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RRROCA REPORTER

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JANUARY | 2016

THE OFFICIAL MONTHLY NEWSLETTER OF THE

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION



*Please
see page 5
for more
details.*

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SPECIAL THANK YOU TO COMMUNITY RESIDENT, ABBY GILSON, FOR THE FRONT COVER.

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Vice President's Message



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HAPPY NEW YEAR!



The New Year is upon us and I hope everyone had a relaxing and enjoyable holiday. I am sure everyone is now committed to following through on their New Year's Resolutions!

GOOD LUCK TO YOU ALL!

We hope to have a lot of fun filled events this year and continue to grow as a community. The new recreation center along with the new secondary school are both now well under construction and will be throughout the year.

As we are now in the middle of the coldest time of year so please be safe! This includes being weary of icy roads and sidewalks. We look forward to working with residents, neighbours and friends this year.

Your input is always valued – feel free to contact me at vp@rrroca.org. ~Ali Oonwala

DISCLAIMER

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.

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MARK YOUR CALENDARS

- December 31 New Year's Eve
- January 1 New Year's Day
- January 4 Back to School
- January 25 RRROCA Board of Directors Meeting at 7 p.m. at Charlesglen Toyota (public welcome to attend)
- February 1 Registration for Spring Sports Program Starts (see page 19)
- February 13 RRROCA Family Movie afternoon from 3:00 to 5:00 at Royal Oak Victory Church – Join us for a viewing of "Minions" (see page 12)
- February 14 Happy Valentine's Day
- February 15 Family Day (Provincial Holiday)

Community Crime Report

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	2	3
Attempted Murder	-	-
Commercial Break-in	1	3
Homicide	-	-
Residential Break-in	7	7
Robbery	1	-
Sex Offence	1	-
Theft	12	22
Theft from Vehicle	13	10
Vandalism	2	2
Vehicle Theft	5	8

Statistics provided by Calgary Police Service's Crime Mapping Application

Covering September 9 to December 9, 2015



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.

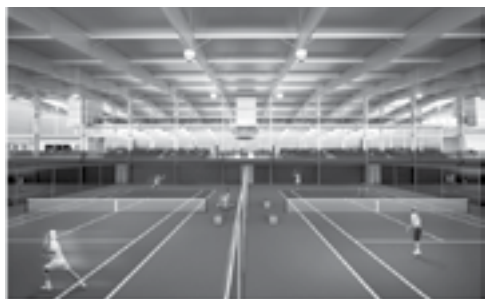
All advertising enquires should be directed to newslettersales@mindsdesign.ca. Advertising is due on the 15th of the month for the following month's issue.

WORLD CLASS TENNIS CENTRE COMING TO CALGARY IN THE SPRING OF 2016

A new state-of-the-art tennis centre is coming to the Acadia neighborhood in southeast Calgary. Located just off of McLeod Trail (two blocks east of the Carriage House Inn on 90th Ave. S.E in Acadia) the non-profit tennis centre will open in the spring of 2016 and will welcome the local community with year-round access to tennis. With 8 world-class indoor tennis courts, 5 outdoor courts, viewing areas for each court, a fitness centre, food services area and administrative offices for Tennis Alberta and Tennis Canada, the centre will become the heart of Calgary's growing tennis community, redefining the standard for major tennis centres across Canada. As a non-profit tennis centre, all profits generated will be re-invested and focused on youth tennis development programs in Alberta.

The tennis centre will offer programming to junior and adult players of all ages and abilities. Partnered with Tennis Canada and in association with Tennis Alberta, the centre will also be the site of Tennis Canada's National Junior Training Program for Alberta and will attract and host national and international tennis championships, in addition to provincial, local and recreational tournaments.

MEMBERSHIP SALES BEGIN JANUARY 19, 2016



**Visit Tennis Alberta's website www.alberta.tenniscanada.com
for more information or
like us on Facebook at: AcadiaTennisCentre**

Additional information to be released in next month's edition,
including membership rates and programs.

Editor's Message



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SLOW DOWN AND ENJOY MORE!



As we welcome in the New Year I always turn my mind to my New Year's resolution. This year I have decided to slow down, do less and enjoy more. In today's fast-paced world it is easy to get caught up in the hustle and bustle and lose sight of the enjoying everyday tasks. So, I am turning work and chores into fun by slowing down so that I can enjoy them.

