royal

Oak School (and many parents too) . . . a great turnout for a school of 551 students!

Danielle Anderson captured the spirit of the event at Royal Oak School with this picture of 376 bikes that were stored in the gym for safe keeping during the day.

Congratulations to the all the students, teachers, volunteers and parents across the city who took part in this 'wheely' great event.



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By Michelle Cook, BA,
Job Search Strategist

Job search can be daunting, stressful and exhausting. Here are a few tips to help you overcome feelings of hopelessness and help you stay productive and motivated.

1. Try to stay positive. The average job search is four to six months so don't give up. Keep networking, keep researching, and keep applying. Attitude is everything.

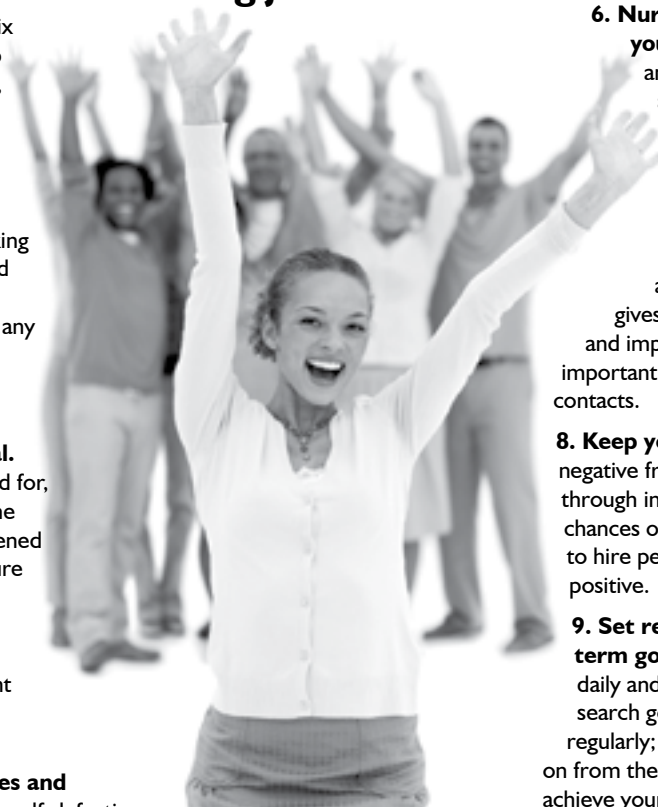
2. Frame your unemployment as "self-employment". You are working on your professional brand and marketing 'you' to employers. Schedule job search time; like any job, self-employment requires specific working hours and structure.

3. Keep a job search journal. Note the jobs you have applied for, dates, interviews, etc. Note the positive things that have happened in your life or job search. Ensure your job search activities are productive. Networking is the most successful job search technique so give it a significant portion of your time.

4. Review your skills and strengths, positive attributes and achievements often. Change self-defeating thoughts into positive action and determination. Recognize your personal excuses to avoid looking for work. Set goals and timeframes to achieve them.

10 Tips

for staying motivated during job search



5. Associate with people who are positive and encouraging. If possible, avoid those with a negative view of the world. Develop a support network of family, friends and mentors. Join a job search club or local networking or support group. Having a support network can also help keep you accountable.

6. Nurture and take care of yourself. Maintain a healthy diet and exercise routine. Dress the same for your job search as you would if you were going to the office.

7. Volunteer if you aren't already. Helping others can raise your self-esteem and keep your spirits up. It also gives you an opportunity to use and improve your skills and can be an important networking tool leading to new contacts.

8. Keep your sense of humour. A negative frame of mind is likely to come through in interviews and decrease your chances of getting a job. Employers want to hire people who are confident and positive.

9. Set realistic daily, weekly and long-term goals. Review your achievements daily and prepare the next day's job search goal. Evaluate your progress regularly; correct it (if needed) and go on from there. Reward yourself when you achieve your goals.

10. Still having difficulty? Seek help from a Career Counsellor or Job Search Strategist. They are there to help with your career planning and job search needs.

Michelle Cook is a Job Search Strategist with Calgary Career Counselling



Fun, Free Community Activities

The City of Calgary offers a wide variety of FREE community-based programs and services for children, youth and families across Calgary every summer. **Programs include;** Park n' Play, Stay n' Play, Summer Adventures, Kids at Play Summer Club, Community Camps, Youth Days and Lawn Chair Theatre.

