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RRROCA REPORTER

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

OCTOBER | 2015

Join Us!

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

Nature's Best!

Royal Oak Centre under a rainbow

~ photo by Monet Huang

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President's Message



THANK YOU ROCKY RIDGE & ROYAL OAK!

Fall brings cool weather, warm sweaters and Thanksgiving. Along with this, comes a reminder to practice gratitude. We would like to say thank you to all of our community members, volunteers and neighbours who make our community amazing. Thank you for making Rocky Ridge and Royal Oak a clean, safe and welcoming place to live.

The RRROCA Board has been hard at work over the last month. In addition to growing our team, we are working on our Outdoor Community Hub. September saw our first 3-on-3 Adult Street Hockey Tournament, the Community Clean Up, as well as our Volunteer Appreciation Event. Thank you to everyone who came out to our events and activities!

We are always looking for new volunteers and members to join our team. We are currently recruiting for Directors of various portfolios. If you have some extra time (about 10 hours per month) and have interest and skills to contribute, we would love to hear from you! Please email Frances at volunteer@rrroca.org.

Our next event is our Annual General Meeting on Wednesday, November 18, 2015, at 7 pm at the Royal Oak Victory Church. Come out and meet your Community Association Board of Directors, see what we've been up to, and maybe even find out how you can help. Please watch your email for your proxy form – your cooperation in completing this form is appreciated.

Our board meetings are held on the last Monday of each month at 7 pm at Charlesglen Toyota - October 26 is our next meeting. Our members and the public are always welcome to attend. If you are interested in attending, please email me at president@rrroca.org.

~ Tessa Sakamoto



MARK YOUR CALENDARS

- October 8 All Candidates Forum for the upcoming Federal Election at 7:30 pm at the Tuscany Club (212 Tuscany Way NW). See article in this newsletter for additional Info.
- October 12 Happy Thanksgiving
- October 17 - Used Clothing and Toy Sale from 10 am to 2 pm at the Ranch Centre
- October 19 Federal Election – Get Out and Vote!
- October 26 RRROCA Board of Directors Meeting at 7 pm at Charlesglen Toyota (public welcome to attend)
- October 31 Happy Halloween
- November 11 Remembrance Day
- November 18 RRROCA Annual General Meeting at 7 pm at Royal Oak Victory Church
- November 30 RRROCA Board of Directors Meeting at 7 pm at Charlesglen Toyota (public welcome to attend)

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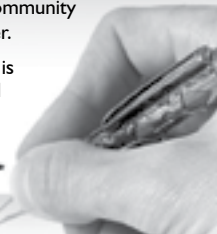
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Please Note:

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





SCHOOL LIBRARIES MATTER

School libraries play a major role in children's academic success by boosting their drive to learn. For some kids, the library can be the first place they discover a love of reading.

Nearly 90 per cent of Canadians agree that school libraries are important to children's learning and development; however, most high-needs elementary schools do not have the necessary funds to provide students with adequate access to books.

WHY SCHOOL LIBRARIES MATTER

Access to Books: Kids growing up in low-income areas may not have access to a variety of books at home, if any at all. Libraries in high-needs elementary schools play a big role in providing children with the opportunity to read.

Reading Sparks Imagination: Exposure to books and reading programs at school gives kids more opportunities to use their imagination.

Not Everything is Available Online: With so much information available online, it's easy to forget the value of real, physical books. Not everything exists in a digital format and school libraries have key resources that cannot be found on the Internet.

Breaking Language Barriers: Canadian school libraries often have access to dual-language books, which can boost a child's literacy when English is their second language.

- newscanada.com



Royal Oak
VICTORY CHURCH

Please join us Sundays at Royal Oak Victory Church
450 Royal Oak Dr. NW
9:00 am and 11:00 am service times

*Devoted To God - Connected To Others -
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Check out our website for more information, www.rovc.ca.

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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.

Your Official Newsletter Community *Editor's Message*



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As fall begins and the days get cooler and shorter, it's the perfect time to curl up with the latest issue of the RRROCA Reporter and see what's going on in the community this season. Be sure to check out the **Mark Your Calendars** section on page 3 so you don't miss out on any upcoming events.