Yes, even chores can be made fun if the whole family pitches in together...chore time is cut down so that you can get on to the fun stuff faster. And why not pay bills once a month while enjoying a nice coffee or glass of wine. What's your resolution?

Thank you to everyone who participated in the AGM in November. RRROCA is pleased to announce its new Board of Directors (refer to page 6). There are still some positions that need to be filled, so if your New Year's resolution is to volunteer and/or become more involved in our wonderful community, then you will want to check out page 10 for some great RRROCA

volunteer opportunities. We'd love to have you join us!

This month's issue also includes information on RRROCA's Spring Sport's Program – registration starts on February 1st, so plan ahead and check out page 17 for individual programs, age requirements, times and registration details.

RRROCA has also be busy planning another great family event. Join us at the Royal Oak Victory Church on Sat. February 13th for a private screening of "Minions" (refer to page 12 for details).

I'm still 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.

In closing, I wish you all the best for an amazing 2016!

~ Sheryl Khanna

Colouring contest winners!



by Elizabeth Suh, Age 9



by Miley Tenhave, Age 4

FIRST PLACE

Abby Gilson – Age 8 on front cover

Abby won a snowman plate to paint and glaze from Crock A Doodle Pottery

RUNNERS-UP

Miley Tenhave – Age 4

Miley won a talking Sophia doll and colouring book and crayons from London Drugs

Elizabeth Suh – Age 9

Elizabeth won a t-shirt and \$25 gift card from goji's Frozen Yogurt



WE WOULD LIKE TO THANK EVERYONE WHO ENTERED, AS WELL AS THE SPONSORS.

Meet Your RRROCA Board Members



Thank you to those who were able to attend our AGM in November.

We are excited about our slate of Directors for the Rocky Ridge Royal Oak Community Association in 2016.



Tessa Sakamoto,
President



Ali Oonwala,
Vice President



Paul Watson,
Treasurer



Muoi Leong,
Director of Membership



Dave Spencer,
Director of Planning
and Development



Karen Abbott,
Director of Sponsorship



Marin Leci,
Director of Sports



**Durotolu (Tolu)
Aro,** Director of
Transportation



Frances Kalu,
Director of Volunteers



Sheryl Khanna,
Newsletter Editor



Jessica Asuquo,
Director of Safety



Fatima Khawaja,
Social Media Lead



**Lorraine Reed
Loewen,** Community
Liaison Lead

For more information about
the RRROCA Board or to
volunteer please visit

www.rrroca.org



SLEDDING SAFETY

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues.

EQUIPMENT

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

HAZARDS

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

PLAN AHEAD

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up
- Even when properly protected from the elements, finger tips, toes, ears, the tip of the nose, and the forehead and cheek bones can be affected by frostbite.

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Looking For Volunteers



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Scouting Volunteers Needed



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

Cubs focus their activities on providing young boys and girls, between the ages of 8 and 10, and Beavers between the ages of 5 and 7 with important life skills and strengthen their connection to nature with challenging hikes,

weekend camps, and an introduction to water activities like canoeing or kayaking. Cubs and Beavers are encouraged to try new and more challenging activities they never thought possible such as learning important first aid skills, paddling a canoe for the first time, or leading a game at camp. Along the way, the boys and girls learn how to take care of themselves and work as a team – and most importantly have a lot of fun!

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

The requirements and formal time commitment for volunteers are fairly minimal including a Police Record Check and a short (2-3 hour) online leadership-training program. Leaders attend weekly meetings, leadership planning meetings and a few weekend camps and other weekend activities such as community clean ups per year.

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



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

President	Tessa Sakamoto.....	president@rrroca.org
Vice President	Ali Oonwala	vp@rrroca.org
Treasurer	Paul Watson	treasurer@rrroca.org
Secretary	Charles Lefebvre.....	secretary@rrroca.org

Directors

Director of Communications	VACANT.....	communications@rrroca.org
Director of Membership	Muoi Leong	membership@rrroca.org
Director of Planning/Development	Dave Spencer.....	planning@rrroca.org
Director of Safety	Jessica Asuquo.....	safety@rrroca.org
Director of Programs	Marin Leci	programs@rrroca.org
Director of 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
Social Media	Fatima Khawaja.....	socialmedia@rrroca.org
Events	Twyla Ferrari/ Tereee Young.....	events@rrroca.org
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
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

Welcome 2016! Hard to believe it is yet another year. Our events are set and ready to go, all we need is you to make it possible. Take a look at the opportunities below, is there any you can help out with? Please send an email to volunteer@rrroca.org or register on our website.