See page 23 for more information or visit calgary.ca/cns

VOLUNTEER CORNER



By Frances Kalu, RRROCA Volunteer Director

To provide events and activities that make our community great, we require over 150 volunteers to ensure these events are a success. Do you have an hour or two to spare? Do you have skills or experience to share? Please

send an email to volunteer@rrroca.org. You can also sign up to volunteer as your renew your membership for the year.

WE ARE CURRENTLY LOOKING FOR THE FOLLOWING POSITIONS: Email

volunteer@rrroca.org to apply

BOARD MEMBERS: DIRECTOR OF SPORTS

The Director of Sports provides leadership to the Sport Committees. A predominant aspect of the role is overseeing and coordinating the spring sports programs and the volunteers that run it while working closely with other board members. Other duties include overseeing the Fitness Programs, submitting entries to the newsletter and attending monthly board meetings. You will have the chance to learn on the job from the current Sports Director during the 2015 sports season.

DIRECTOR OF TRANSPORT

The Director of Transport would liaise with the community and the board on transport issues in the community.

EVENTS:

STAMPEDE BREAKFAST (JULY 4TH): Would you be willing to give 2-3 hours of your time to flip a burger, man a bouncy castle or stir the pancake mix?

We are looking for over 100 volunteers to make this day a success for over 2000 people expected to participate in the activities on this day.

3-ON-3 HOCKEY (SEPT. 13TH): Our first RRROCA street hockey tournament is billed for September 13th! We are looking for volunteers to make this day a success for our community teams who are looking forward for an opportunity to play as well as entertain us all.

COMMUNITY CLEAN-UP (SEPT. 19TH): Help make our community a clean environment. Volunteers required to direct events on this day.



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Membership Application & Renewal Form

☐ NEW Membership ☐ Membership RENEWAL

Your personal information will be used for Association purposes only and will NEVER be given to third parties

Last Name:	
First Name:	
Address:	
Postal Code:	
Phone:	
Cellphone:	
Email ¹ :	
Updates by email:	<input type="checkbox"/> YES <input type="checkbox"/> NO <small>If you choose "No" to this question your email address will be on file but will NOT be used to communicate Association news or important updates.</small>

¹Please note your email address will be used to communicate your membership number.

YES, I would like to volunteer my time, interest or experience in the areas of:

Communications	Such as web / internet, social media, newsletter, road signs, etc.	<input type="checkbox"/>
Programs	Such as sports, recreational, fitness, special events, etc.	<input type="checkbox"/>
Civic Advocacy	Such as planning & development, transportation, schools, etc.	<input type="checkbox"/>
Fundraising	Such as casino, grant applications, donations, etc.	<input type="checkbox"/>
Amenities	Such as buildings, sports facilities, parks & playgrounds, pathways, etc.	<input type="checkbox"/>
Other (please specify):		<input type="checkbox"/>

Note: Memberships are based on calendar year and are valid from January 1 to December 31

NEW MEMBERSHIP & RENEWAL: \$30.00

If your membership is not kept current by Feb 28 after it expires it will be deleted and a new membership will need to be purchased.

Send this form and your cheque (payable to Rocky Ridge Royal Oak Community Association or RRROCA) to:

RRROCA – Membership: PO BOX 91009, RPO Royal Oak Calgary AB T3G 5W6

CASINO (OCTOBER 10 AND 11TH): Volunteers are needed to help us successfully run our casino event in October. Apart from having a lot of fun, you will help the association raise funds needed for capital projects in the community.

COMMITTEES: CASINO COORDINATOR

A casino coordinator is urgently required to help plan and organise this year's casino event. You will be in charge of scheduling volunteers and making sure the event runs smoothly.

VOLUNTEER

Working closely with the Director of Volunteers, you will be responsible for maintain the volunteer register, and recruiting volunteers for various events in the community.

BOLD SIGNS

Working closely with the communications director, you will be responsible for advertising events in the community. This will involve putting up bold signs and sandwich boards, and other advertising needs that may arise



The City of Calgary Community & Neighbourhood presents:

Park n' Play & Stay n' Play

August 17th - 21st 2015

9100 Royal Birch Blvd. N.W.

Stay n' Play FREE

Ages 3y - 5y

10:00 am - noon

Participants must be accompanied by an adult/guardian

Park n' Play FREE

Ages 6y - 12y

10:00 am - 3:30 pm

Play Pass: Play Faster This Summer! Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. Entry to these programs is on a first-come, first-served basis.



