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RRROCA



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

NOVEMBER | 2015

REPORTER

Join Us!

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

Fall Panorama

~ photo by Janelle Law Dabisza



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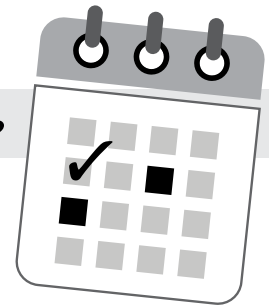
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Vice President's Message



WATCH YOUR STEP!

The cold weather is among us now and looks like it will stay! Along with winter comes a reminder to be extra careful on the community roads and pathways. Please watch for icy patches to and from school, work and events.

RRROCA will be having their Annual General Meeting (AGM) on November 18th at the Royal Oak Victory Church. Registration starts at 6:30 p.m. and the meeting starts at 7:00 p.m. I urge all residents to come to the AGM to learn about progress and important community projects planned for 2016.

I hope everyone enjoyed their Halloween and saw some impressive costumes. Just a reminder for parents, if you have not already done so, to please go through all candy your children received and report anything suspicious.

The holiday season is coming up fast! I would like to pass on greetings to everyone and hope you plan to spend some time with family and friends

~ Ali Oonwala

MARK YOUR CALENDARS

- November 1 Daylight Savings Time Ends – Turn clocks back 1 hour
- November 11 Remembrance Day
- November 18 RRROCA Annual General Meeting at 7 p.m. at Royal Oak Victory Church
- November 30 – Colouring Contest entries due
- November 30 RRROCA Board of Directors Meeting at 7 p.m. at Charlesglen Toyota (public welcome to attend)

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.



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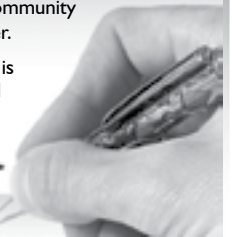
Need a bigger window?

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





Festive gatherings should be fun and heartwarming occasions, but choosing the perfect hostess gift for every party can get to be a headache. The classic bottle of wine, box of chocolates or cute kitchen accessory all spring to mind, but what are some other options? Here are five holiday-themed gift ideas that are simple, thoughtful, suited to a range of tastes and won't break the bank.

- **A box of holiday-themed coffee:** If your hostess owns a Keurig brewing system, treat them to a special box of coffee. The velvety and woody Van Houtte Holiday Blend or rich and smooth Timothy's Christmas Blend, available on keurig.ca, are both medium roast blends in K-Cup pods perfect after a family meal or over breakfast.
- **Mason jars:** These handy glass containers have a million and one uses: They can double as drinking glasses, flower pots, a place to keep homemade crafts, and of course a jar for your favourite homemade jam. Your hostess will be sure to appreciate this gift that can be reused in a variety of ways.
- **High quality nuts:** Quality seasoned nuts are a guaranteed crowd pleaser at any party. With a wide variety to choose from like chocolate covered, salted and more, they can be shared with guests on the night or eaten as a snack the next day. It is thoughtful to check ahead for nut allergies.
- **Specialty olive oil:** A bottle of high quality extra virgin olive oil shows you've gone the extra mile to thank your hostess for her hospitality. A gift that's both classy and refined, olive oil is widely available at international food markets as well as regular supermarkets.
- **The gift of relaxation and pampering:** Any party requires a lot of planning and preparation, not to mention the cleanup afterwards, so the gift of relaxation will be sure to delight any hostess. This could be as simple as a prepaid manicure or a gift certificate for a cleaning service so she can put her feet up once the guests have gone home.

- 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

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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



As fall continues and the days get cooler, it's the perfect time to make a nice hot drink, sit down with the latest issue of the RRROCA Reporter and see what's going on in the community this month.

RRROCA needs you! Support your community association by signing up for a membership (see page 10), attending the AGM on November 18th (see page 8) or volunteering (see page 10).