We are currently looking for the following positions:

BOARD

• Director of Events

The Director of Events is responsible for organizing events for RRROCA within the community and updating information on upcoming/past events on the website and monthly newsletter. Will be expected to attend monthly board meetings.

Time Commitment: varies/month

• Director of Schools

The Director of Schools will liaise between the schools zoned to the community and the board. In addition to being responsible for updating information in the monthly newsletter and website on schools in the community, he/she will be expected to attend monthly board meetings.

Time Commitment: 5 hours/month

• Director of Parks

The Director of Parks will be in charge of the parks within the community. Be responsible for updating information in the monthly newsletter and website on schools in the community. Will be expected to attend monthly board meetings.

Time Commitment: 5 hours/month

• Director of Communications

The Director of Communications 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 Commitments: 5 hours/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.

Assistant Secretary

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



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Membership Application & Renewal Form

☐ NEW Membership ☐ Membership RENEWAL

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

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

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

JANUARY

2016

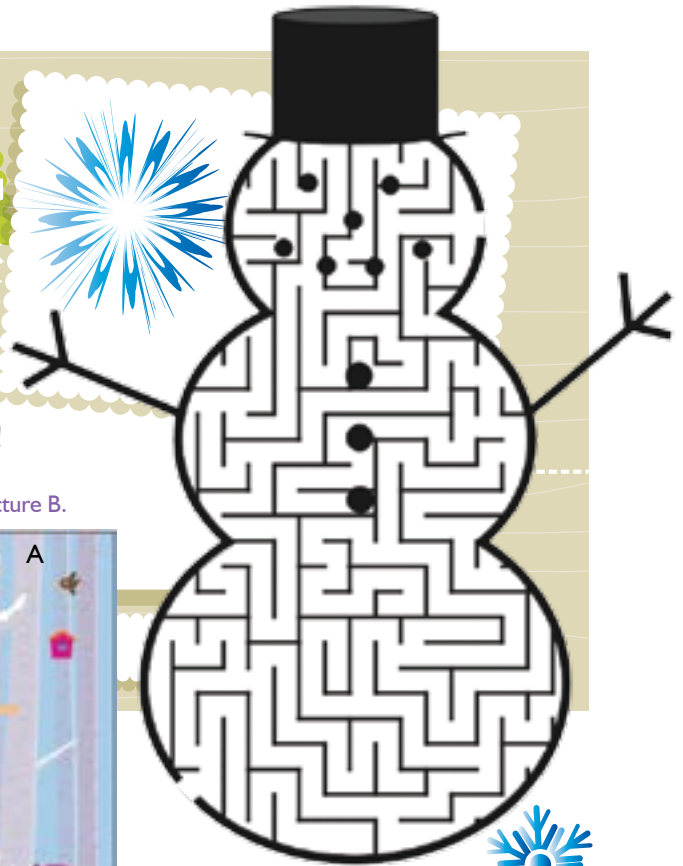
Kids corner

A fun and stimulating page for kids to enjoy!

Spot the 6 Differences Circle them on picture B.



source: usborne.com



New Years Facts:

Black eyed peas are consumed all around the country on New Year's Eve. They are thought to bring you good luck. In the south, black eyed peas are a staple during the holidays.

Auld Land Syne was written by Robert Burns in the 1700's. Every year people sing this song as the clock strikes midnight. This song can be heard from coast to coast as people ring in the New Year.

The Time Square ball is made from Waterford Crystal. This beautiful ball weighs over one thousand pounds.

Julius Caesar was the first one to set January 1st as the New Year. When he established the Julian calendar, New Year's Day was also established.

Three of the top New Year's Eve spectacular events can be found in New York, Disney World, and Las Vegas.

New Year's Eve Resolutions dates back to the Ancient Babylonians.

Paul Revere was born on January 1, 1735.

In Brazil, many people where white to represent peace for the next year.

Movie Time



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FAMILY MOVIE AFTERNOON

Join us on Saturday, February 13th from
3:00 to 5:00 for a screening
of "Minions" at the
Royal Oak Victory Church.

Doors open at 2:30 and popcorn and
drinks will be provided by RRROCA.

