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# RRROCA REPORTER

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

DECEMBER | 2015

*Join Us!*

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

*Happy  
Holidays*

CIRCULATION | 7500 HOMES AND BUSINESSES

**SPECIAL THANK YOU TO COMMUNITY RESIDENT, RYAN TURNER, FOR THE FRONT COVER PICTURE.**

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION phone: 403.771.8979 [www.rrroca.org](http://www.rrroca.org)

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# Your Official Newsletter Community

## President's Message



### HAPPY HOLIDAYS!



**D**ecember is upon us and we are bustling into the holiday season. RRROCA has had a busy year in 2015 and we're excited for new projects, issues and events in 2016! We would love to have you get involved. Contact me at [president@rrroca.org](mailto:president@rrroca.org) to see where your time and skills can help.

On November 18th we hosted our AGM and voted in some new Directors. We are excited to introduce these fantastic folks who stepped up to help our community. Keep an eye out for the January 2016 issue of the RRROCA Reporter to meet your new Board!

After meeting with Calgary Police Service about crime and safety in our community, I'd really like to remind all residents in our community to secure and lock your property. Lock your doors and turn off your garage door at night. Remove all valuables from your car (including change, electronics and garage door openers). If you have a garage, park your car in it. While we feel that we have a safe community, we don't want to give opportunistic thieves or criminals a reason to prowl around our streets.

Thank you to our residents, friends and neighbours for your support through the year.

From my family to yours, Happy Holidays and all the best in 2016!

~Tessa Sakamoto

### MARK YOUR CALENDARS

- November 30 Colouring Contest entries due
- November 30 RRROCA Board of Directors Meeting at 7 p.m. at Charlesglen Toyota (public welcome to attend)
- December 18 Last day of school before Christmas holidays
- December 21 Last day for donations for Annual Toy Drive at Rocky Ridge Retirement Community
- December 24 Christmas Eve
- December 25 Christmas Day
- December 26 Boxing Day
- December 31 New Year's Eve
- January 1 New Year's Day

"NOT BELIEVE IN SANTA CLAUS! YOU  
MIGHT AS WELL NOT BELIEVE IN FAIRIES!"

- FRANCIS PHARCELLUS



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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





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 -  
Influencing Our World*

Check out our website for more information, [www.rovc.ca](http://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](mailto:newslettersales@mindsdesign.ca). Advertising is due on the 15th of the month for the following month's issue.



## HOLIDAY SAFETY

A MESSAGE FROM THE FEDERATION OF CALGARY  
COMMUNITIES BUILDING SAFE COMMUNITIES PROGRAM

**THE HOLIDAY SEASON IS PRIME TIME FOR  
CAR PROWLERS AND THIEVES. GIFTS AND  
VALUABLES LEFT IN VEHICLES CAN MAKE  
THEIR JOB EASY.**

### HERE ARE A FEW TIPS TO HELP REDUCE YOUR RISK:

- When you exit or enter your parked vehicle, stop and take a look around the area
- Before leaving your parked car, always lock the doors
- Park in a well-lit area, use parking lots frequented by others
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended
- If you park in an attached garage, always lock the door leading from the house to the garage and the garage door
- After opening an automatic gate to underground parking, wait for the gate to close before you park

Prevent crime by reporting suspicious behaviour to police at 403 266-1234. Call 911 for a crime in progress.

# Your Official Newsletter Community

## Editor's Message



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



**D**ecember is always a busy time, so between the parties and holiday preparations, I hope you find a few moments to sit down, relax and read the latest issue of the *RRROCA Reporter* to see what's going on in the community this month.

There has been some ongoing confusion in the community between the *RRROCA Reporter* and the *Rocky Ridge Royal Oak View*. Namely, why are there two newsletters for our community and what's the difference?

The *RRROCA Reporter* is the "official" community newsletter of the Rocky Ridge and Royal Oak Community Association (RRROCA). We pride ourselves on providing you with great community content, and responding to the questions, needs and concerns of our community members. For example, there has been a lot of talk in the community recently about parking in and around our side of the Tuscany LRT Station, so we're pleased to include an article in this month's issue on Parking Restrictions (see page 7). We also bring you great community events throughout the year, like our Annual Stampede Breakfast in July and our Community Clean-up in September (see below), which are both RRROCA sponsored events.

The *Rocky Ridge Royal Oak View*, on the other hand, is an independent community newsletter published by Suburban Journal, and has no affiliation with RRROCA. That said, we are always striving to improve the *RRROCA Reporter* and welcome suggestions and content from our readers. We don't want to just be your "official" newsletter, we want to be the best!

As 2015 comes to a close, many of us turn our minds to making resolutions for the New Year. Why not make this year's resolution to give back to our wonderful community by volunteering. RRROCA has some great volunteer opportunities and we'd love to have you join us (see page 10).

We even have a volunteer opportunity for this newsletter. We're looking for a Community Reporter to join the RRROCA Reporter team. The Community Reporter will be responsible for researching and writing one community related article each month. If you are a high school, college or university student, or anyone else, who would like to gain writing and editorial experience, plus have your articles published, please contact me with a brief summary of your experience and a sample of your writing at [newsletter@rrroca.org](mailto:newsletter@rrroca.org).