A federal election will take place on October 19 and I encourage you all to get out and vote! On page 8 we have included some information on an All Candidates Forum that will take place in Tuscany on October 8th – it will be the perfect time to meet the candidates and hear what they have to say.

It's also the time of year when high school students are seriously starting to think about their future careers. Check out page 6 for a great article on discussing career choices with your kids (the Do's and Don'ts).

And, have you heard about the latest craze called Geocaching? Want to learn more? Check out the article on page 17 for some great information and tips on Geocaching. I knew a bit about it, and then read the article and now want to get out there with my kids and give it a try.

Thanksgiving is just around the corner and while there is much to be thankful for, I realize these are also challenging economic times for many in our community and our city. I hope that, come what may, you have a Happy Thanksgiving.

And finally, I wish you a spooktacular and safe Halloween!

~ Sheryl Khanna



HALLOWEEN SAFETY



The members of Calgary's Halloween Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, PSC (9-1-1), Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks, or well lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.

- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.

- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Career Conversations with Your Kids – Do's and Don'ts

By Avra Davidoff, M.C., Registered Psychologist

Many parents underestimate the influence they hold when it comes to their child's career decision. While some youth report feeling "bulldozed" by parental opinion, others report receiving little to no direction at all; neither extreme is ideal. Here are simple guidelines to keep in mind.

DON'T compare apples to oranges. Avoid comparisons between your child to siblings, friends, and even yourself. The statement "when I was your age..." will likely undermine your child's feelings and experiences, stifling further conversation. It can be great for you to share your experiences, but let your children develop and learn from their own experiences.

DO inform yourself of current career trends. If you are well into your own career or haven't experienced a recent career shift, you may not have noticed some of the trends affecting your child's career development.

DON'T assume that if your child doesn't intuitively know what careers they are interested in that something is wrong with your child. Some people simply have an easier time identifying career interests due

to personality type and exposure through media, family or friends.

DO explore your biases. You may have beliefs about certain professions being more stable or better than others. Help your child explore what is important to him or her, that values change, and be prepared for a possible conflict of values between you and your child. Try to be open-minded and listen, don't judge.

DON'T take a one-track approach. University isn't for everyone. Technical and trade schools, apprenticeships, internships, and private vocational schools are all possibilities. A university degree doesn't guarantee personal or financial success and alternative options aren't recipes for unemployment.

DO encourage exploration. Career interests can develop from exposure to a variety of activities, including classes, hobbies, arts and crafts, reading, travel, sports and volunteering, to name a few.

DON'T pretend to have all the answers. Parenting is hard work and it's impossible for parents to be experts on every situation their child experiences. Don't be afraid to seek outside resources and



support such as career counselling.

DO help your child to set realistic career goals. Earning a six figure salary by the time they are 24 isn't impossible but it may not be realistic. You may want to encourage your child to develop a "Plan B."

As a parent, you are positioned to be one of the strongest allies and greatest career decision-making supporters in your child's life. Parents want their children to be successful and happy; your children want the same things. Be curious, be understanding, and most of all, be patient!

Avra Davidoff is a Registered Psychologist at Calgary Career Counselling

New in the Neighbourhood?

Did you just move to the neighbourhood? Are you looking for information on Rocky Ridge and Royal Oak? Do you want to try some fabulous local businesses at a discounted rate? Contact Welcome Wagon to take advantage of all of this for FREE! My name is Erica and I am your local Welcome Wagon representative. I would be happy to provide you with some information on Rocky Ridge and Royal Oak and answer any questions you have about the neighbourhood. Give me a call at 403.272.4029 or send me an e-mail at eoseen@shaw.ca.

Welcome Wagon a Canadian tradition since 1930.



Scouting Volunteers Needed

If you share the Scout Motto "Do Your Best," the local Cubs and Beavers need your help.

Cubs focus their activities on providing young boys and girls, between the ages of 8 and 10, and Beavers between the ages of 5 and 7 with important life skills and strengthen their connection to nature with challenging hikes, weekend camps, and an introduction to water activities like canoeing or kayaking. Cubs and Beavers are encouraged to try new and more challenging activities they never thought possible such as learning important first aid skills, paddling a canoe for the first time, or leading a game at camp. Along the way, the boys and girls learn how to take care of themselves and work as a team – and most importantly have a lot of fun!

