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# RRROCA REPORTER

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

APRIL | 2016

*Join Us!*

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



Welcome  
Spring!

CIRCULATION | 7600 HOMES AND BUSINESSES

**ARTICLE HIGHLIGHT: Community Park Update** Page 18  
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# President's Message

## Happy spring!



It's been a busy few months here at the Community Association as we get ready for our busy season, and manage projects that we have planned for the year. To name a few, our Pace Car Program is very close to launch, our Community Park is inching closer and closer to ground breaking, and we have

rounded out our board with a few new directors. Check our Web site under 'Meet Your Board' to see some new faces.

A reminder to like us on Facebook (RRROCA), where you will find useful information for community and city services, keep you up-to-date on things happening in the community, and host fun contests!

I hope everyone is taking advantage of the lovely weather to get outside and enjoy the outdoor spaces in our community. I have seen a few people out with garbage bags and extra doggy bags picking up garbage and other spring surprises. I'd like to thank those people that take the extra time to make our community beautiful!

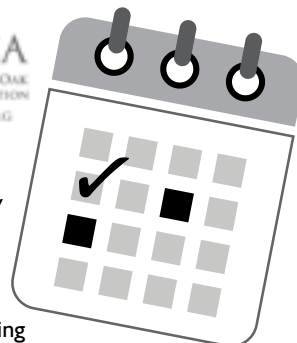
We are excited for spring and summer as that is when we kick into high gear with our events and sports programs! Look for the little athletes on the fields starting at the end of April through to the end of June. Keep an eye out for some pretty cool events happening too. We can't wait to see you out and about!

I am always looking to hear from you. Please feel free to e-mail me anytime at [president@rrroca.org](mailto:president@rrroca.org).

~ Tessa Sakamoto



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## MARK YOUR CALENDARS

- April 1 Happy April Fool's Day
- April 25 RRROCA Board of Directors Meeting at 7:00 p.m. at Charlesglen Toyota (public welcome to attend)
- May 7 Laser Tag (sponsored by RRROCA and ATB) - details to follow in the May issue
- May 8 Mother's Day
- May 27 to 29 Parade of Garage Sales
- May 28 Family Fun Day

## Stay connected to the City of Calgary

[facebook.com/cityofcalgary](https://facebook.com/cityofcalgary) ~ [twitter.com/cityofcalgary](https://twitter.com/cityofcalgary)  
[calgarycitynews.com](https://calgarycitynews.com)

## 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.

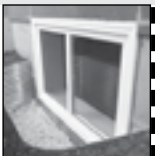
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## WARD 2 COUNCILLOR Joe Magliocca

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Twitter: @Joe\_Magliocca  
Web Site: www.Calgary.ca/ward2

### *Hello Ward 2!*

**T**his spring, Transportation Network Companies (TNCs) like Uber will be able to legally operate in The City of Calgary. Like most Calgarians, I believe in free enterprise, which is why I supported the creation of a new bylaw to provide more choice and competition amongst TNCs. The new bylaw will allow TNCs to operate in a fair and competitive market. They address citizen, driver and passenger safety and ensure greater competition and customer service. The bylaw proposes common sense requirements for TNCs' including:

- An annual operating license from The City of Calgary
- Valid Class 4 driver's license
- Annual Calgary Police Service (CPS) background check
- Proof of valid commercial insurance as required by the Government of Alberta
- Proof of eligibility to work in Canada
- Proof of provincially-approved I34-point mechanical inspection, conducted annually or every 50,000 km whatever comes first

While it is important that we have more choice and competition amongst TNCs, it is also important that the new bylaw provides adequate safety and security for both drivers and passengers of TNCs. I believe that this new bylaw will achieve this balance and provide all Calgarians with more choice, and allow TNC's to operate in a fair and competitive market.

Pedestrian safety is another important issue that we have been taking action on. This spring, new crosswalks have been installed and current crosswalks have been enhanced at numerous locations in Ward 2. This includes an enhanced crosswalk at Rocky Ridge Road & Royal Oak Way, a new pedestrian corridor on Crowfoot Way in Crowfoot Centre, and more will be coming throughout this spring and summer.

Over 100 people attended the open house on the Sarcee Trail Interchange at Stoney Trail to provide their feedback on the proposed improvements. These improvements will make the interchange safer and also help reduce travel times for the movement of goods and for commuters traveling southbound on

Sarcee Trail to eastbound Stoney Trail. Construction is anticipated to begin in early May. Please check out my website at [www.joemagliocca.com](http://www.joemagliocca.com) for updates on this project.

### Joe's Tip

This spring, many new trees are going to be planted throughout Ward 2. Keep informed on the status of tree planting projects throughout Ward 2 by going to <http://maps.calgary.ca/TreeSchedule/> and find out when trees are going to be planted in your community.