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NEW



Lifelong Learning for Seniors

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

Rocky Ridge Retirement Community is pleased to announce an education series for Seniors this February, 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 our **History 4200-China and the West** course at no charge, to interested Seniors 65 and over.

HISTORY 4200 - China and the West

In 2014, China surpassed Japan to become the second largest economy in the world. Within the next ten years economists are predicting that China's economy will become the world's largest, passing the United States. In just thirty-five years China moved from a backward, inward looking third world country to the second most important economy in the world and one of Canada's key trading partners. In order for Canada to deal effectively with China, it is imperative that we, as Canadians, understand China's long, and sometimes tortuous, relationship with the West. This course will examine the seminal events in the last two centuries of Western/Chinese relations: The Opium Wars, The Century of Humiliation, The Boxer Rebellion, Mao Tse-Tung and Chiang Kai-Shek and other relevant issues.

Classes every Tuesday & Thursday at 2:00 p.m. for 4 weeks starting February 2nd.

**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.

There will be limited spots available, but we hope to add courses as per demand. Please contact either Heather Sutherland or Nori Wiesner at 403-930-4848 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

www.RockyRidgeRetirement.com
10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1
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What to Know Before You Go...Bali

By Sheri Jolly, Certified Travel Consultant, and Royal Oak Resident



Let's look at the top 10 must do experiences in Bali, Indonesia, which is the "Island of the Gods". Bali has breathtaking beaches, beautiful resorts, plus it offers many adventures for your family. This information is credited and courtesy of Goway.

1. Visit Monkey Temple, Ubud

The Sacred Monkey Forest Sanctuary has over 600 long-tailed macaques living in a forest with 115 species of trees. Also known as Ubud's Monkey Forest, it is a place of scientific research as well as a site of spirituality.

2. Cocktail at the "Rock Bar" in Jimbaran Bay

Welcome to the Beverly Hills of Bali! This glamorous bar at the celebrated Ayana Hotel is perched on natural rock face 14 meters above stunning Jimbaran Bay. Visit the trendy spot by stepping onto an inclinator that traverses the cliff-face, then watch the sun sink below the sparkling ocean while you sip a finely crafted cocktail.

3. Sunrise on Mount Batur

At the top of the majestic volcano in central Bali you'll watch the sun light up the entire island. From the top you'll get incredible views into the crater and the crystal clear waters of Lake Batur below.

4. Sunset at Tanah Lot Temple

Located on the base of a volcanic island on Bali's rugged west coast, Tanah Lot Temple is one of Bali's most important landmarks. The temple is an ancient Hindu shrine perched on top of an outcrop, surrounded by constantly crashing waves. The temple is reachable only during low tide.

5. Witness Balinese Dance

Prepare to be mesmerized by the beautiful ancient dance that combines colourful and ornate costumes with mystical movements and layered percussive sounds. Balinese dance performances are intensely expressive and connected to fascinating Hindu rituals.

6. Lovina's Black Sand Beach

Relax in the laid-back, quiet coastal town of Lovina, and unwind on its unique 8 km stretch of black sand beaches.

7. Explore Rice Paddies by Bicycle

Experience the magical beauty of the Balinese countryside as you cycle through lush green valleys, native Balinese villages, ancient Hindu ceremonial sites, rice fields, secret gardens, and coffee plantations.

8. Seafood Dinner on Jimbaran Beach

There's nothing more sensual than dining on the beach with your toes in the sand. Colourful fishing boats pass in front of you while you sip a cocktail and enjoy delicious seafood and Balinese specialties freshly prepared.

9. Batik Making Class in Ubud

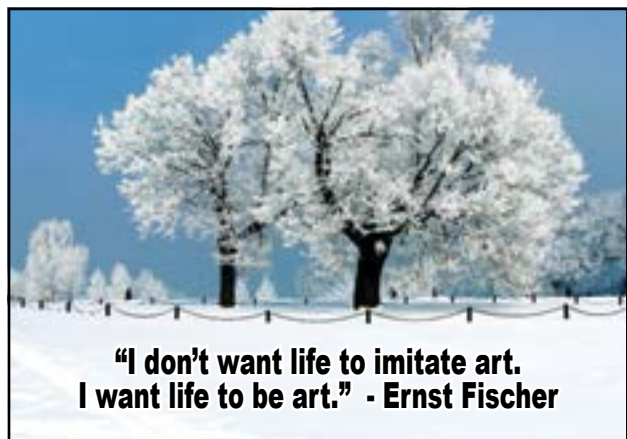
Ubud is the arts and crafts capital of Bali, and there's no better place to create a rewarding piece of art to bring home from your travels. Learn authentic Balinese Batik techniques, tools and dyes to create an original textile design, or to try to master the detail of a traditional one.