There has been a lot of talk in the community about break and enters and vehicle theft, so we are pleased to include an article in this month's issue from Constable Roy Moe, Calgary Police Service (CPS), on what CPS was up to over the summer and early fall to address this (see page 11).

Do you have a child who likes to colour? This month we are running a Colouring Contest and the winning picture will grace the cover of our January issue (see page 19).

Remembrance Day is on November 11th and I urge each and every one of you to take a moment that day to reflect on the sacrifices that our veterans and soldiers have made to keep us safe since World War I.

In closing, I wish you all a wonderful November,

~ Sheryl Khanna



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Winter Safety Tips for Seniors

As much as we love to see the beauty that a fresh snowfall can bring, winter can be a hard time for many, especially Seniors. Seniors are often challenged by the colder temperatures as they struggle to maintain their body temperatures as a natural part of the aging process. If you are a Senior or have a loved one who is a Senior, it is important to still get out of the house, to stave off depression and isolation during these long winter months. Keeping safe is key, and here are some suggestions during this Season:

- Avoiding Falls-Falls are very common for Senior's. Make sure to maintain sidewalks and driveways to keep everyone safe. Seniors can benefit from a pick on the bottom of their canes and non-skid soles on their footwear to help grip surfaces that are slippery.
- Dress for the weather-Always make sure to wear appropriate outerwear and dress in

layers to help maintain body temperature. Also be aware of the symptoms of hypothermia: shivering, cold skin that is pale and ashy, fatigue, confusion, weakness, and slow breathing and heartbeat.

- Proper Nutrition-Adding Vitamin D to a balanced diet is especially important during the winter months.
- Be prepared for Power Outages-Make sure to have a box of supplies to help cope during a storm, including non-perishable food with a can opener, water bottles, candles, matches, flashlights and extra batteries. Include 2-3 extra blankets per person in the box along with extra socks and sweaters.

If you are a Senior, make sure to have an established communication system in place, of people you can call if an emergency arises. For the rest of us, let's remember to frequently check in on Senior's that live alone to ensure their safety.

Isolation during the winter months

Over the Winter months, we all tend to hibernate a bit more than usual, but for Seniors this Season can be particularly isolating. Many people often ask what they can do if a loved one is isolated. Below are a few suggestions:

- Address any underlying health issues-Being proactive about Seniors health can help them feel better on a more day-to-day basis. Make sure your loved one gets regular ear and eye exams, as well as regular check-ups. It can diminish the social anxiety related to hearing and vision concerns.
- Connect with family, friends and neighbors-Enlist the help of others who may be nearby to visit and check-in on an elderly loved one, if you can't. Call and email often to keep connections strong when you can't visit.
- Prevent Senior Malnutrition with food delivery-Seniors who live on their own are at risk for poor nutrition. Consider getting food delivered by an on-line grocery service or by an organization such as Meals on

Wheels, which can provide both nutritious food and social contact.

- Encourage safe transportation and mobility-encourage the use of walkers and other assistive devices when your loved one is going out during the Winter months. Drive them to appointments when you can or arrange for taxi service during this time.
- Connect elderly loved ones with necessary local services-Don't hesitate to contact Community Care Access to see if they have any care services that they can provide in their home. Connecting to local Seniors programs is also important to prevent isolation.
- Consider an Independent Living Residence or Respite Care-Sometimes our loved ones need more care than we are able to provide. Independent living residences encourage social, mental and physical activities to keep isolation at bay, with the bonus of having care needs supported on-site.

- Articles submitted by Rocky Ridge Retirement Community



Your Official Newsletter

Community

1st Annual 3-on-3 Street Hockey

Hockey Tournaments

By Ali Oonwala, RRROCA Vice President

We had a great turnout for our first annual 3-on-3 Adult Street Hockey Tournament on September 13, 2015. Everyone involved had a lot of fun.