## 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.



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## Community Pace Car Program coming



I am excited to announce the Pace Car Program to our community. In partnership with the Calgary Police Service and Councilor Ward Sutherland we will be launching the program on May 28, 2016. This is a very important initiative to ensure traffic safety within our community. **More details will follow but here is a brief explanation of the program:**

The Pace Car program is a locally delivered, community-wide program that focuses on raising awareness around speed reduction in the community, especially in school zones and pedestrian-dense areas.

The Pace Car program involves seeking out community members to sign up as Pace Car drivers. Participants will sign the Pace Car Pledge and proudly display the official Pace Car emblems on their car window.

Many Pace Cars work together to calm traffic throughout a neighbourhood - the more people who participate, the better it works!

Please feel free to e-mail me anytime at [vp@rrroca.org](mailto:vp@rrroca.org).

~ Ali Oonwala



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## FAMILY MOVIE AFTERNOON

*THANK YOU!*

The family movie afternoon on February 13th was a great success thanks to the 110 people who came out to enjoy a special community screening of Minions. A special thank you to the volunteers, along with RRROCA, CIBC and the City of Calgary who sponsored the event, and the Royal Oak Victory Church for hosting.



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### Creamy Carrot Chowder



**By Terri Gilson, Rocky Ridge Resident and Volunteer Contributor**

*"Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite,"*

~ Chef Auguste Escoffier

I love this soup because it's hearty, healthy, tasty and kids like it too! I don't know about you, but if I'm going to have soup as a meal, I want it to have some protein in it.

If you are not a beef eater or simply want to lighten it up, you could substitute ground turkey or chicken for the ground beef. And it can easily become a vegetarian dish by using vegetable stock and eliminating the meat all together.

Serve with artisan bread and olive oil with balsamic vinegar and you have yourself a cozy, filling meal on a cool spring evening.

I make big batches of this soup (double or triple the recipe) and freeze it. It freezes well for up to six months.

#### INGREDIENTS:

- 1 lb. extra lean or lean ground beef
- ½ c chopped celery
- ½ c chopped onion
- 1 c chopped green pepper
- 3 c grated carrots
- 1 can tomato juice (32 oz.)
- 1 can condensed cream of celery soup, undiluted (10 oz.)
- 1 can condensed cream of mushroom soup, undiluted (10 oz.)
- 6 c beef or vegetable soup stock
- 1 tsp minced garlic
- 1 tsp dried marjoram

#### DIRECTIONS:

1. In a large, non-stick pan, brown the ground beef.
2. Combine the remaining ingredients in large soup pot and cook on medium heat.
3. Add the browned ground beef to the soup mixture and mix thoroughly.
4. Bring the soup to a boil, then reduce and simmer and cook uncovered for 1 hour or until vegetables are tender.



This recipe won the FYidoctors 2015 Eat for Your Eyes Recipe Competition.

**Questions about this recipe or other cooking/  
baking questions? E-mail Terri at  
newsletter@rrroca.org**

### THANK YOU!

*The annual Community Easter Egg Hunt was a great success thanks to everyone who came out and participated on March 26. A special thank you to North West Family Church and RRROCA for sponsoring this event, as well as all of the volunteers who made the event possible. Thank you as well to our local Tim Hortons for providing coffee and hot chocolate.*

#### COMMUNITY

### Easter Egg Hunt







## WARD I COUNCILLOR Ward Sutherland

Phone: 403.268.2430  
Email: [ward01@calgary.ca](mailto:ward01@calgary.ca)  
Web Site: [www.Calgary.ca/wardI](http://www.Calgary.ca/wardI)

### Hello Ward I

#### Community Economic Resiliency Fund Report

As a Calgary Economic Development Board Director, I am pleased to announce the unanimous passing of an initiative for a one-time operating budget increase of seven million dollars that I spearheaded to Council. This enterprise is a coordinated response to Calgary's current economic conditions, and will act to align and increase the pace of implementation of the 10-Year Economic Strategy for Calgary. The labour market initiatives include a head office real estate action plan and an accelerated economic diversification in logistics, film and creative industries, agribusiness and renewable energy. In addition, they represent a roadmap for innovation as we move ahead.

#### Crowchild Trail and 24 Avenue N.W. - Intersection Improvements

The increase in commuter traffic at the intersection of Crowchild Trail and 24 Avenue N.W. has resulted in severe back-ups, leading The City to seek ways to reduce the amount of congestion in this area.