10. Indulge in a Balinese Massage

Bliss out and unite your mind, body and spirit with a traditional Balinese massage. By receiving masterful techniques of stretching, long strokes, skin rolling, and palm-and thumb pressure, you'll get an all-over feeling of calm and tranquility.

IMPORTANT

The Cascades in Royal Oak is having their AGM on Jan. 26, 2016 at 7:00 p.m., at Royal Oak Victory Church (450 Royal Oak Drive NW). Coffee and goodies will be served.



**"I don't want life to imitate art.
I want life to be art." - Ernst Fischer**

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

We hope all of our members had a wonderful holiday season! The office reopens on January 4th, and program registration is ongoing.

We had an amazing turnout at the Christmas Party. Everyone had a great time decorating cookies, making crafts, and visiting with Santa.

Stay tuned for updates from the office by visiting us on Facebook at www.facebook.com/rockyridgeranchHA/ where you will find information regarding ice conditions, Board of Directors and upcoming events.

2016 HOA Fees

Invoices for the 2016 HOA fees will be mailed out later this month. Fees are due January 31, 2016. After February 29, we will begin charging interest at 2% per month until fees are paid in full.

Career Choices:

Finding the Perfect Career –

January 23, 2016 11:00am-12:00pm ****No charge****

Curious about your career options after high school? Don't wait until graduation to start planning your career path. This workshop will provide an overview of career exploration. You will learn:

How the world of work has changed in the last few decades;

- How young adults (aka "millennials") entering the workforce today differ from previous generations of workers;

- What the modern career planning process entails;
- How to find a career that fits your unique combination of abilities, personality, interests, and values;
- The role parents play in the process, and how they can help support their teens as they explore career options

Winter Programs 2016

Program Guide available at www.rrrrha.ca and the RRHA Facebook page

Coming next month...

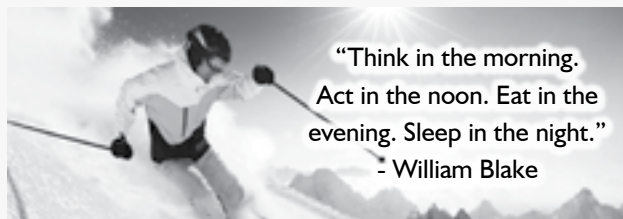
Ice Skating Party February 6, 2016 11:30 – 1:30pm
Join us for lunch, ice skating, marshmallow roasting, and bouncy house jumping. Please RSVP to 403-547-6633 or officeadmin@rrrha.ca with your name, address, and number of children and adults that will be attending.

Board of Directors

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

Directors

Dr. Jack Bullard
Gene Nicol



"Think in the morning.
Act in the noon. Eat in the
evening. Sleep in the night."

- William Blake

Sudoku: *For solution, go to mind's design studio*



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

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

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*



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.



2016 Spring Sports Program

By Marin Leci, Director of Sports



Register for RRROCA's 2016 Spring Sports Program starts February 1 and closes on March 13. It is available online only - a link can be found at www.rrroca.org under Sports. Register early to avoid disappointment!

As you may be aware, we have implemented a new software system that will better suit our needs. Under the software system, those of

you who have not registered in prior years will need to set up a new account. Those of you joining us again will not be required to do so. RRROCA Programs are available for registration to those who have a RRROCA Membership. If you do not already have one, it will be automatically applied during the registration process. Memberships are \$30 annually per household. Registration is open to non-residents as well, as long as a RRROCA Membership is purchased.