A special thank you to Principal Sparks at Royal Oak School for allowing us to use the school grounds to host the tournament. Also, a big thank you to our 3 major sponsors (Vagus Fitness, London Drugs and Chopped Leaf).

The championship final was a very intense affair between the Choppers and the Titans! The titans ended up scoring the game winning goal with less than 30 seconds remaining to take top prize with an 11-10 win.

Congratulations to the winning team (Terence Fong, Chi Lam, Jason Moore, David Scott and John VanSickle) who each won personal training sessions at Vagus Fitness.



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RRROCA AGM November 18

Annual General Meeting of the RRROCA



Dear Member:

This is to invite you to the **Annual General Meeting** of the Rocky Ridge Royal Oak Community Association (RRROCA) being held on **18th November, 2015** at 7:00 PM at the Royal Oak Victory Church, **450 Royal Oak Dr. NW.** The

meeting's Agenda is below.

In order to conduct the business of this meeting, our By-laws require a quorum to be present in person or by proxy. While I would be delighted to see all members in attendance, I know the realities of conflicting commitments would not make this possible, so please **provide us with your proxy whether you plan to attend or not.** You are reminded that should you be able to attend, your proxy will be returned at the registration desk.

AGENDA

Welcome
Confirmation of Quorum
Reports (tentative)

- President
- Treasurer
- Membership
- Events
- Sponsorship
- Program / Youth Sports
- Planning/development
- Communications
- Volunteer
- Safety
- Transportation

Motions

- To adopt the 2014 AGM Minutes as presented
- To adopt the financial statements as presented
- To ratify the actions of the Directors since the 2014 AGM

Election of Directors for 2015

- Minimum of 5 - Maximum of 13

Directors to be Elected

Proposed as at 28th September, 2015

- Tessa Sakamoto
- Ali Oonwala
- Paul Watson
- Karen Abbott
- Frances Kalu
- **Nominations to the board**
- David Spencer
- Jessica Asuquo
- Jessica Hayhoe

Matters Arising from the Floor then Adjournment

Your completed proxy form must be returned by 16th November, either by:

- Email or pick up, send email to secretary@rrroca.org
- Mailing
RRROCA, PO Box 91009,
RPO Royal Oak, Calgary, Alberta T3G 5W6

Should you have any questions or comments, please contact us at secretary@rrroca.org.

Thank you for your assistance and co-operation in making this AGM a success.

~ Tessa Sakamoto, President

**ANNUAL GENERAL MEETING OF
18th November, 2015**

PROXY

I, _____ (your FIRST and LAST name), residing at _____ (Address with postal code), holding membership number _____ (optional) do hereby appoint TESSA SAKAMOTO or _____ (the FIRST and LAST name of a person who will be in attendance), being a member of the Association in good standing, as my proxy and to vote and to nominate on my behalf on all matters brought before this Annual General Meeting.

Note: If no alternate name is provided, your proxy will be assigned to Tessa Sakamoto and in her absence to the Chair designated by the Meeting.

Signed (or emailed)

this _____ day of _____, 2015

Forward to the RRROCA by 16th November, 2015 either by:

- Email – secretary@rrroca.org
- Pick Up – secretary@rrroca.org
- Mailing (by 13th November) - RRROCA, PO Box 91009, RPO Royal Oak, Calgary, Alberta T3G 5W6

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	VACANT.....	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 Parks	VACANT.....	parks@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

Committee Leads

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 Denis McHugh	DMcHugh@calgarypolice.ca

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

VOLUNTEER CORNER



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

Thank you everyone who volunteered for the various events in the community from soccer to the Family Fun Day, the Stampede Breakfast and the Casino. A Volunteer Appreciation Day was held at Brooklyn Pizza to thank all the

volunteers. Your assistance made these events a success. We have a few volunteer opportunities available, if you have an hour or two to spare or a skill you will like 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 looking for the following positions:

BOARD

Secretary

The Secretary is responsible for the clerical duties associated with RRROCA including recording and distributing accurate minutes of board meetings, maintaining a current filing system and overseeing general board correspondence.