In closing, I wish you all the best for a very **Merry Christmas and a Happy New Year!**

~ Sheryl Khanna

## Thank-you for a successful Community Cleanup

By Tere Young, RRROCA Director of Events



The Rocky Ridge and Royal Oak Community Association would like to thank our partners, The City of Calgary and London Drugs, for a successful second annual Community Cleanup, September 19! And a special thank-you to our residents for your commitment in helping make our communities healthy, safe and vibrant.

Thank you to London Drugs for being a gracious host along with their partner

Global Electric Electronic Processing, which proved to be a popular stop with the public for dropping off electronics, small appliances and TV's for recycling. London Drugs also hosted a BBQ and a booth to receive Styrofoam, batteries and light bulbs.

Thank you to all participating vendors, Habitat for Humanity, Cutting Edge Tire Recycling, Good Life Bicycle Shop and Kid Seat Recyclers, for being cooperative and attentive to our needs.

The City's two dumpster packing trucks were full by the end of the day carting away organic yard waste and non-recyclable items.

The weights collected this year



We hope to see even more residents participate next year in keeping our environment safe and green! As an association that's growing, so is our community, and we welcome new members and new neighbours.

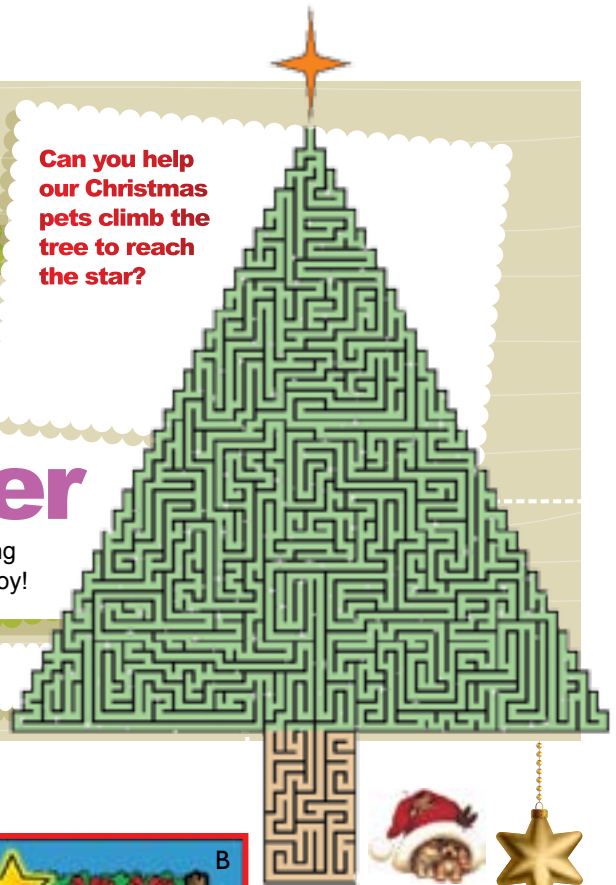
DECEMBER

2015

Can you help  
our Christmas  
pets climb the  
tree to reach  
the star?

# Kids Corner

A fun and stimulating  
page for kids to enjoy!



**Spot the 7 Differences** Circle them on picture B.



Then the Grinch thought  
of something he hadn't  
before!  
What if Christmas,  
he thought, doesn't come  
from a store.  
What if Christmas...  
perhaps...  
means a little bit more!

~ Dr. Seuss,  
How the Grinch Stole  
Christmas!



**Did You Know:** Santa has 8 Reindeer. Their names are Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.

Hanging up stockings comes from the Dutch custom of leaving shoes out filled with hay for St Nicholas's donkeys (Santa's Reindeer). He would leave small gifts in return.

If you received all of the gifts listed in "The Twelve Days of Christmas" song, you would receive 364 presents!

Traditionally Boxing Day gets its name from the money collected in church alms-boxes for the poor.

Chocolate coins wrapped in gold foil, commemorates St. Nicholas / Santa Claus who gave bags of gold coins to the poor.



## Tuscany LRT Station Parking Restrictions

By Durotolu Aro, RRROCA Director of Transportation

I would like to take this opportunity to inform community members of the following updates in our community:

### Transportation

- A request was made to the city for a wheel chair ramp on the west side of Royal Oak Way next to the playground (refer to Figure 1). The city is expected to include this in the 2016 budget.
- A request was made to the city for a cyclist warning sign at the intersection of Country Hills Blvd. and Royal Birch Blvd., as the wall blocks the sight of both bikers and drivers (refer to Figure 2). The city is still reviewing the request.
- A request was made to the city to install a "No U-turn" sign at the intersection of Royal Birch Blvd. and Royal Oak Way. This is to prevent motorists from driving into the community to make U-turns to beat the lights on Country Hills Blvd. and 112 Ave.
- Funding has been approved to upgrade 112 Ave. and the Sarcee Trail, Stoney Trail intersection. Once completed, gravel trucks will be routed away from the intersection of Country Hills Blvd. and 112 Ave.
- A request was made to the city to extend the Play Ground Zone on Royal Birkdale Blvd. westward to include the Royal Birkdale Crescent intersection. The city is still reviewing the request.