Accessing health advice now as easy as 8-1-1

Getting trusted health advice around the clock just got simpler with the introduction of the new, 811 phone number for Health Link, Alberta's free, 24/7 health information and advice line. A simpler, easy-to-remember number is welcome news for Albertans

8-1-1

The new 811 Health Link number replaces the existing 10-digit local numbers in Calgary and Edmonton, as well as the province wide toll-free number, although the old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

Health Link supported more than one million Albertans last year, often preventing unnecessary trips to the emergency department. Of those who called with a health concern, 48% were given advice to care for themselves at home, 36% were told to visit a doctor, and 16% were advised to go to the emergency department. Several other provinces, including B.C. and Saskatchewan, also use 811 for access to non-urgent health care services.

For more information, visit www.myhealth.alberta.ca/811.



Lorraine Reed-Loewen
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Important Numbers

ALL EMERGENCY CALLS

	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Services	811
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

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.

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

Youth Employment Centre

The City of Calgary Youth Employment Centre (YEC) provides career and employment services to Calgary youth, ages 15 to 24.

In collaboration with local businesses and other youth-serving agencies, YEC provides youth with career development opportunities such as career advising, interview preparation, resume critiquing, a computer lab, job postings, hiring fairs and career exploration opportunities.

Offering services and resources to youth at no cost, YEC works with youth from all backgrounds. YEC is funded by The City of Calgary, The Government of Alberta and Family & Community Support Services, and is a partner in the Calgary Achievement Centre for Youth.

For more information on the Youth Employment Centre, visit [nextSteps.org](#).



TUSCANY LRT STATION ART PROJECT

The City of Calgary Public Art Program and the Transportation Department have commissioned Canadian artist Bill Pechet to create a public artwork for the Tuscany LRT Station.

For this permanent piece, Pechet has designed an impressive large-scale artwork comprised of two, 12 metre-high sculptures, situated on either side of Crowchild Trail, incorporating the art experience within the communities of Tuscany on one side and Rocky Ridge/Royal Oak on the other. The artwork titled 'roger that' slowly reveals itself as a pair of radiant constellations.

The artist explains, "Until recently, the neighbourhoods of Tuscany and Rocky Ridge/Royal Oak were separated by Crowchild Trail. But now, thanks to the new LRT station, we have a bridge between these communities. 'roger that' celebrates this conjoining by being an artwork which is shared by both sides. Like two neighbours chatting over a fence, the elements of the artwork create a cross-highway dialogue - inviting each other over to experience the artwork from all sides, and through all



seasons and time of day."

Yellow by day, and glowing at night, roger that provides a beacon of warmth on cold commuter evenings.

Installation of the piece will begin at the Tuscany LRT Station this summer, and will take approximately two to three weeks. For more information visit calgary.ca/publicart.

Community Crime Report

*Provided by Calgary Police Services
Crime Mapping Application*

Covering May 10 to June 10, 2015

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	-	-
Attempted Murder	-	-
Commercial Break-in	1	-
Homicide	-	-
Residential Break-in	-	4
Robbery	-	-
Sex Offence	-	-
Theft	3	3
Theft from Vehicle	-	8
Vandalism	2	4
Vehicle Theft	-	1



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Foot Stompin' Fun!

Friday, July 3rd at 2:00 p.m.

Back by popular demand, join us as we have some fun with Michael Bridges!

Free Stampede Breakfast

Tuesday, July 7th from 8:30 - 10:30 a.m.

Join us for our Annual Stampede Breakfast!

Senior's Stampede Saloon

Friday, July 10th at 2:00 p.m.

Come celebrate Stampede at our Saloon while we enjoy some entertainment by Accent II.

Music, fun & more!

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

Join us for a fun afternoon performance by Dwayne Fettig.

For a complimentary tour or to RSVP for an event, please call 403 • 930 • 4848 or Info@RockyRidgeRetirement.com

www.RockyRidgeRetirement.com
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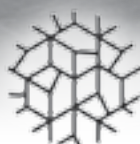
Rocky Ridge Co-op parking lot

Date: Thursday, July 23rd

Time: 3-7 pm



CO-OP



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summer at The Crowfoot Library

CHILDREN AND YOUTH

Papa Time: Dads and babies can share books, learn new skills and enjoy fun language activities together. Ages 6-23 months with parent/caregiver. Wednesdays, July 8 -22, 6:30-7:15 p.m. Please register.

Play All Summer! Fractured Fairytales: Participate in games and listen to new versions of your favourite fairy tales. Ages 6-8, independent of parent/caregiver. Thursday, July 9, 6:30-7:15 p.m. Please register.