Email: volunteer@rrroca.org

Communication Director

The Communications Director will manage the newsletter and website with the support of lead volunteers, support event communications, facilitate production of signage and management of bold sign, develop and implement overall communications plan and strategy.

Email: volunteer@rrroca.org

COMMITTEES

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. Email: volunteer@rrroca.org

Assistant Secretary

Assist the secretary in carrying out clerical duties for RRROCA. Stand in when the secretary is away.

Email: volunteer@rrroca.org





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

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	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.

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

Why become a RRROCA member?



By Nicole Savoie, RRROCA Director of Membership



RRROCA is a volunteer organization with voluntary membership offered to all residents living in Rocky Ridge and Royal Oak

What we do:

- Tackle and address residents' concerns
- Proactively communicate area and city

issues to the residents

- Operate children and community based programs, events and initiatives
- Represent the community to the outside world

Why support us?

100% of the association membership fee goes back into our communities through program and resource funding as well as future facilities development.

Being a member of the association gives you the opportunity to join the conversation on what's going on within and around our communities. RRROCA is the primary communication liaison with both civic and public organizations seeking to

inform or engage our residents. Membership in the community association provides you with a platform to have a say on the city and provincial projects slated to occur in or near our communities. The larger the association the more persuasive and instrumental it is, your membership helps us stand a better chance of being heard.

RRROCA provides the community with child soccer and softball programs during the spring season. Hundreds of children between the ages of 5 and 8 enjoy playing on the fields and ball diamonds in our communities. Our children also get the opportunity to join partnered sports programs such as Calgary West Soccer Club and Crowfoot Skating Club because RRROCA covers them under its recreational insurance plans.

By becoming a member you are helping to build a FUN, SAFE and FRIENDLY community!

* * *

Please note that RRROCA is not an entity of the residential homeowner associations within the community such as the Rocky Ridge Ranch Homeowners Association.

* * *

Community Crime Update



By Constable Roy Moe, Calgary Police Service, District 7, Community Resource Officer

Royal Oak suffered from a targeted Break and Enter group/individual who operated May – August. In September the numbers dropped to one B/E.

Good News. Our Break and Enter

detectives have been working overtime all summer trying to catch a couple of groups working the broader NW. Multiple arrests have taken place over the last couple of weeks and the numbers are reflecting the drop in September. So far, the arrests made have not been linked to Royal Oak but CPS is still linking offenders with offences.

The reason for increased Police presence over the summer was to flood the area with marked police cars as a deterrence for criminals in the area and to check suspicious persons. Our Crime Analyst was advising on the crime trends all summer and Royal Oak was made the priority for officers to target.

Generally, Residential Break and Enters are through unlock doors and open overhead garage doors. Criminals are also targeting unlocked vehicles on the driveway in hopes to find the overhead garage door opener. Just this week, a Tuscan resident awoke to his garage door opening and fortunately called police where an arrest was made. This criminal was from the S.E. and used the LRT to access the N.W. This could have been the situation this summer in Royal Oak.

Royal Oak residents are reminded to call the non-emergency Calgary Police Service number 403-266-1234 to report suspicious behavior. The police are paid to be bothered with your call and do not underestimate the importance of at least calling our dispatcher to advise. You never know what could have just happened a block away

Community Crime Report

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	3	9
Attempted Murder	-	-
Commercial Break-in	1	1
Homicide	-	-
Residential Break-in	4	10
Robbery	-	-
Sex Offence	-	-
Theft	14	37
Theft from Vehicle	14	15
Vandalism	5	6
Vehicle Theft	9	5

Statistics provided by Calgary Police Service Crime Mapping Application. Covering July 11 to October 11, 2015



Tell us how we are doing!

Barry & Dawn Metcalfe
Owner/Operators

Clip To Save!