SCHEDULE

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

	BIRTH YEAR	DAY	TIME	COST
T-Ball	2010/2011	Wed.	6:30pm - 7:30pm	\$65
Coach Pitch 1	2009/2008	Tues.	6:30pm - 7:30pm	\$65
Coach Pitch 2	2008/2009	Mon.	6:30pm - 7:30pm	\$65
U04 Soccer	2012	Sat.	9:15am - 10:00am	\$65
U05 Soccer	2011	Sat.	10:15am - 11:15am	\$65
U06 Soccer	2010	Thurs.	6:30pm - 7:30pm	\$65
U08 Soccer	2008/2009	Wednesday	6:30pm - 7:30pm	\$65
U10 Soccer	2006/2007	Tuesday	6:30pm - 7:30pm	\$65
U12 Soccer	2004/2005	Monday	6:30pm - 7:30pm	\$65

VOLUNTEER

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

- **A director or committee position on the RRROCA Board of Directors** - A variety of positions available, please email if you are interested or would like more information.
- **Age Group Coordinator** - Required before registration starts. Please email for more info.

The following positions will be available only when registration starts.

- **Team Creator** - Compile all players in an age group and create teams.

- **Field Marshal** - Check field playability once weekly.
- **Coach**
- **Team Manager**
- **Community Events** - A variety of events and dates available.

For more information regarding these volunteer opportunities, or if you have any questions regarding the sports program, please email me at sports@rrroca.org.

DID YOU KNOW?

RRROCA's Soccer and Ball Programs are eligible for the Child Fitness Tax Credit. Tax Receipts for the 2015 season will be emailed out in January.

LOCAL PHOTOGRAPHERS

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

Chinook Arch

BY JANELLE LAW DABISZA



Redpolls

TARA PETTIFOR

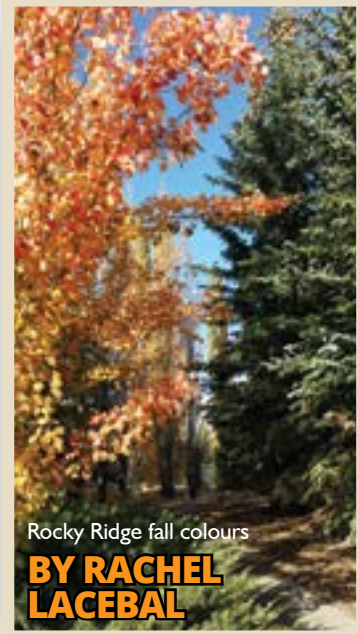
Downtown Calgary from Nose Hill Park

BY MIKE SMITH



Hockey Game at Lake Louise

BY MIKE SMITH



Rocky Ridge fall colours

BY RACHEL LACEBAL

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!

Things To Do



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

Army Cadets - Free Adventure for Boys and Girls

By Captain Johnny Mo,
Commanding Officer, 2512 KOCR RCACC

Not many people realized that there is a free program called the Army Cadets. There are NO fees of any kind ever! In fact, Cadets earn \$360 for a 6 weeks summer course and can earn up to \$4,116 as staff instructors.

Services: Promotes citizenship, leadership, physical fitness, sense of pride and stimulates an interest in the Canadian Forces, for boys and girls aged 12 to 18 years. Provides fundamental training, map and compass, orienteering marksmanship and fieldcraft-bushcraft, public speaking, drill, first aid, canoeing, winter survival, and weekend exercises. The Cadet is issued the uniforms provided on loan and training materials at no cost. No fees whatsoever. Positions for summer camp available but must join before December. (Camp positions are limited) Going to Vimy in 2017!

**Army Cadets 2512 King's Own Calgary Regiment -
Royal Canadian Army Cadet Corps**

Phone: 403-456-2012 - Corps' Office

Email: 2512army@cadets.gc.ca

Website: <http://www.kocr.ca>

When: Tuesday, 6:00pm - 9:00pm (Sept-June)

Where: Bow Valley Baptist Church Cochrane - Large room

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AND GIRLS**

12 - 18 YEARS OLD



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Canadian youth

<http://www.kocr.ca>



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Pet Safety - Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

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New semester starts - MONDAY 4th JANUARY 2016

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



Civic Chat



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WWW.RRROCA.ORG



WARD 2 COUNCILLOR Joe Magliocca

Phone: 403.268.3280

Email: ward02@calgary.ca

Web Site: www.Calgary.ca/ward2

Happy New Year!