Sunshine Stories for Twos: Join us for stories, songs and finger plays about summer fun! Ages 2-3 with parent/caregiver. Friday, July 10, 10:30-10:50 a.m. Please register.

Beach Buzz: Bring your beach towel

and have fun with stories and songs about the beach. Ages 3-5, independent of parent/caregiver. Tuesday, July 14, 7:00-7:30 p.m. Please register.

Baby Rhyme Time: Welcome your baby to the library. Enjoy songs rhymes and stories that will make your baby smile. Ages up to 12 months with parent/caregiver. Wednesdays, July 15-Aug. 19, 12:00-12:45 p.m. Please register.

Play All Summer! Superheros: Listen to stories about superheros and even create your own superhero. Ages 6-8, independent of parent/caregiver. Friday, July 17, 11:00-11:45 a.m. Please register.

Families Love to Play: Celebrate Play! by listening to stories and participating in songs. Ages 2-5, with parent/caregiver. Monday, July 20, 6:00-6:30 p.m. Please register.

kid's favourite comic books and create a superhero to celebrate. Ages 9-12. Thursday, July 30, 2:00-2:45. Please register.

Dinosaur Picnic: Join us for stories and rhymes about dinosaurs who roar, race, stomp, chomp and party. Ages 3-5, independent of caregiver. Friday, July 31, 10:30-11:00 a.m. Please register.

ADULTS (DROP-IN PROGRAMS)
eBooks and Library Apps Coaching: Come for help with library Apps including Overdrive, 3-M Cloud, Zinio, Freegal and Hoopla. Wednesday, July 8, 2:30-4:00 p.m.

Career Coaching: Looking for work? Our volunteer provides one-on-one help with job searching or help with your resume. Saturdays 10:15-12:15.

Computer Technology Coaching: Our volunteer will help you to use the internet or Microsoft Office products. Tuesdays, 10:00-11:30 a.m.

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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: Closed • Tues: 10:00 am – 7:00 pm • Wed: 8:30 am – 4:30 pm

Thu: 8:30 pm- 4:30 pm • Fri: 9:00 am – 1:00 pm • Sat: 9:00 am – 1:00 pm

Sun: Closed and closed on 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

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.

Parents and Tots: A group of parents get together every Tuesday morning, from September to June, in the lower level of the Ranch Centre at 9:30. Meet other moms in the community while your child(ren) play with other kids their age. A \$1 donation per child is required to attend. For the most up to date information about the group, join the Facebook group called parents and tots at the ranch. <https://www.facebook.com/groups/parentsandtotsattheranch/> See you in September.

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Director..... Anil Gupta

Committee Chairs

Operations Conrad Savoie
Community Relations Heather Sutherland

Lessons and Camps

TENNIS LESSONS: Tennis lessons will run on Tuesdays July 7 - 28, 2015. Classes are each 75 minutes. No experience is necessary. Children and Adults will be grouped within the class based on skill level.

Date	Time	Age	Cost
Tuesdays July 7 - 28	5:15 – 6:30 PM	10 – 12	\$65 (members), \$75 (non-members)
Tuesdays July 7 - 28	6:30 – 7:45 PM	7 – 9	\$65 (members), \$75 (non-members)
Tuesdays July 7 - 28	7:45 – 9:00 PM	Adult (15+)	\$75 (members), \$85 (non-members)

Lessons and Camps Continued...



BRICKS 4 KIDZ

Chi Challenge, July 27 - July 31, 2015 from 9:00AM - 12:00 PM

Cost: \$165 Members, \$175 Non-members
Ages 5 - 12

Let the legend be told, that in the land of Chima®, only the brave survive. Eight animal tribes battle in pursuit of CHI, the balance of life. Campers will have the opportunity to choose their tribe, while building and battling for victory. Put your Chima® skills to the test throughout this camp, by racing Speedorz® and building motorized models with LEGO® Bricks. Does your tribe have what it takes to become the ultimate master of CHI? Your destiny awaits!

PIRATE QUEST

July 27 - July 31, 2014 from 1:00 PM - 4:00 PM

Cost: \$165 Members, \$175 Non-members Ages 5 - 12

Shiver me timbers as we explore the popular culture behind the life of a pirate! Build a motorized pirate ship, a helm and an anchor as we batten down the hatches and prepare for mutiny! Protect hands-on deck by building a launching catapult. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles!

TENNIS CAMPS with tennis pro Kevin Gardner

Camps will run Monday through Thursday with Friday reserved as a make-up day in the event rain causes us to cancel a class.