We are *New* to the area and we want to hear how we are doing!

Drop off your clip and save coupon with your comments on how we can make our store 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.

Personal Safety

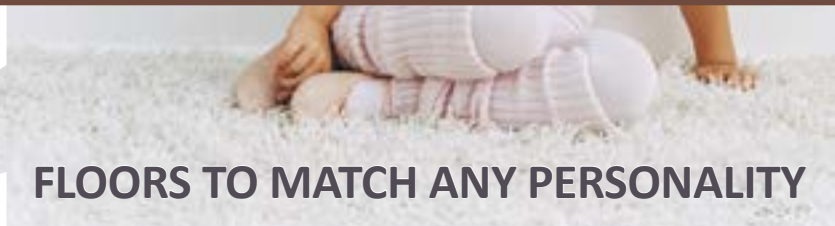
A message from the Federation of Calgary Communities - Building Safe Communities Program

We live in a city where we want and expect to be safe. We can encourage safety by empowering ourselves through knowledge and action. We want to encourage you to think about how to reduce the risk of being targeted or attacked. Learn how to be observant of your surroundings at all times.

Join us and Ruth Steele from the Calgary Police Service Crime Prevention Unit for a presentation around personal safety in and around our city.

- **Date: Wednesday November 18, 2015**
- **Location: Canyon Meadows Community Association (844 Cantabrian Drive SW)**
- **Time: 7:00pm-9:00pm**
- **Cost: FREE to all Calgarians**

Register at <https://calgarycommunities.com/workshops-events/>



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Rocky Ridge

Retirement Community *by Signature*

Winter delights abound at Rocky Ridge Retirement Community



RSVP today for our free events!

Lifelong Learning Film Series
Wednesday, November 18th at 6:30 p.m.
The Dragon Back
Wednesday, November 25th at 6:30 p.m.
Life in Death Valley National Park

Annual Community Christmas Party
Saturday, November 28th, 2:00 p.m.-4:00 p.m.
Join us for a free afternoon of fun complete with
Sleigh Rides, the Calysto Steel Drum Band, Santa,
treats & more. All are welcome!

Lifelong Learning Education Series
Current Affairs History 4400
November class is full, however, please contact
Heather or Nori to express interest in future classes
starting in the New Year.

Salvation Army Annual Toy Drive
November 28th - December 18th
Show your Community Spirit and join us to help
brighten the holidays for less fortunate children this season.
Drop off a new, unwrapped toy for our Toy Drive.

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

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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.

ROCKY RIDGE RANCH

Homeowners Association

ROCKY RIDGE RANCH

Your Official Community Newsletter

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

Phone: 403.547.6633 Fax: 403.547.6634 www.rrrha.ca officeadmin@rrrha.ca

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

Office Hours: Mon: 11:00 am - 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.

Notes from the Office

The Information Session held on October 26th was a wonderful opportunity to update our members on the events of the past year, provide insight into the plans for next year and engage in conversation. The Board of Directors and staff appreciate the time taken by those who attended and look forward to an exciting year ahead.

Our Halloween party was a spooktacular success! Thank you to all who attended.

As winter sets in and the lake begins to freeze, everyone's thoughts turn to ice skating. Please keep in mind that helmets are required, and hockey sticks and pucks will only be allowed on the ice at specified times. Our Facebook page and website will be updated with notifications.

VOLUNTEER OPPORTUNITIES - RRRHA is excited to have some volunteer opportunities on the horizon. If you have an interest in horticulture and gardening or would be interested in joining the committee for interior renovations, please contact the office.

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: The Parents and Tots group needs your help! If you are interested in being the coordinator or are interested in reviving the group, please visit <https://www.facebook.com/groups/> and request to join.

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

November Events

Holiday Craft Sale November 14th 10:00 a.m. to 2:00 p.m.

Christmas Party on December 5th from 1:00 p.m. to 3:00 p.m.