### Tuscany LRT Station Parking Restrictions

After reviewing parking habits around the LRT station for a year, and input from residents living close by, additional parking restrictions have recently been introduced by the city (refer to Figure 3) for the following reasons:

- Restricted 3 hour parking (Blue lines) introduced on Eamon Rd. Double parking

narrows the street to a one lane road, which prevents movement of Calgary transit busses and other motorist. The problem is even worse in the winter when snow piles are deposited on both sides of the street.

- No parking zones (Red lines). This is to prevent cars from parking too close to intersections and blocking the view of motorist driving into the intersection. The west end of Eamon Road is very narrow and parking along this stretch of road forces drivers to go off the road.
- Parked cars blocking residential entrances.
- Signage at green circle is been reviewed by the city to make the intersection safer.

### *Eamon Rd NW - On Street Parking Implementation*



# Your Official Newsletter Community Services

## Make it a Green Christmas with these **3** Tips for Your Holiday Recycling

We're making a list, and checking it twice... on what to do with our holiday recycling! While your blue cart can help you deal with a lot of the extra packaging you have around the house, not everything can be recycled.

Here are 3 tips to help with the holiday clean up.



### 1. **Recyclables need to be loose in your blue cart, not in bags.**

If you use bags to collect all the wrapping paper and boxes, remember to empty the contents

of the bags into the blue cart. Recyclables need to be loose so they can be sorted by the machines at the recycling facility.

2. **Not sure if an item can be recycled? Check out [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).** What Goes Where? is an online search tool that provides donation, recycling and disposal options for your holiday items.

3. **Is your blue cart full? Your options for extra recyclables.**

- Break down boxes to make the best use of every square inch of space inside your cart.
- Consider hanging on to your extra recyclables for next week's collection when you have more space in your cart.
- Bring them to a nearby community recycling depot. Keep in mind that our depots fill up quickly during the holiday season, so it's best to take note of a couple locations in case one is full. Find a list of locations online at [calgary.ca/recycledepot](http://calgary.ca/recycledepot).



THE CITY OF  
**CALGARY**  
WASTE & RECYCLING SERVICES

~ Submitted by City of Calgary Waste & Recycling Services.

## Start a family tradition

**Traditions are important to every family. They can strengthen bonds and create meaningful and lasting memories. While many traditions are set in stone, try some new rituals this season to get into the holiday spirit and bring your family together.**

- Rent a ping-pong table and host an elimination tournament with your family. The last person standing gets a free pass for not doing the dishes.
- On Christmas Eve, implement a mandatory onesie dress code. To document your onesie party conduct a playful photoshoot with your family and friends.
- Create a playlist of old tunes from your grandparents and parents' generation, your teenage years and classic cheesy holiday songs. Turn up the music and have a dance party.
- Combat the cold by incorporating tropical items into your holiday menu. Create Caribbean inspired drinks like coconut eggnog slushies or mandarin orange spritzers and beach inspired snacks like guacamole or crab dip.
- Dust off and bust out your old school VHS player and watch old home videos from your childhood.
- Have a slumber party with your siblings by camping out in the living room in front of the tree.
- Host an ugly sweater craft session and contest with your family. The person with the most 'likes' on social media gets to open the first present. Grab a DIY holiday sweater kit from your local Mark's store or order one right to your house at [marks.com](http://marks.com).
- Make breakfast. Four words: "The Wife Saver Recipe." This breakfast dish that you can easily throw together the night before will save you when your family wakes up with hungry tummies after a night of festivities.

- [newscanada.com](http://newscanada.com)



# RRROCA CONTACTS

## *Names and Emails*

Your Official Community Newsletter

## Rocky Ridge Royal Oak Community Association

**Phone:** 403.771.8979 **E-mail:** [communications@rrroca.org](mailto:communications@rrroca.org)

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

**Website:** [www.rrroca.org](http://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

President	Tessa Sakamoto.....	<a href="mailto:president@rrroca.org">president@rrroca.org</a>
Vice President	Ali Oonwala .....	<a href="mailto:vp@rrroca.org">vp@rrroca.org</a>
Treasurer	Paul Watson .....	<a href="mailto:treasurer@rrroca.org">treasurer@rrroca.org</a>
Secretary	VACANT.....	<a href="mailto:secretary@rrroca.org">secretary@rrroca.org</a>

### Directors

Director of Communications	VACANT.....	<a href="mailto:communications@rrroca.org">communications@rrroca.org</a>
Director of Membership	Muoi Leong .....	<a href="mailto:membership@rrroca.org">membership@rrroca.org</a>
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Director of Transportation	Durotolu Aro .....	<a href="mailto:transportation@rrroca.org">transportation@rrroca.org</a>

### Committee Leads

Newsletter Editor	Sheryl Khanna .....	<a href="mailto:newsletter@rrroca.org">newsletter@rrroca.org</a>
Social Media	Fatima Khawaja.....	<a href="mailto:socialmedia@rrroca.org">socialmedia@rrroca.org</a>
Events	Twyla Ferrari/ Tereee Young.....	<a href="mailto:events@rrroca.org">events@rrroca.org</a>
Community Liaison	Lorraine Reed-Loewen .....	<a href="mailto:community@rrroca.org">community@rrroca.org</a>
Youth Sports	VACANT.....	<a href="mailto:youthsports@rrroca.org">youthsports@rrroca.org</a>
Website	Wendy Alessi.....	<a href="mailto:info@figtreedesignstudio.com">info@figtreedesignstudio.com</a>
Fitness Classes	Leah Melnyk .....	<a href="mailto:fitnessclasses@rrroca.org">fitnessclasses@rrroca.org</a>
Babysitter's Registry	Angela Carter.....	<a href="mailto:babysitting@rrroca.org">babysitting@rrroca.org</a>
Pace Car Coordinator	VACANT.....	<a href="mailto:pacecar@rrroca.org">pacecar@rrroca.org</a>