Session 1: July 6 - 9, Session 2: July 13 - 16, Session 3: July 20 - 23

Cost: \$65 for Members, \$75 for Non-members

Time	Class
9:00 AM - 10:15 AM	Beginner age 7 - 9
10:15 AM - 11:30 AM	Beginner age 10 - 12
11:30 AM - 12:45 PM	Intermediate age 7 - 12

TUCK N TUMBLE

Gymnastic camps run during the following weeks July 20 - 24, August 10 - 14, and August 17 - 21

For registration and more information go to <http://www.tuckntumble.ca/>

PEDALHEADS

The camp runs June 28 - August 28 on weekdays. For more information and registration go to <https://pedalheads.com/Alberta/calgary-rocky-ridge>

*Life needs more
summer camps!*



Babysitter Registry

By Angela Carter

Looking for a babysitter? Or, looking to put your babysitter credentials to work?

We are pleased to offer a Babysitter's Registry to help match RRROCA families with qualified babysitters, who hold a valid babysitter training certificate.

FOR PARENTS SEEKING BABYSITTERS

First, you will need an active RRROCA membership. Please visit our website at www.rrroca.org to register. Secondly, we don't publish the list of babysitter names but they will be provided to families upon request, once your membership status is confirmed.

RRROCA will not be pre-screening, sanctioning, or verifying any credentials for those babysitters using this service. As the parent/employer, you take on full responsibility for interviewing, screening and hiring the babysitters for your child.

Please contact babysitting@rrroca.org to get connected to a qualified babysitter today!

FOR TEENS SEEKING BABYSITTING WORK

We have plenty of demand for qualified babysitters so please get in touch! First, your family will need to have an active RRROCA membership. Secondly, all babysitters on the registry are required to have a valid babysitter training certificate, regardless of age. Once you have these:

- Complete the appropriate Babysitter's Waiver Form: for youth ages 11-17, or for 18+ years. These forms can be found on our website www.rrroca.org. Youth ages 11-17 years will require a parent/guardian's signature on the waiver form.
- Send a photocopy of your Red Cross or Child Safe Babysitting Certification, along with your completed waiver, to babysitting@rrroca.org
- The Registry Coordinator will be in touch to confirm your acceptance to the registry.

For any questions, please contact babysitting@rrroca.org.

Your Official Newsletter

Community

Civic Chat



WARD I COUNCILLOR Ward Sutherland

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

HELLO WARD 1 NEIGHBOURS AND HELLO SUMMER!

WITH THE WARMER WEATHER, I noticed that more residents are taking their dogs out for walks but not picking up after their pet. I would like to take this opportunity to remind all dog owners that they are responsible for picking up the feces produced by their dog, both on and off their property.

Picking up your dog's waste is not just about responsible pet ownership, but also keeping parks and off-leash areas safe. Dog waste attracts coyotes and can contain parasites like E. Coli and other bacteria, which can cause serious illness in humans. Furthermore, dog waste does not wash away or disappear, so the risk of spreading its harmful effects can linger for years.

In order to maintain, preserve and utilize the City's parks and green spaces, The City of Calgary Parks, in partnership with Animal & Bylaw Services, has created the Pick Up Pooch's Poo

Yourself (PUPPY) program. The PUPPY program provides opportunities for Calgarians to learn about the importance of picking up and disposing of pet waste; and to become familiar with responsible pet ownership, as outlined in Calgary's Responsible Pet Ownership Bylaw.

Participating in the PUPPY Program is an excellent volunteer opportunity to help your community and the environment. You can also organize a community cleanup in your favourite off-leash area or park by registering for a green project. Call 3-1-1 to find out how.

Fair Entry - Subsidized Programs, Services and Facilities

The City has several programs that are offered at a subsidized rate for Calgarians who have trouble affording them. A new Fair Entry process was created to make applying for fee-subsidized City services easier.

Fair Entry means one application for the five subsidy programs.

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance – Basic yard care, snow removal, house cleaning, painting and minor repairs for low-income seniors to help them live securely in their homes longer.

For more information please contact 311 or visit calgary.ca/fairentree.

Kind regards,
Ward Sutherland

Keep calm and volunteer



Fun, Free Community Activities

The City of Calgary offers a wide variety of FREE community-based programs and services for children, youth and families across Calgary every summer. **Programs include;** Park n' Play, Stay n' Play, Summer Adventures, Kids at Play Summer Club, Community Camps, Youth Days and Lawn Chair Theatre.

Visit calgary.ca/cns for information.