The local organization currently needs leaders to provide this life changing experience to more young boys and girls. Additional leaders will not only allow more youth to participate, it will also ensure a wider and more diverse group of adults sharing the responsibility and creating a more rewarding and fun experience for both the Cubs and Beavers and Leaders alike. Volunteers are also needed for the organizing Group Committee (Secretary and Administrator).

The requirements and formal time commitment for volunteers are fairly minimal including a Police Record Check and a short (2-3 hour) online leadership-training program. Leaders attend weekly meetings, leadership planning meetings and



a few weekend camps and other weekend activities such as community clean ups per year.

If you think you might like to be a leader or volunteer for Group Committee, or have any questions, please contact Mark Coady, Group Commissioner at mcoady98@yahoo.com.

Scouts Popcorn Fundraising Campaign

The Rocky Ridge Royal Oak (RRRO) Scouting group will be participating in the annual Scouts Canada popcorn fundraising campaign from September 28 until October 20. We're very excited that this year's campaign will continue to have many delicious varieties of popcorn available including microwave popcorn, popping kernels, caramel corn and chocolatey caramel. You can view the products at www.scouts.ca/popcorn and you'll also find nutritional information on the website.

We'll have many Beavers, Cubs and Scouts knocking on doors in Rocky Ridge and Royal Oak to take orders. Because we typically

don't have enough children to cover every street, please don't hesitate to contact Lori at RRROScouts@hotmail.com if you'd like to place an order. All orders will be delivered in late November or early December (just in time for the holidays!). Your support is greatly appreciated. This is the biggest fundraising event of the year for the RRRO Scouting group and helps Scouts Canada provide a fantastic program for youth across the country as well as the purchase of camping equipment, camp fees, gym rentals and the costs of materials used in delivering the Beaver, Cub and Scout programs in Rocky Ridge and Royal Oak.



Your Official Newsletter Community

Election Day, October 19



Federal Election - All Candidates Forum

Your local community and resident associations are pleased to be hosting an All Candidates Forum for the new riding of Calgary – Rocky Ridge. The All Candidates Forum will take place on Thursday, October 8th at 7:30 pm at the Tuscany Club (212 Tuscany Way NW).

The new riding of Calgary – Rocky Ridge is comprised of the following communities:

Arbour Lake, Citadel, Evanston, Hawkwood, Kincora, Lynx Ridge, Nolan Hill, Ranchlands, Rocky Ridge, Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs and Tuscany.

The forum will provide an opportunity for residents to see and hear the candidates, and to understand their respective party platforms and local perspectives. A series of questions will be posed to each candidate who will then provide comment. In addition, there will be tables set up for campaign volunteers to provide material and engage on an individual basis.

This event is being organized in partnership with the following associations:

- Rocky Ridge and Royal Oak Community Association (President, Tessa Sakamoto)

- Scenic Acres Community Association (President, Jim Palmer)

- Tuscany Community Association (President, Kelli Taylor)

- Tuscany Residents' Association (President, Jim Farquharson)

We appreciate the participation of our federal candidates to engage in the forum in order to assist constituents to make informed decisions on Election Day, October 19th.

Questions about the All Candidates Forum can be directed to Jim Palmer at palmerjr@telus.net.



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DR. AYESHA N. RAHIM, MD, CCFP
DR. SOBIA RAJPUT, MD, CCFP



RRROCA CONTACTS

Names and Emails

Your Official Community Newsletter

Rocky Ridge Royal Oak Community Association

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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 Programs	Marin Leci.....	programs@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	Durotolu Aro.....	transportation@rrroca.org

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Newsletter Editor	Sheryl Khanna.....	newsletter@rrroca.org
Events	Twyla Ferrari.....	t.ferrari@shaw.ca
Community Liaison	Lorraine Reed-Loewen.....	community@rrroca.org
Youth Sports	VACANT.....	youthsports@rrroca.org
Website	Wendy Alessi.....	info@figtreedesignstudio.com
Fitness Classes	Leah Melnyk.....	fitnessclasses@rrroca.org
Ladies' Group	Judith Stasiak.....	ladiesgroup@rrroca.org
Babysitter's Registry	Angela Carter.....	babysitting@rrroca.org
Pace Car Coordinator	VACANT.....	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

VOLUNTEER CORNER



**By Frances Kalu, RRROCA
Director of Volunteers**

To continue supporting the community association and rolling out the events that we have planned for the future, we require volunteers for the following positions. If you are interested, please

send an email to volunteer@rrroca.org.