### Advisors

Past President	Pamela Nichol .....	
MLA, Calgary Northwest	Sandra Jansen .....	<a href="mailto:Calgary.northwest@assembly.ab.ca">Calgary.northwest@assembly.ab.ca</a>
Councillor, Ward 1 (Rocky Ridge)	Ward Sutherland .....	<a href="mailto:ward.sutherland@calgary.ca">ward.sutherland@calgary.ca</a>
Councillor, Ward 2 (Royal Oak)	Joe Magliocca .....	<a href="mailto:joe.magliocca@calgary.ca">joe.magliocca@calgary.ca</a>
CRC	Heather McKay.....	<a href="mailto:Heather.McKay@calgary.ca">Heather.McKay@calgary.ca</a>
Community Liaison Officer	Constable Denis McHugh .....	<a href="mailto:DMcHugh@calgarypolice.ca">DMcHugh@calgarypolice.ca</a>

NEWSLETTER AD SALES: 403-203-9152 [NEWSLETTERSALES@MINDSDESIGN.CA](mailto:NEWSLETTERSALES@MINDSDESIGN.CA)

# VOLUNTEER CORNER



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

**A**s winter slowly creeps in, the RRROCA board will start planning events for 2016. We are hoping for exciting events both old and new, and know we will have

volunteers to make them happen. Some of our directors have moved out of the community, or completed their terms for the board, so take a look at the opportunities below and see if you can help out with one of the roles. **Please send**

**an e-mail to [volunteer@rrroca.org](mailto:volunteer@rrroca.org).**

You can also sign up to volunteer when you renew your membership for the year.

We are currently looking for the following positions:

## BOARD

### • Secretary

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

**Time commitment: 5 hours/month**

### • Director of Communications

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.

**Time commitment: 5 hours/month**

### • Director of Schools

The Director of Schools will liaise between the schools zoned to community and the board. Be responsible for updating information in the monthly newsletter on schools in the community.

**Time commitment: 5 hours/month**

### • Director of Events

The Director of Events will be responsible for organizing events for RRROCA within the community.

**Time commitment: varies/month**

## 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.

**Time commitment: 2 hours/month**

### • Assistant Secretary

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

**Time commitment: 2 hours/month**

 <b>RRROCA</b> ROCKY RIDGE ROYAL OAK COMMUNITY ASSOCIATION <a href="http://WWW.RRROCA.ORG">WWW.RRROCA.ORG</a>	
<b>Membership Application &amp; Renewal Form</b>	
<input type="checkbox"/> NEW Membership <input type="checkbox"/> 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 <sup>1)</sup> :	
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.
<sup>1)</sup> 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	
<b>NEW MEMBERSHIP &amp; RENEWAL: \$30.00</b>	
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:	
<b>RRROCA – Membership: PO BOX 91009, RPO Royal Oak Calgary AB T3G 5W6</b>	



## Senior's Corner

### Winter is long! Help keep your brain active with Lifelong Learning for seniors

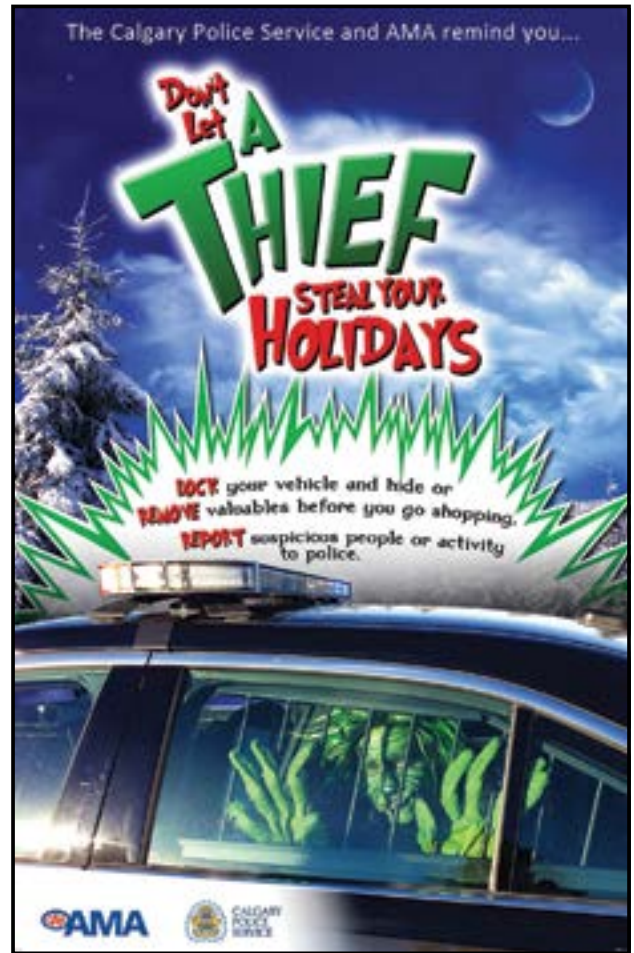
Staying engaged and less isolated throughout our long winter is a challenge for many seniors. As we age, besides staying physically fit, keeping our minds active is one of the most important things we can do. There is a lot of truth to the adage, use it or lose it.