The FABULOUS Bears paw Yard Sale Over 20,000 Items

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July 4th to October 26th

Sat & Sun - 10-4, Mon Noon - 8PM

28 Bears paw Summit

LOCAL

PHOTOGRAPHERS

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



Sunset at Bowness Park **BY VERONICA KASSAM**



Neighbourhood Greenery
BY T. MADDEN

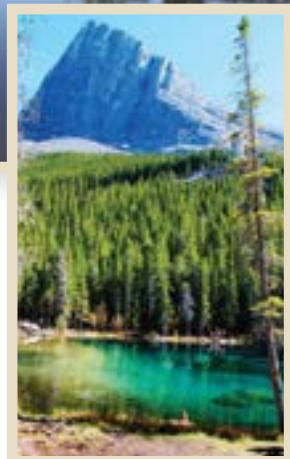


View from Rocky Ridge Ranch

**BY SHANNON
PERSICKE**

Beautiful day at Grassi Lake

BY VERONICA KASSAM



The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature as well as in the newsletter. **Think seasonal:** send us your Stampede photos for July, or your street decked out for December for example. **Think local:** capture our community in a great light, our natural environment or just something unique that you've seen when you're out and about. Amateur and professional photographers of all ages are welcome to submit. We cannot provide monetary payment but we will give you a photo credit using your personal name (not your business name, if you have one). Please send your photos as high quality JPEGs to newsletter@rrroca.org and who knows, you just might see your photo(s) in print!

New Middle School Named in Honour of William D. Pratt

By Sheryl Khanna



The Calgary Board of Education (CBE) announced on June 2, 2015, that the new middle school in Rocky Ridge/Royal Oak will be named the William D. Pratt School.

William 'Bill' Pratt, who died in 1999, was a prominent Calgarian and Alberta maverick.

Pratt designed and built Heritage Park and was the General Manager of the Calgary Exhibition and Stampede. His achievements also included building the track and grandstand, and serving in the roles of Project Manager of what was then known as the Olympic Saddledome, and President and CEO of the 1988 Winter Olympics in Calgary.

Pratt also received numerous awards including the Order of Canada, Olympic Order, Province of Alberta Award of Excellence and Canada 125 Medal.

"Having a school named after Dad fills all of us with a great sense of pride. We are thrilled with this recognition of his accomplishments and know Bill would be honoured to have a school bear his name. We look forward to sharing and celebrating his beliefs with the students, parents and staff of the William D. Pratt School," stated Pratt's family.

The name was recommended to the CBE by the School Naming Committee after careful consideration of over 50 names, and gathering and evaluating community input. The School Naming Committee was comprised of CBE Trustee Joy Bowen-Eyre, parents of students who will attend the new school, community representatives and members of CBE administration.

The school will open in fall 2016 with a capacity of 900 students.

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Heat Related Illness



With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

www.albertahealthservices.ca

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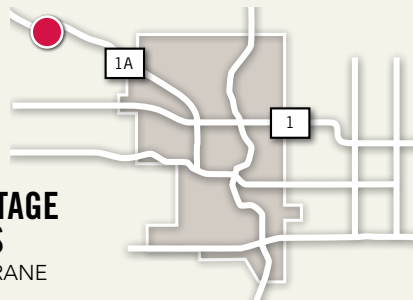
Rise and shine to first light hitting the Rockies; enjoy your morning coffee with the sounds of children playing in the nature park; and then relish the taste of locally made ice cream after a day boating on Ghost Lake. This is life when you live in a new home in Heritage Hills – a special place where there's no compromise between adventure in the great outdoors and the comfort of the great indoors in a Stepper home.

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Tree Recovery and Restoration

Want to know what tree work is scheduled in your community to recover from last September's storm? Now you can use an easy interactive map to see how The City is helping public trees recover in your community. Tree work is planned in many Calgary neighbourhoods including pruning of public trees, NeighbourWoods community partnerships, tree planting, and the life cycling of poplar trees.

The Tree Recovery Map will keep you updated on what is scheduled for your community. Learn when trees near your home are being pruned or replanted, and find out if you live in a NeighbourWoods community. To access the map and check on the tree work happening in your community, visit calgary.ca/trees.

ROYAL OAK STORMWATER POND WARNING

Recently, City of Calgary Water Services was informed that fish stocking, fishing, and fish feeding are occurring in the Royal Oak stormwater pond, which is illegal. Fish cannot be released to a storm pond under the Drainage Bylaw 37M2005. The fine is \$3,000 and can include and additional penalties.

If you see fish stocking, fishing, fish feeding, swimming, wading or boating in this storm pond, contact 311.