CASINO (Oct. 10 and 11)

Volunteers are needed to help us successfully run our casino event on October 10 and 11. Apart from having a lot of fun, you will help the association raise funds needed for capital projects in the community smoothly.



KIDS PAGE



WORD SEARCH

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

HALLOWEEN
HAUNTED
SPOOKY
BATS
PUMPKIN
COSTUMES
WITCH
VAMPIRE
TRICK
MASKS
CANDY
TREAT
PARTY
BOO
GHOSTS

START

END

MUMMY MAZE



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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

¹ Please 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



NEW
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 Opening
 October
 2015

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Watermark at Bearspaw has the open space you need to commit to living, and playing, bigger! With 5 kms of paved pathways, central plaza, cascading ponds and 46 acres of parkland, there's truly something for everyone in Watermark. Custom or quick possession homes beginning at \$1.2 Million. Visit our Builder's Showhomes today.



A. TYPICAL CALGARY ESTATE LOT 50'x 120' | B. WATERMARK SMALLEST LOT 82'x 139' | C. WATERMARK LARGEST LOT 200'x 200'

To see just how BIG life can be in Watermark, visit one of our showhomes or visit PlayMoreInWatermark.com



Community Crime Report

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	1	2
Attempted Murder	-	-
Commercial Break-in	1	-
Homicide	-	-
Residential Break-in	5	11
Robbery	-	-
Sex Offence	-	-
Theft	10	21
Theft from Vehicle	11	14
Vandalism	3	1
Vehicle Theft	5	11

Statistics provided by Calgary Police Services Crime Mapping Application

Covering June 10 to September 10, 2015

DID YOU KNOW?

The Leaf & Pumpkin composting program kept over 2 million kilograms of material out of our landfills in 2014. Keep up the great work Calgary! Visit calgary.ca/leaf.

THE DEBORAH LAXTON SCHOOL OF DANCE

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Classes are open to non-residents

New semester starts - MONDAY 21st SEPTEMBER

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





Lifelong Learning for Seniors – How to keep your brain active!

As we age, besides staying physically fit, keeping our minds active is one of the most important things we can do. There are different things that help our brain stay sharp. This includes eating brain healthy foods such as fish, nuts and seeds with fats that help protect our brain. There is a lot of truth to the adage, use it or lose it.

In this regard, have you ever wanted to continue your education but feel you are too old to go back to school? Does having your mind stimulated through a free University quality course without the homework and tests excite you? If so, refer to the Rocky Ridge Retirement Community advertisement in this month's issue.



Barry & Dawn Metcalfe
Owner/Operators

Sobey's
Royal Oak

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we are doing!*

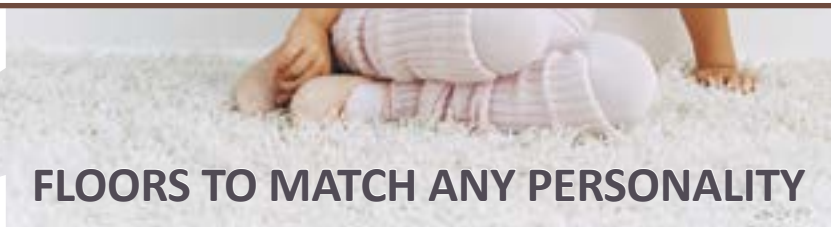
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we want to hear how we are doing!
clip and save coupon with your comments on how we can
your shopping destination and receive this one time offer of

—————→ **10% off** *of your next purchase of a min of \$50.00.*

Must present this coupon at the time of purchase with proof of residency! Restrictions apply,
not valid on 10% Tuesday, see customer service for details.



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NEW



Lifelong Learning for Seniors

Have you ever wanted to continue your education but feel you are too old to go back to school? Does having your mind stimulated through a University quality course without the homework and tests excite you? If it does, then we have an opportunity for you!

Rocky Ridge Retirement Community is pleased to announce a new pilot education series for Seniors this October, facilitated by a highly qualified former professor with a passion for lifelong learning. Our goal is to challenge you, and provide an educational and social outlet to keep your mind sharp while interacting with like-minded peers.