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.

## 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.

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



## Community Crime Report

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	2	9
Attempted Murder	-	-
Commercial Break-in	1	2
Homicide	-	-
Residential Break-in	7	9
Robbery	1	-
Sex Offence	-	-
Theft	14	27
Theft from Vehicle	6	19
Vandalism	5	6
Vehicle Theft	13	8

Statistics provided by Calgary Police Service's Crime Mapping Application  
Covering August 12 to November 12, 2015



## 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](mailto:eoseen@shaw.ca).



**Welcome Wagon... a Canadian tradition since 1930.**



Barry & Dawn Metcalfe  
Owner/Operators

**Sobey's**  
Royal Oak

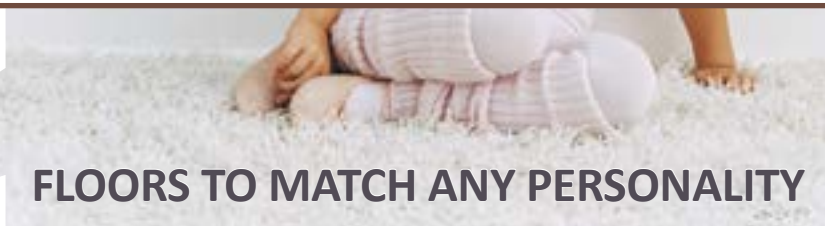
*Tell us how  
we are doing!*

**Clip To Save!**

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

Drop off your  
make our store  
—————→ **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.



**FLOORS TO MATCH ANY PERSONALITY**



**HOME FLOORING**  
DESIGN CENTRE

**403-984-4100**

Address: 423 - 58 Avenue SE [www.homefloors.ca](http://www.homefloors.ca) *We'll find it. We'll install it. We'll guarantee it.*

**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 to get you out of the house and beat those winter blues!

Rocky Ridge Retirement Community is pleased to announce a pilot education series for Seniors this January, 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 4100-Canada and the USA** course at no charge, to interested Seniors.

### **HISTORY 4100 - Canada and the USA**

Mordecai Richler said "Canada is malevolently well aware of the United States and the United States is benevolently unaware of Canada." Both Canada and the United States are liberal democratic nations yet their political systems and societal norms are very different. What would seem mainstream in the United States is viewed as "fringe" in Canada and what is viewed as mainstream in Canada can be reviled in the United States as socialist and "un-American." This course will look at the political systems of Canada and the United States, their constitutions and various social movements.

**Classes: 2:00 p.m. every Tuesday and Thursday, starting January 5th for 4 weeks.**

*\*No need for prior expertise and knowledge. All are 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](mailto: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](mailto:Info@RockyRidgeRetirement.com)

[www.RockyRidgeRetirement.com](http://www.RockyRidgeRetirement.com)  
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***Christmas Tree Recycling Program***

Recycle your real Christmas tree this year. Place your tree on the ground near your garbage collection spot by 7am. on Friday, January 8. Leave the tree out and it will be picked up by January 31. [calgary.ca/christmastree](http://calgary.ca/christmastree)



## 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](http://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](mailto: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](http://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](mailto: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](mailto: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](http://www.rrrha.ca) [officeadmin@rrrha.ca](mailto: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

Our annual Holiday Craft Fair was a fantastic event! There were more than 15 vendors selling a variety of crafts, artwork, jewelry, baked goods, books and more. Thank you to all who participated and all who attended in support of our local artists, bakers, and small businesses.

Please remember that safety is always our primary concern, and helmets are required while skating. Hockey sticks and pucks will only be allowed on the ice at specified times. Our Facebook page and website will be updated with notifications regarding ice closures if the weather is too warm.

The office will be closed for the Christmas break from December 21, 2015, to January 3, 2016, reopening on January 4th. The office email will be monitored and phone messages will be retrieved periodically.

From the Board of Directors and the Staff at RRRHA, we wish you all a safe and happy holiday.

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.

### 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.

### December Events

#### **Annual Member's Christmas Party**

**December 5th from 1:00-3:00pm**

Our members are welcome to share in some Christmas cheer and festivities, along with a visit from someone special! As there will be a photo opportunity for each family, registration is required.

We will do our best to accommodate as many families as possible, however with the time limit, we must know in advance how many will be in attendance. Registration will be taken on a first-come-first-serve basis. Please contact the office for more information and to RSVP for the party.

### Board of Directors

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Vice President..... Conrad Savoie  
Secretary ..... Michael Teh  
Treasurer ..... Andrew Cross  
Director ..... Jen Gibson

### Directors

Dr. Jack Bullard  
Gene Nicol

# Merry Christmas



## From Ward Sutherland, Councillor, Ward 1

*Councillor Sutherland and his wife Heather serving up Christmas dinner at a community association.*



Christmas is one of my favourite times of year and I truly enjoy the time with my family, friends and community. I also think it is an important time for us to recognize the role we can play in our ability to volunteer and share with those less fortunate. I would like you to consider volunteering or supporting the following organizations within Calgary: Inn from the Cold, The Mustard Seed, Calgary Drop-In Centre, Calgary Food Bank or help out at The Magic of Christmas, a non-profit charitable society that brings gifts and Christmas spirit to over 500 families and thousands of patients in care facilities in Calgary.