It is important that fish are not released into the stormwater pond as they may travel downstream to the Bow River and disrupt the natural balance of Alberta's ecosystem. Storm ponds are not recreational lakes; their purpose is to protect

the environment by trapping pollutants/sediment, as well as protect residential property from flooding by storing peak stormwater flow and untreated street run-off.

It is also important that citizens not use storm ponds for recreational use, as stormwater contains pollutants that could be harmful if they come in contact with skin, or if they are consumed directly from the water or by eating the fish from the pond. In addition, water levels and flows can change rapidly, which creates unpredictable and dangerous conditions.

For more information, visit the City of Calgary website at www.calgary.ca

"PEACE COMES FROM WITHIN. DO NOT SEEK IT WITHOUT." BUDDHA

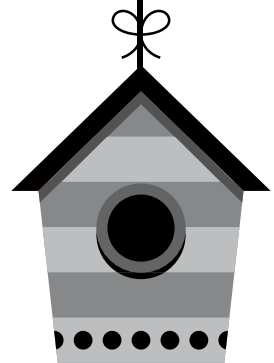
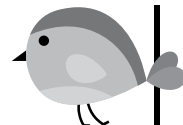


Homemade Bird Feeder













This is a fun and great way to talk to your children about nature. You'll need:

- a paper towel roll or toilet paper roll for each child
- peanut butter
- bird seed
- a plastic knife

Help the children cover the tubes completely in peanut butter. Then roll the tubes in the bird seed. And that's it. You then slide the tube onto a tree branch somewhere where your children can see it. You can also hang them with a string (you will want to put on the string before getting started). This is a great inside or outside activity.



FRUIT SUDOKU



SUMMER MAZE

Your Official Newsletter

Community

Civic Chat



WARD 2 COUNCILLOR

Joe Magliocca

Phone: 403.268.3280
Email: ward02@calgary.ca
Web Site: www.Calgary.ca/ward2

YAHOO WARD 2! IT'S STAMPEDE TIME.

From July 3 – 12th our city turns back into a bustling array of rodeos, parades, concerts and tons of outdoor fun for the whole family. It's the perfect time to get out and enjoy all that our city has to offer.

I also want to remind you all to stay safe while having FUN. I'll be posting tips and fun facts throughout Stampede on my social media sights, so make sure to plug in.

Don't miss my Ward 2 Stampede BBQ on July 5th from 11am – 3pm at Symons Valley Ranch. Please feel free to come by with the whole family for some BBQ and a good time. Look forward to seeing you all there!

Joe's Stampede Tip:

Make sure to pack sunscreen AND an umbrella. The weather can change without a moment's notice. One moment it's sunny and the next it's raining cats and dogs. Always best to be prepared. No one likes being forced to hide inside from the elements.



Tips for a thriving flower garden

- Planning is everything
- Bee friendly
- Choose pollinator friendly flowers
- Get the right seeds

– News Canada



Enjoy a nature staycation this summer



Have you ever heard of nature deficit disorder? It refers to the adverse effects of spending less time outdoors. This summer, make getting outdoors easier than ever with these ideas.

- **Explore the outdoors:** Go birdwatching, plan a family hike or join a guided nature walk.
- **Organize a nature-inspired scavenger hunt:** Make a checklist of natural items to watch for – like butterflies, maple trees or shrubs with berries – and check each item off the list after it's spotted.
- **Plant a garden:** Enjoy the benefits of nature in your own backyard by planting and maintaining a vegetable or flower garden.
- **Become a friend to a local park:** See if there are any groups in your community dedicated to the preservation of a local green space.
- **Take it outside:** Take lunch on the go to a local park, set up an outdoor movie night, or have a camping adventure in your own backyard.
- **Participate in local greening activities:** Whether it's a park cleanup or a community garden, take the time to plan your own activity or volunteer for a neighbourhood project.
- **Get in touch with trees:** With a bit of research first, parents and kids can together explore and learn to identify the trees and shrubs in their community, including those that are native to their region and invasive species.

– News Canada

Your Community CLASSIFIED ADS!!!

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

COMMUNITY MEMBERS CAN RECEIVE DISCOUNTS!