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

Board of Directors

President Marco Hunstad

Vice President..... Conrad Savoie

Secretary Michael Teh

Treasurer Andrew Cross

Directors

Dr. Jack Bullard

Gene Nicol

Volunteer

Community Communications Anita Coulson

Your Official Newsletter

Community

Civic Chat



WARD 1 COUNCILLOR Ward Sutherland

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

For more on this topic, see Joe Magliocca's column on page 22.

Hello Ward 1 Neighbours!

PEDESTRIAN SAFETY

The City of Calgary, Calgary Police Service, Alberta Health Region, the Alberta Motor Association and other traffic safety partners are working together to reduce the number and severity of pedestrian collisions. Through education, enforcement and engineering strategies, these partners are striving to improve intersection safety in Calgary.

Look out for each other! Make eye contact with drivers before crossing the roads. The safety of pedestrians on Calgary streets is the shared responsibility of all users of our roadways and sidewalks.

BE AWARE - Make eye contact with drivers turning right before you step into a crosswalk. Make sure they see you, plan on stopping, and have time to stop. Also, don't assume that because the car in the lane closest to you has stopped that other cars will stop too.

BE SAFE - Pedestrians do have the right of way at marked and unmarked crosswalks; but be careful, some drivers might not know that rule or always follow it. Being right won't keep you from being hit.

STAY ALERT WHILE WALKING

- Unplug headphones when crossing the street.
- Hang up your cell phone until you are out of the intersection.
- Texting can wait until you know you are safe.
- Look up and make eye contact with the approaching driver and make sure the driver sees you.

View the Look Out for Each Other Pedestrian Safety brochure here: <http://www.calgary.ca/Transportation/Roads/Documents/Traffic/Traffic-safety-programs/pedestrian-safety-brochure.pdf>

Kind regards,
 Ward Sutherland

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YYC MAPS GALLERY Fast. Easy. Organized.

The Official City of Calgary Map Gallery is a new collection of online maps that show locations and information for City parks, recreation centers, flood recovery efforts, drop-off locations, landfills and much more.

Based on citizen feedback over the last several years, this collection of maps is now organized by categories, allowing easy

navigation throughout the gallery. In addition, we've improved functionality of our maps by hosting multiple custom-made maps instead of only one generic map. There are over 30 maps available in the gallery, and each tells its own customized story. There is much information to discover in The City of Calgary Map Gallery, available from your personal computer or mobile device.

To use the Map Gallery, simply go to calgary.ca and click on the Map link from the home page. Browse through the several categories available, and then click on the map of your choice.

See what services are available in your community, or take the Historical Downtown Calgary Walking Tour – the Map Gallery has it all.

Visit maps.calgary.ca.



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Cochrane and SW Calgary Locations

Your Official Newsletter Community Services

Bylaws Related to Snow and Ice

The City enforces bylaws related to snow and ice control on sidewalks. It is your responsibility to remove all snow and ice from sidewalks and pathways in front of or on the side of your property. Sidewalks and pathway surfaces should be bare and completely clear of snow and ice.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. Snow Angels is a campaign that encourages Calgarians to help neighbours in need with snow removal.



SAFE SNOW SHOVELING TECHNIQUES:

- Space your hands on the shovel to increase leverage.
- Stand with your feet apart, knees bent and back straight.
- Place your front foot close to the shovel.
- Put weight on your front foot. Step forward and use your legs to load a small amount of snow onto the shovel. Remember the wetter the snow, the heavier it is.
- Lift with your legs; do not bend at the waist.
- Keep the shovel close to your body.
- Walk to where you want to dump the snow. Turn your feet in the direction you are throwing the snow. Do not twist the waist.
- Pace yourself. Take appropriate rest breaks.
- Apply road salt/de-icer wherever necessary.



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LOCAL

PHOTOGRAPHERS

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



Taken from Country Hills Blvd.