My family and I look forward to celebrating Christmas in Bowness Park, one of the most-used parks in Calgary. Since 1911, the year Bowness Park was first opened, ice-skating in the lagoon has been a tradition for thousands of Calgarians. The City of Calgary thanks everyone for their understanding and patience as the park was reconstructed after the 2013 flood. The wait was worth it as the park is more resistant to future floods and boasts a central pedestrian area by the new

fire pits, easier access to the lagoon, and a teahouse which features a restaurant and market.

There have been changes in the different levels of government and in the economy this year. As Calgarians, we will have many challenges in the next couple of years. I will continue to advocate for Rocky Ridge as I have in the past (visit <http://bit.ly/1iDIsI2> for my two-year report). Some milestones and achievements that I am proud of this last year include such things as:

- the West Memorial Sewer Trunk, which is ahead of schedule and under-budget,
- the construction of the new Rocky Ridge Recreation Facility and the community-chosen public art commissioned for it,
- the on-going preservation of wetlands and parks,
- the Tuscany LRT station and its resident-selected artwork roger that,
- the introduction of reflective crosswalk poles to increase the safety of intersections that do not warrant flashing lights,
- traffic calming measures implemented in problem areas,
- additional crosswalks where needed within the community, and
- reduced taxes.

Community associations play a vibrant role in bringing neighbours together and supporting youth, seniors and families. **I would like to thank the Rocky Ridge Royal Oak Community Association, its board members and all the community volunteers.** Volunteers contribute a considerable number of hours and are not always recognized and commended for their commitment. Ultimately, it is the people that make the community.

**Have a safe holiday and I look forward to serving you in 2016.**

**Ward Sutherland**

**Go paperless!** Sign up for my e-newsletter at: <http://bit.ly/1I7ZwXv>



## Calgary AfterSchool

Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 p.m. – 6:00 p.m., when kids are out of school, but parents may not yet be home.

Calgary AfterSchool participants gain physical, social, leadership and creative skills.

For more information, including a listing of all programs, visit [calgary.ca/afterschool](http://calgary.ca/afterschool).

## Christmas is the Season for Giving!

### Submitted by Rocky Ridge Retirement Community

Christmas is a time that many of us look forward to all year long. We have fun making our wish lists and for many of us, it is a time we also reflect on how fortunate we are. This inspires us to give back to family, friends and our community. Giving back looks different to each of us and there are many great ways to reach out to different local organizations either by helping in a tangible way or by volunteering their time. If you or your family is looking for opportunities to serve or give back this holiday season, consider these options:

- Donate your time by serving a meal to the homeless with great organizations like the Mustard Seed.
- The food bank is always looking for food donations to make Christmas a special time for families in need.
- Donate generously to your favorite charity.
- Pay it forward and do good deeds – become a snow angel and help seniors shovel their walks.

There are so many different ways to make a difference this Christmas. Locally, Rocky Ridge Retirement Community is partnering with the Salvation Army for their Annual Toy Drive to help less fortunate children. Drop off a new, unwrapped gift at Rocky Ridge Retirement Community until December 21st and make a child's Christmas a happy one!

## RRROHA Winter Programs

We have new classes being offered for the Winter Session! The fitness class schedule is available online at [www.rrrha.ca](http://www.rrrha.ca) and registration is now open.

### ■ Home Alone\* – for children ages 6-10 years old

Date: January 9, 2015 9:00am-12:00pm

Cost: \$35.00 (members), \$40 (non-members), \$25 for siblings

Register via email by January 2, 2016

### ■ Babysitting Course\*– for children ages 11 years and older

Date: January 30, 2015 9:00am-4:00pm (bring a lunch)

Cost: \$60.00 (members, \$70 (non-members)

Registration deadline January 15, 2016

\* Courses are instructed through Red Cross

### ■ Zumba - Mondays w/ Jivka

Time: 7:00 – 8:00 PM

Date: January 11 – March 28 \*excluding January 25, and February 1 and 15 (Family Day)

Cost: \$65 (members), \$75 (non-members)

### ■ \*\*NEW\*\* Yoga for children – Mondays w/ Kaitlyn

Time: 6:00-6:45 PM

Date: January 11 – March 7, 2016

\*excluding February 15 (Family Day)

Cost: \$80 (members), \$90 (non-members)

### ■ Yoga – Tuesdays w/ Vanitha

Time: 6:30 – 8:00 PM

Date: January 12 – March 29, 2016

Cost: \$150 (members), \$175 (non-members)

### ■ Yoga – Wednesdays w/Marcy (Foundations and Flow)

Time: 9:30 – 10:45 AM

Date: January 13 – March 30, 2016 \*excluding February 3

Cost: \$100 (members), \$125 (non-members)

### ■ Yoga – Thursdays w/ Vanitha

Time: 9:00 am - 10:30 AM

Date: January 14 – March 31, 2016

Cost: \$150 (members), \$175 (non-members)