Rocky Ridge believes Seniors have much to contribute, and are pleased to offer **History 4400-Current Affairs**, at no charge to interested Seniors.

HISTORY 4400 - CURRENT AFFAIRS:

The world is a vibrant, dynamic place and ever increasingly more connected. What happens in one seemingly isolated area may have ripple effects that circle the globe. Our country is involved in global marketing, resource extraction, armed confrontations and human rights issues around the world. From Nigeria, Sri Lanka and the Middle East to China, Ukraine and the EU, Canada has interests. Many Canadians are aware of the various conflicts but know very little about the roots of these conflicts. This course will deal with selected issues in current affairs: Terrorism, the EU, expanding Russia, the IMF (International Monetary Fund) and the World Bank.

Classes: 2:00 p.m. every Tuesday & Thursday, starting on October 6th for 4 weeks.

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

Facilitated by Dr. Eric Teehan who completed his Masters and Ph.D at Duke University, before going on to teach at the University of New Brunswick and Mount Allison University.

As this is a pilot project, there will be limited spots available and we will add courses as per demand. Please contact either Heather Sutherland or Nori Wiesner at 403-930-4848 or email us at info@rockyridgeretirement.com if you are interested in participating.

Rocky Ridge Retirement Community

For a complimentary tour or to RSVP for an event, please call 403.930.4848 or Info@RockyRidgeRetirement.com

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Community

Your Official Newsletter

RRROCA Things to do



RRROCA FALL Fitness Classes



Get fit, have fun and meet your neighbours with RRROCA Fitness classes! Registration is ongoing and rates will be prorated based on registration date. RRROCA Membership is required.

Register at

www.rrroca.org/en/sport/adult-fitness-classes

RRROCA Zumba with Helen!

Located at My Gym Royal Oak

Mondays from 7:30 pm to 8:30 pm

October 5 - December 21 (no class on Oct. 12)

\$100.00 RRROCA members

\$130.00 nonmembers (the additional \$30 goes towards an annual RRROCA membership)

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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 - 7:00 pm • Tues: 9:30 am - 3:30 pm •

Wed: 10:30 am - 4:30 pm • Thu: 9:30 pm - 3:30 pm • Fri: 9:30 am - 3:30 pm

• Sat. and Sun. Closed and closed on all statutory holidays. Arrangements can be made to view the hall on Saturday mornings. Please contact the office.

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 once a week, 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.

Fall Programs

Registration is ongoing and punch cards are available for drop-in.

Contact the office for more information at officeadmin@rrrha.ca or 403.547.6633.

October Events

Used Clothing and Toy Sale - October 17 from 10 am to 2 pm at the Ranch Centre

Halloween Party - October 31 from 1 pm to 3 pm at the Ranch Centre.

Please contact the office for more information and to register for events.

Board of Directors

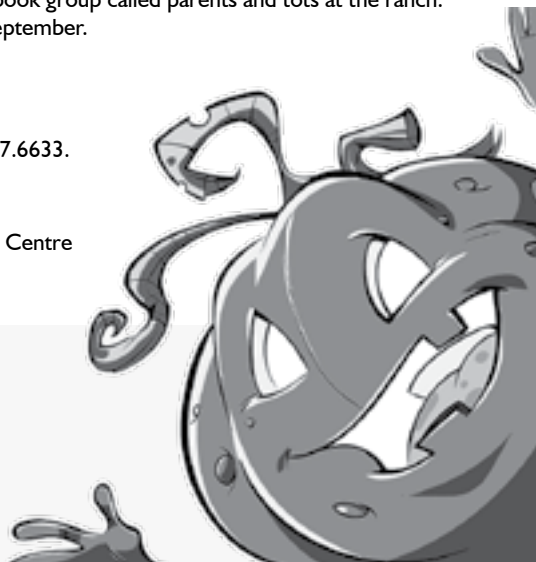
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WHATEVER IT TAKES.



Why not try Geocaching?

By Carla Knipe

Do you want to go on a treasure hunt? Why not try Geocaching! It is a popular activity loved by people of all ages across the globe. Best of all, it's practically free, is a great way to get some exercise and is especially good as a family activity right up until the snow flies.