I would like to take this opportunity to wish everyone a Happy New Year. Every New Year, many of us make resolutions for better health, more exercise, or being kinder to others around us. However, statistics show that less than 10% of us actually keep our New Year's resolution. If you are part of the majority that have already broken your New Year's resolution, you can make up for it by being a "Snow Angel". The act of shoveling a neighbour's sidewalk or driveway is a simple way to help out a neighbour, which will also help make local pathways safe for everyone. To learn more about the "Snow Angel" program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

I would also like to address the issue of Uber. Many Calgarians have been advocating for allowing Uber into the Calgary market to provide for more choice for consumers. I agree with these sentiments as I believe we need to encourage more choice for consumers and competition amongst Transportation Network Companies (TNCs). That is why I support a new framework for TNCs. This new framework will allow TNCs like Uber to operate legally in Calgary if drivers have appropriate vehicle insurance, meet specified training, security and licensing requirements. City Council has asked for a new bylaw to be developed and brought back to Council by February 22, 2016. This time-frame allows for The City to work through the details of the new bylaw with stakeholders including Uber. While it is important that we have more choice and competition amongst TNCs, it is also important that the new bylaws are developed correctly so that they provide adequate safety and security for both drivers and passengers of TNCs.

As always, if you have any snow removal challenges in your neighbourhood, or any other civic issue please do not hesitate to contact me or call 3-1-1.

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WARD 1 COUNCILLOR Ward Sutherland

Phone: 403.268.2430

Email: ward01@calgary.ca

Web Site: www.Calgary.ca/ward1

Coffee with the Councillor - Two-Year Report Card Presentation

Happy New Year!

Interested in what's going on in your community? Do you have any community, ward, City or Council-related questions? Now is your chance to ask me. In 2016, I am presenting a two-year community report card to inform you on what's happened, changed or planned for the future since I was first elected in 2013. Following my 30 minute presentation, there will be an opportunity for a Q&A period.

If you have any questions or would like to RSVP, please contact Ward 1 communication and research analyst Christine Louie at ward01@calgary.ca

Date: Thursday, February 18th, 2016

Time: 6:30 p.m. – 8:00 p.m.

Location: Cafe Fresco, 124 500 Royal Oak Dr NW

Please note that the two-year report card presentation will begin at 6:40 p.m. Q&A session will begin at 7:10 p.m.

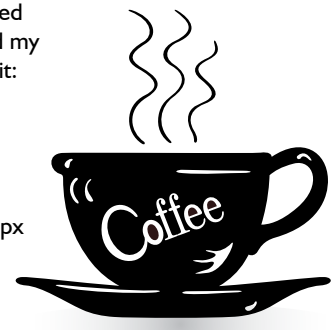
I would like to thank Cafe Fresco for allowing me to use their facilities.

Stay connected! Sign up to receive my monthly e-newsletter, which contains council-related news, community Q&A, and my Vice Chair Finance Blog. Visit: www.wardsutherland.com.

To view my monthly e-newsletter, go to: <https://www.calgary.ca/councillors/ward-1/Pages/Newsletter.aspx>

Kind regards,

Ward Sutherland



ACTIVITIES

TO DO WITH YOUR KIDS

Parents know that spending quality time with the kids is the best part of the day. And organizing a family activity doesn't have to cost much. Instead of signing up for pricey arts and crafts classes, you can get creative at home with your printer and create printable crafts the whole family can enjoy.

Many printers feature built-in printing apps that provide tactile fun for kids.

Here are some great projects to try:

COLOURING BOOK PAGES: There are hundreds of free printable templates that will keep your kids occupied for hours on end. From Olaf, to Mickey Mouse, your kids can select their favourite characters to create their own colouring book.

PUZZLES: Keep young minds active with the world's most popular crossword puzzles for every day of the week. There are also plenty of activity sheets to fill cold winter days.

MENU PLANNER: Get your children involved with meal planning to help them feel comfortable in the kitchen and let them grow accustomed to making healthy choices.

PERSONALIZED INVITATIONS: Having a birthday party for your child and all their friends? Make invitations with custom templates, graphics, fonts and borders that fit the theme for the party.

FAMILY PHOTOS: Showcase your latest family photo by adding original word art, drawings and borders and print with professional quality photo paper to hang around your home.

~ www.newscanada.com



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future is to
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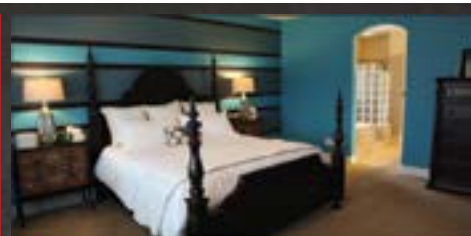


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