### ■ Yoga – Thursdays w/ Marcy

Time: 8:00 PM – 9:15 PM

Date: January 14 – March 31, 2016 \* excluding February 4

Cost: \$100 (members), \$125 (non-members)

### ■ Yoga – Saturdays w/ Vanitha (Restorative)

Time: 9:00 am - 10:30 AM

Date: January 16 – April 2, 2016

Cost: \$150 (members), \$175 (non-members)

### ■ Pilates – Tuesdays w/Laurie

Time: 8:10 pm – 9:00 PM

Date: January 14 – March 31, 2016 (excluding January 26)

Cost: \$ 95 (members), \$105 (non-members)

### ■ Boot Camp – Thursday's w/Janette

Time: 6:45 – 7:45 PM

Date: January 14 – March 31, 2016

Cost: \$85 (members), \$95 (non-members)



## LOCAL

# PHOTOGRAPHERS

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



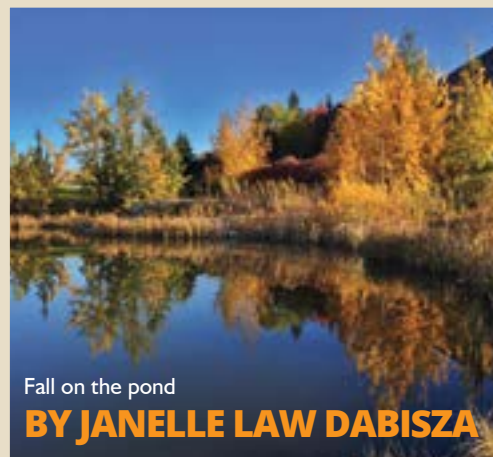
Vibrant Fall Colours

**BY MONET HUANG**



Early morning at Rocky Ridge

**BY DON BANAAG**



Fall on the pond

**BY JANELLE LAW DABISZA**



Neighbourhood pond reflections

**BY DANIELLE SPICKNELL**



Bike Path in Royal Oak

**BY SARAH  
MATHESON**

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](mailto:newsletter@rrroca.org) and who knows, you just might see your photo(s) in print!



## What to Know Before You Go... The Dominican Republic

By Sheri Jolly, Certified Travel Consultant, Elegant Vacations and Destinations for Less Travel



**W**inter is here but that doesn't mean you have to sit in the snow or have a chill for the next six months. Now's the time to get away to a tropical destination! When planning a vacation the biggest decision you'll make is the destination, so let's talk about The Dominican Republic!

Punta Cana and Puerto Plata are two beach front cities in The Dominican Republic. The two cities are about 200 miles apart. Puerto Plata, located on the North Coast, is the country's fastest-growing tourist vacation hot spot. It's known for its all-inclusive style vacation getaways and picturesque beaches. Punta Cana, located on the East Coast, is also called the Amber Coast where there's an abundance of this gem. Below you'll find data on the two cities gathered from [www.puntacana-travelguide.com](http://www.puntacana-travelguide.com) and [www.puertoplata.com](http://www.puertoplata.com).

### WHY PUERTO PLATA?

Puerto Plata is for those seeking an attractively-priced R&R active vacation with the option of lots of places to visit in the vicinity. Puerto Plata's centrally located international airport is less than a twenty minute drive from most hotels. Choose Puerto Plata if you like to explore. Meet guests from other hotels during evening outings at the casinos and night spots which are open to all guests. During the day visit the shopping center, the Playa Dorada Plaza, with its stores and movie

theatre. Walking is safe and easy during the day and night, either on the beach or the sidewalk that connects all hotels. And because all the hotels are close together, this is a great choice for spring break travel.

### PUERTO PLATA'S APPEAL

Puerto Plata offers a vacation that'll exceed just about anyone's expectations. With the beautiful mountain views and crystal-clear blue waters at temperatures of nearly 80 degrees F, vacationers find relaxation and peace of mind in this tropical paradise. There's also an abundance of wild life to enjoy. For instance, there are beautiful flowers and birds singing in the background.

### WHY PUNTA CANA AND BAVARO?

On the East Coast of the Dominican Republic stretches the longest array of powder-white, coconut-strewn beaches in the Caribbean. Home to some of the most scintillating resort real estate in the Caribbean, Bavaro and Punta Cana stretch for more than 20 miles of unspoiled beachfront. Bavaro is a tropical paradise, with all the attendant pleasures. It's natural wonders include glorious stretches of beach for relaxation, sunbathing, volleyball, horseback riding, and clear waters that provide ideal access to deep sea fishing, sailing, golfing, scuba diving, snorkeling, windsurfing, jet-skiing, and more. Punta Cana's Appeal - Punta Cana makes for the perfect vacation for families and couples wanting to stay in a world-class resort-style getaway. Punta Cana has twenty-one miles of the white and soft coconut sand.



## CALGARY PUBLIC LIBRARY HOLIDAY PROGRAMMING:

JINGLE BELL BABIES/CREATE A HOLIDAY CARD Get in the holiday spirit with Calgary Public Library. Visit [calgarylibrary.ca](http://calgarylibrary.ca) for program times, registration information, and to access more program listings in the current edition of library connect.