The simple explanation of geocaching is to find a hidden container (the geocache) at a specified location by using GPS coordinates and compass directions. Geocaching is extremely easy using a smartphone - simply download the free app and you're ready to go. Geocaches are never buried but can be sneaky to find. The caches contain a logbook for people to sign and often contains small prizes (known in Geocaching terms as "swag"). The general rule of Geocaching is that if you take a treasure you must leave something equal or better than the item taken. If you have nothing to trade, then etiquette dictates that you take nothing and simply sign the logbook. Dollar stores are great places for finding swag - small toys, keychains, mini playing cards, brain teaser puzzles, and golf balls are just a few ideas. Many crafty geocachers place handmade items too. However, liquid and edible items should not be placed in the cache. If they leak or get wet, it could ruin it and they can also attract animals.

The main myth about geocaching is that it requires a lot of hiking in remote areas, but that isn't necessarily true. There are hundreds of caches placed all over Calgary, including some in Rocky Ridge and Royal Oak. You may have walked by one without even knowing! Karen Ung, a local outdoor writer, who loves to geocache with her children says, "Urban caching and rural caching are very similar - there are caches right on the side of the trail and others that require bushwhacking, so it is important to look at the difficulty and terrain ratings as well as



the descriptions (some will tell you the cache is 150 m off trail for example) if you would like to stay closer to the trail."

Geocaching with kids is a great way to get them used to hiking and navigating using geographical landmarks, especially when the promise of finding the prize keeps them going. Geocaching in urban areas also has the appeal of bringing strollers or the ability to travel to cache sites by bicycle. Start out by finding the easy caches (the app gives difficulty indicators) then work your way up. Make sure you dress sensibly with appropriate footwear and bring enough snacks and water with you. Also bring a pen or pencil to fill in the logbook in case the one in the cache is missing or unusable. Another great thing that you can do is to bring a garbage bag to pick up any litter that you see, and leave the area better than you found it.

Karen Ung also says that geocaching etiquette for everyone is extremely important. "In town, respect private property (no shortcuts through people's yards!) and always cross the road safely. Don't just follow your compass blindly across the street. And geocaching is based on the honor system so even though no one may be watching, making good choices in making a trade (for items in the cache), and leaving the cache the way you found it is important."

Geocachers say that once you find your first few caches, you will be hooked. It is a great activity that families can do together to enjoy the outdoors, get to know towns and neighbourhoods and work together as a team and of course—have fun!

For more detailed information, visit www.geocaching.com. Karen Ung's blog has lots of great outdoor tips and activity ideas for families too, and can be found at www.playoutsidguide.com.



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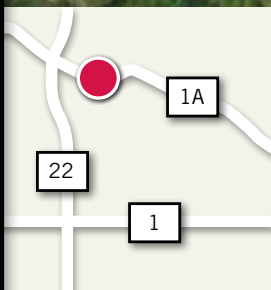


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School lunches tips

Packing a lunch for you kids can be a delicate balance of creating something that tastes good, is healthy and nutritious and cost effective. But meeting all of these criteria doesn't have to break the bank, follow these tips and tricks to create an easy-to-make, affordable and delicious school lunch for your kids:

PACK SMART. Instead of putting each snack into different baggies, which can get expensive fast, group foods together in a container.

KEEP COOL. Freezing your kids' favourite juice or large water bottle is a smart way to keep your family's lunch box cool without investing in an icepack. The best part is that by lunch time it'll be thawed out and ready for drinking.

GET CREATIVE WITH LEFTOVERS. Making use of leftovers from last night can be a great way to minimize waste and keep lunches interesting. Try using leftover roasted chicken for a fun-Mexican style burrito or quesadilla.

This fun, healthy lunch is perfect to make for your kids to stay on budget and keep them fueled for the whole day.

RECIPE

AVOCADO HUMMUS AND SPICED PITA CHIPS



Ingredients:

- 1 avocado
- 1 can chickpeas
- 2 teaspoons tahini
- 1 glove garlic
- 6 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 large pita
- 1 teaspoon paprika
- Salt and pepper to taste

Directions:

1. In a blender, combine chickpeas, tahini, garlic, lemon juice, salt, pepper and avocado (pitted).
2. Drizzle in olive oil until the mixture comes together and is smooth and creamy.
3. Brush pita with olive oil and sprinkle with paprika and salt and pepper.
4. Bake for 20 minutes, or until crispy. Once cooled, slice into triangles.