ART CLASSES FOR KIDS 6-12, Fall Trimester Theme: AFRICAN animals, landscape, still life, culture, people Mon - Riverbend; Tues - Strathcona Wed - Queensland; Fri - Braeside starts week of Sept 8; 4:30 to 6 pm. Schedule, registration, info via email: kidsart@telus.net Website: www.originalpaint.ca Instructor: Miss Lillian

CONCRETE CUTTING FOR BASEMENT WINDOWS AND DOORWAYS - Cut, Supplied & Installed. Doorways Cutting - Concrete Wall Cutting - Concrete Floor Cutting - Core Drilling - Any Size. Excavation/Window Well Supplied & Installed - Weeping Tile Installation. Phone 403.570-0555. Please see display ad on pg 3.

EXOSIDE CONSTRUCTION INC.: Finding quality solutions to all of your exterior housing needs. Our services include: Installation of Vinyl, James Hardie and Aluminum Siding, Soffit, Fascia and Eavestroughs, Aluminum and Steel Cladding. NOW BOOKING FOR SUMMER! Senior's Discounts Available! Call Robert today at 403.990-.346 www.exosideconstruction.com (Please see our display ad on page 19).

MOVING SALE - EVERYTHING MUST GO! One day only - Saturday, July 11th. CASH Only! IMMEDIATE Take Home! Everything from furniture, baby items to pet supplies! Location: 147 Riverside Mews SE (9 - 4 pm).

Did you know?

Mind's Design offers our community the opportunity to purchase classified advertising in Mountain Views. Contact sales at 403.203.9152.



YOUR COMMUNITY ANNOUNCEMENTS

HAPPY BIRTHDAY TO THE WU-MAURICE TWINS, JESSICA AND CASSANDRA!

HAPPY 9TH BIRTHDAY LILLIAN!

Love, Mom, Dad & Victoria



Do you have a birthday or anniversary to celebrate?

Or perhaps a graduation, wedding, new baby or engagement announcement? Why not share these special milestones with your community? Please send your announcements and photos to newsletter@rrroca.org by the 8th of the month to be included in the next month's newsletter, and yes, **it's FREE.**

To place your announcement, email newsletter@rrroca.org

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- Laser Dentistry
- Orthodontics
- Dental Hygiene



403.374.6161

#112, 500 Royal Oak Drive, NW

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403-861-0410



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KELLY STEPHENS
Kellystephens@telus.net

LIVING AND SELLING IN OUR COMMUNITY

PATTI STEPHENS
Patti.stephens@shaw.ca

CALGARY MARKET REPORT Home prices in Alberta will continue to dip over the next 2 years as the impact of lower oil prices has finally caught up to the energy-producing province, according to CMHC. It's a challenging market if you're trying to sell, because nothing is moving very quickly. The prices haven't really decreased that much, but the market is soft right now. In Alberta, housing starts totaled 40,590 in 2014, but are forecast to decline, and range from 31,900 to 36,500 in 2015.

Total Real Estate Sales Month to Month - to June 15

2014=1,294 2015=1,118

New Listings Month to Month - to June 15

2014=2,042 2015=1,649

The majority of real estate sales are <\$500,000.

If you are listing your home at this time, take a close look at your competition. Your realtor will provide you with an up-to-date list of comparables. Dress your home up; "Clean is King" in this business...hose off all the winter dirt, wash your windows, give your lawn a good rake, spruce up your perennials and flower pots, and for goodness sake - make sure you are rid of ALL Christmas lights!!! Make your home look like it's for sale, and you really mean it! Stand across the street, and see how beautiful you've made your home look, as compared to the neighbours! Whether you are buying or selling, take advantage of TODAY'S INTEREST RATES!!!

CALGARY'S SUITE LIFE Despite years of debate, a familiar topic seems poised to remain as a burr under the saddle of the "Heart of the New West" ...secondary suites. Most recently, a City of Calgary Council committee was given the task to determine whether to hold a plebiscite that would let the public decide whether suites should be allowed in neighbourhoods they're currently not zoned for. With an estimated price tag of \$2M, reports suggested City staff was fully opposed to the option. City Council will return to the discussion of "Secondary Suites" on June 29.

Call us anytime for a no obligation, current market evaluation of your home!

*Not intended to Solicit Those under a Brokerage Contract

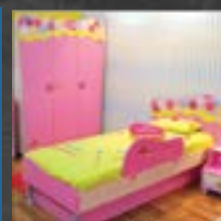
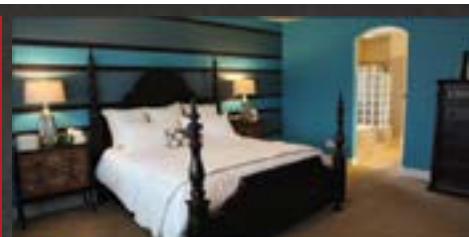


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