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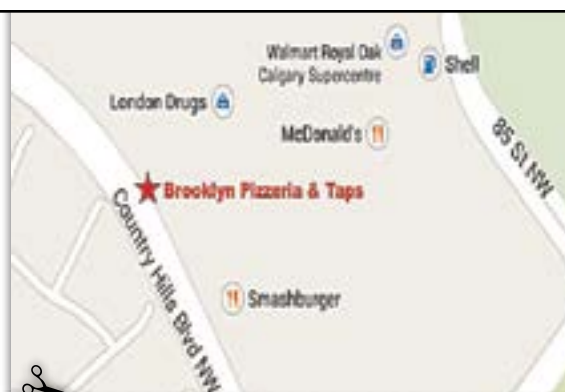
## BROOKLYN PIZZERIA & TAPS



Brooklyn Pizzeria & Taps is very pleased to announce the hiring of a new chef, Alessandro Tundo, a well seasoned chef and a certified pizzaiolo from Lecce, Italy. Exemplifying his hands-on philosophy, Tundo spent time in the region of Emilia Romagna, where he studied the art of hand-made pastas like ravioli, tortellini and lasagna. He learned to prepare fresh seafood in Otranto on Italy's southern coast and developed his passion for the perfect

pizza while cooking in Lecce. The menu will feature other classic foods, done Brooklyn-style, such as Sicilian-street food, Arancini, paninis and hand-made meatballs.

Along with fantastic food, Brooklyn Pizzeria & Taps offers a great variety of wine and beer on tap. The decor features a classic New York feel, making this restaurant the perfect venue for a first date or night out with the family.



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Your Official Newsletter

# Community *Civic Chat*



**WARD 1 COUNCILLOR  
Ward Sutherland**

Phone: 403.268.2430

Email: [ward01@calgary.ca](mailto:ward01@calgary.ca)

Web Site: [www.Calgary.ca/ward1](http://www.Calgary.ca/ward1)

## Happy Holidays Neighbours!

December is a special time of the year and a busy month. As  
winter arrives our lives get incredibly busy with work, school  
and preparations for the approaching holiday. This is also a  
time when many of our fellow Calgarians are in need. Please  
take a look at my full page holiday greeting for more details on  
how you can volunteer or donate to residents who might need  
your help this year.

Keeping sidewalks shoveled can be difficult and dangerous for  
older adults and others who have limited mobility. Snow Angels  
is a City of Calgary campaign that encourages Calgarians to be  
good neighbours and help neighbours in need of snow removal.  
If you can, spare some time this winter be a Snow Angel! All  
you have to do is adopt a sidewalk and keep it clear. Watch for  
people in your neighbourhood who could use help removing  
snow from their sidewalks and driveways and volunteer to lend  
them a hand. If you and your neighbours or other members of  
your community would like to develop a more organized snow  
clearing program, Community & Neighbourhood Services can  
help coordinate one. Please call 311 to set it up.

With the year coming to an end, it is also time to reflect on  
2015. I have prepared a two-year report card on all past and  
present achievements/events in Ward 1 as well as for each  
specific community. You can view the E-newsletter on-line at  
<http://www.calgary.ca/councillors/ward-1/Pages/Newsletter.aspx>  
or pick up a copy at your community association.

Merry Christmas and all the best in 2016!  
Kind regards,

*Ward Sutherland*



# 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

## HAPPY HOLIDAYS FRIENDS!

With winter here, please take extra care on our roads. We know how important it is for Calgarians to get to where they want to go safely and that is why The City of Calgary Transportation Department has a plan to ensure our streets are made safe as soon as possible after a snow storm. If you have any snow removal challenges in your neighbourhood, please contact 311.

Looking back on 2015, we together as a community have made a lot of progress on making Ward 2 more accessible and safer. This includes projects like the many crosswalk enhancements throughout our communities, signal enhancements at Crowfoot Centre and the opening of Sarcee Trail NW to 144th Avenue NW. Going forward into the new year I will continue to value your input on the priorities of Ward 2.

This holiday season let us take time out of our busy schedule to assist those of us who are less fortunate in our communities. Whether that is helping out a neighbour, giving food to a food bank or donating to one of the many charities in our city, let's continue to demonstrate why Calgary is the best place in the world to live.

From my family to yours, Merry Christmas, Happy Hanukkah and best wishes for the New Year.

### JOE'S TIP

Joe's Holiday Egg Nog

Ingredients:

- 4 eggs
- 120 ml sugar
- 1 litre of milk
- 1 tsp. rum flavouring
- May add optional pinch of nutmeg and cinnamon

Directions: Mix the eggs and sugar together in a blender. Then add everything else. Enjoy!

## YOUR COMMUNITY ANNOUNCEMENTS

**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*

## Shovel snow safely

Whether we love or hate snow, shoveling is a reality of winter life. Clearing sidewalks is important for the safety of pedestrians, but the activity can prove hazardous for those unaccustomed to heavy lifting. Consider the following tips.



1. Always talk to your doctor about your health status before the winter season.
2. Warm up first with a walk or light stretching.
3. Don't be afraid to take lots of breaks. Drink plenty of water before and after and pay attention to your core temperature – you don't want to get too hot or too cold.
4. Dress for the part. Layering from head to toe is always good.
5. Always bend from your knees and not your back. Think about pushing the snow to the edges instead of trying to lift it.
6. Be a good neighbour. If someone isn't capable of shoveling their sidewalk, give them a hand.

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