- newscanada.com

Sudoku:

For solution, go to mind's design studio



Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

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LOCAL

PHOTOGRAPHERS

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Glenbow Ranch General Store and Moose Mountain

BY MIKE SMITH

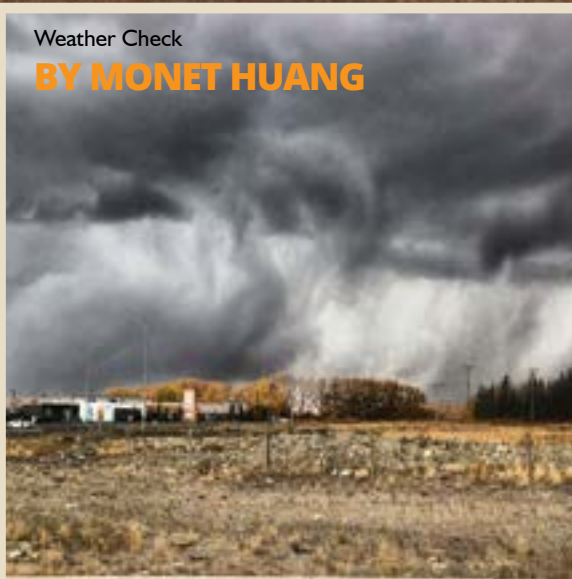


Splish Splash

BY KALIA BIRKY

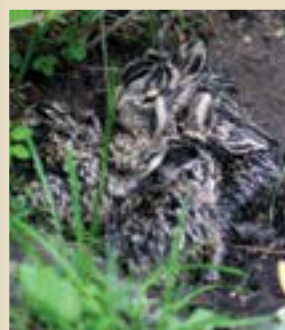
Weather Check

BY MONET HUANG



Storm Cloud

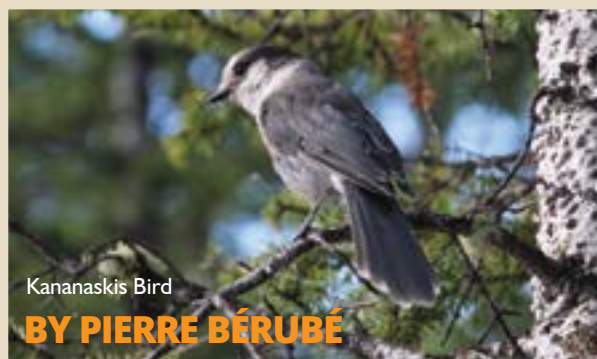
BY ANDY DODSWORTH



Baby Hares in Rocky Ridge

BY LUCIANA M. KUAMOTO

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!



Kananaskis Bird

BY PIERRE BÉRUBÉ

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YOUR COMMUNITY ANNOUNCEMENTS

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Love Mom & Dad



Do you have a birthday or anniversary to celebrate?

Or perhaps a graduation, wedding, new baby or engagement
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Civic Chat



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Joe Magliocca

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

HELLO WARD 2 FRIENDS!

With the days getting shorter and the sun setting earlier, it can make it hard to see pedestrians while driving. Halloween is coming up and with children excited in costumes and moving about in unpredictable ways it can make driving that more challenging. Remember to slow down and be especially cautious in residential neighborhoods and around school and playground zones. Ward 2 has a lot to be thankful for this Thanksgiving.

JOE'S TIP

The City's Leaf and Pumpkin Composting Program is underway! Bring your leaves and pumpkins to a depot until November 8th. Thirty-six convenient locations are available around the city – the closest location to Rocky Ridge and Royal Oak is at the Spyhill Landfill (69 Street and 112 Ave. NW). Visit www.calgary.ca/leaf for more information.

Leaf & Pumpkin composting program is underway!

Bring your leaves and pumpkins to a depot near you until November 8.

Fall is in the air – and on the ground. We want Calgarians to bring their bagged leaves and pumpkins to one of our 36 drop-off locations around the city. By composting this material it keeps it out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.



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. Note: 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.



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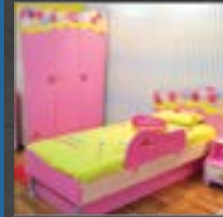
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