BY JEN GOERES



Rocky Ridge Windmill
Under an Evening Sky

BY MIKE SMITH



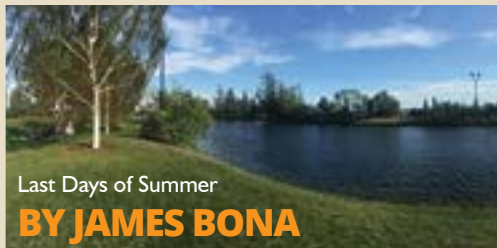
Fall Reflections

BY JANELLE LAW DABISZA



Bike Path in Royal Oak

BY SARAH MATHESON



Last Days of Summer

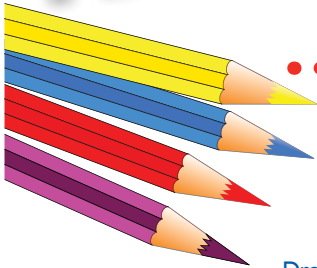
BY JAMES BONA

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!

Hey Kids!

ENTER OUR

Colouring Contest



Colour this winter scene and enter to win a chance to be on the cover of the January issue of the RRROCA Reporter plus other prizes from your local Crock A Duddle Pottery Studio, goji's Frozen Yogurt and London Drugs.

The Colouring Contest is open to children ages 2 to 12 and entries will be split into 3 age categories (ages 2 to 5, ages 6 to 8, and ages 9 to 12) with 1 prize per category.

Drop completed entries off at the Rocky Ridge Ranch Centre or scan and send to newsletter@rrroca.org on or before November 30th. **Happy Colouring!!!**



Name: _____ Age: _____ Parent's Name: _____ Parent's Contact Info. (Telephone or e-mail) _____

Sponsored by: Crock A Duddle Pottery Studio, goji's Frozen Yogurt and London Drugs.

RECIPE

BUTTERNUT SQUASH SHEPHERDS PIE

Makes 8 servings. Cooking Time: 25 minutes

Ingredients

- 1 lb extra-lean ground beef
- 1 1/2 cups finely diced onion
- 3/4 cup frozen edamame
- 3/4 cup homemade or store-bought tomato sauce
- 3/4 cup finely diced carrots
- 1/3 cup low-sodium beef (or chicken) stock
- 2 tsp crushed garlic
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1 tbsp Mazola Corn Oil
- 1 tsp dried basil
- Pinch of salt and pepper

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 3/4 cup shredded aged white cheddar cheese
- 3 tbsp grated Parmesan cheese
- 2 tbsp Mazola Corn Oil
- Pinch of salt and pepper

Instructions

1. Preheat oven to 350°F. Lightly coat a 9-inch square baking dish and a large baking sheet with cooking spray.
2. Place a large nonstick skillet, lightly coated with cooking spray, over medium-high heat. Add oil and onion and sauté for 3 minutes. Add garlic and carrots and sauté for 3 minutes. Add ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.
3. Add flour and cook for 1 minute. Add tomato paste, stock, tomato sauce, basil, salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add edamame and cook for one minute. Place in baking dish.
4. While meat mixture is being prepared, place squash onto baking sheet and roast for 25-30 minutes, until just tender. Place in a bowl and mash, adding corn oil, grated parmesan, salt and pepper. Spoon over meat filling, sprinkle with cheese and bake for 5 minutes.



How to know if your child is ready for a smartphone

Kids grow up so fast. One day they're in diapers then you blink and they're off to school and scheduling sleepovers. Eventually, they will want their own smartphone. To make sure they're ready, follow these four steps:

Test the waters

Children are no strangers to the Internet. Set up a test period and ask them to keep their data usage at home under a certain level

Have the talk

Once you've decided that your child is ready for a phone, sit down and have a discussion about the responsibilities it will entail. Points to cover include not interacting with strangers or bullying, properly managing data usage, setting strong passwords, disabling geo-targeting and never using the phone while driving.

Set up a regular check-in schedule

Watching your children's world expand from a crib, to a schoolyard, to a whole town or city is exciting, though it can also be worrisome. If they're already widening their boundaries, giving them a phone will allow them to contact you in case of emergency and will provide you with piece of mind wherever they roam. Set them on the right path by instituting a regular or semi-regular check-in policy.

Find the right phone and plan for your child's needs

Once you've decided that your son or daughter is ready to go mobile, work together to find the right phone and plan.

- www.newscanada.com

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or email: newslettersales@mindsdesign.ca today!

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Did you know?

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

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"Not yesterday I learned to know the love of bare November days before the coming of the snow...."
- Robert Frost

YOUR COMMUNITY ANNOUNCEMENTS

.....

**NOVEMBER 22ND
HAPPY 7TH BIRTHDAY, BROOKE!
LOVE MOM, DAD AND BRENDAN**



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

Your Official Newsletter

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WARD 2 COUNCILLOR
Joe Magliocca

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

HELLO WARD 2 FRIENDS!

I hope you all had a Happy Thanksgiving and were able to spend some time celebrating with family and friends.

On the Ward 2 front our office conducted an extensive Site Tour with the Transportation department encompassing some 60+ transportation related items. Progress to-date has been good and we look forward to achieving more results in the months ahead.

As always, it was a pleasure to get out in the Ward and engage with our constituents, which I was also able to do at a number of community events.

In closing, I'd ask all of us, on November 11th, to observe a movement of silence in remembrance.



JOE'S TIP... LOOK OUT FOR EACH OTHER!

Pedestrian safety

A vehicle strikes a pedestrian, on average, once every day on our streets.

Safety on Calgary streets requires both pedestrians and motorists to take responsibility to look out for each other.

Share the responsibility for safety

As our city grows, more vehicles are on the roads and more pedestrians are using sidewalks and crosswalks. Having the right-of-way does not necessarily mean a motorist will stop or a pedestrian will not cross the road. We all need to increase our efforts to create a safe travel environment by being aware of each other on the roadways.

Tips for motorists:

- Stop for all pedestrians crossing in a marked or unmarked crosswalk – it's the law.
- When stopped at a crosswalk, make sure other drivers are aware a pedestrian is in the crosswalk. Alert drivers who appear to be unaware of the pedestrian by flashing your brake lights or honking your horn.
- Wait until the pedestrian completely clears the intersection before proceeding.
- If another vehicle is stopped at a crosswalk, slow down and look for pedestrians.
- Make eye contact with the pedestrian.
- When turning left at an intersection, check to your left to make sure there are no pedestrians.
- When turning right, check both ways to ensure there are no pedestrians nearby.
- Drive at a safe speed and be aware of pedestrian activity around you.
- Ensure proper visibility from your vehicle. Ensure your windshield and headlights are clean and don't obstruct your view.
- Do not park within five metres of a marked crosswalk or intersection.

Tips for pedestrians:

- To make motorists aware you are trying to cross the street, point using your arm in the direction you intend to cross, pause and make eye contact with the motorist and proceed when safe.
- Cross the street only at intersections, not mid-block or against a signal.
- Understand and follow signals and signs.
- Wear light-coloured clothing and reflective devices so you are visible to motorists.

Research indicates children under the age of nine should always be accompanied by a responsible adult or an older child to ensure they cross the street safely.

.....

Leaf & Pumpkin composting program is underway!

The City's Leaf and Pumpkin Composting Program runs until November 8th! Bring your bagged leaves and pumpkins to a leaf and pumpkin composting drop-off location - no sod, branches or rocks are accepted in the program. The material will be composted rather than thrown away in the landfill, will help reduce greenhouse gases and create nutrient-rich compost to help plants grow. 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.



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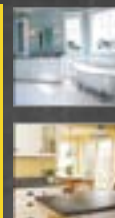


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