After careful evaluation, The City implemented a restriction of the left-hand, northbound turn from Crowchild Trail to 24 Avenue N.W. during the morning rush hours (6:00 a.m. to 9:00 a.m.) on weekdays after seeing positive results from a trial that ended in late 2014. Restricting the left-hand turn allowed for a longer green signal time for the heaviest amount of traffic headed southbound on Crowchild Trail N.W. and greatly improved traffic flow.

#### The City is also implementing the following upgrades:

- To provide additional capacity for left turns and to reduce lengthy delays and long queues dual left turn lanes from eastbound 24 Avenue N.W. onto northbound Crowchild Trail.
- Construction of "smart" right turn lanes from Crowchild Trail to 24 Avenue N.W. will help reduce vehicle speeds and provide motorists with a better view of the traffic stream they are about to enter. This will also provide motorists with better visibility of pedestrians crossing the right turn channel, making the intersection safer for pedestrians.

## Civic Chat

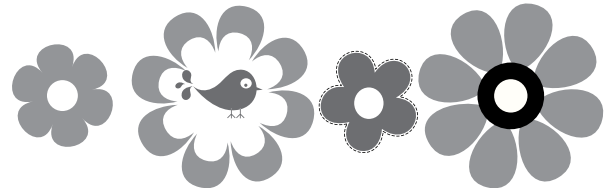


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- 24 Street N.W. intersects with 24 Avenue N.W. just east of Crowchild Trail. To improve operations at this junction, a traffic island was constructed at the intersection of 24 Street N.W. and 24 Avenue N.W. to restrict access to southbound Crowchild Trail.

Stay connected! Sign up at [www.wardsutherland.com](http://www.wardsutherland.com) to receive my monthly e-newsletter, which contains council-related news, community Q&A, and my Vice Chair Finance Blog. To view my City of Calgary website or my April Ward I E-Newsletter, visit: [calgary.ca/wardIconnect](http://calgary.ca/wardIconnect).

~ Ward Sutherland



Be the best you this spring

## Sudoku:

For solution, go to  
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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.

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

# VOLUNTEER CORNER



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

**T**hank you everyone who stepped up to take up various roles within RRROCA. We have only three long term roles available on the board and committees, and one event that will require 150

volunteers! Please take a look at the roles we have below and let me know, if you can help out by sending an e-mail to [volunteer@rrroca.org](mailto:volunteer@rrroca.org).

We are currently updating our volunteer database and invite you to send an email if you will like your name to be added for future events.

We are currently looking for the following positions:

## EVENTS

### Stampede Breakfast

Over 150 volunteers needed in July to flip pancakes, direct traffic, serve juice, clean up, and assist in the kids corral amongst others. This is our biggest event of the year and every support we can get is appreciated. Choose from 3 shifts between 7:00 a.m. and 12:00 p.m.

**Time commitment: 3 hours**

### Skating Rink

Do you have any experience with managing a skating rink? The RRROCA outdoor skating rink would be ready by next winter and we will need some help to get it going. Please sign up if you feel you can help.

**Time commitment: Varies**

## Membership



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[WWW.RRROCA.ORG](http://WWW.RRROCA.ORG)



**By Muoi Leong,  
RRROCA Director of Membership**

Membership sign-up for 2016 is now underway. Please go to our Web site ([www.rrroca.org](http://www.rrroca.org)) under "Join Us" to sign up for a membership. Membership is required to register for RRROCA

sponsored programs, such as adult fitness classes, and spring soccer and slo-pitch for children. Membership (new and renewal) costs \$30 and will be valid until December 31, 2016.

If you have any questions or concerns, please contact me at [membership@rrroca.org](mailto:membership@rrroca.org).

**Send the membership form and your payment to Rocky Ridge Royal Oak Community Association or RRROCA:  
PO BOX 91009, RPO Royal Oak, Calgary AB T3G 5W6**

## BOARD

### 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.

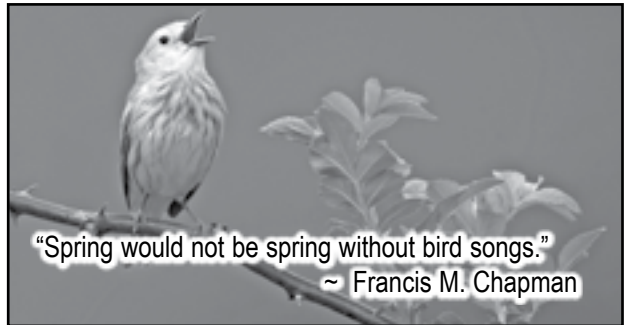
**Time commitment: 5 hours/month**

## COMMITTEES

### Membership Lead

Working closely with the Director of Membership, you will be responsible for updating the membership database, sending emails, mails and membership cards to members.

**Time commitment: 4 hours/month**



## Membership Registration 2016

☐ 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 \_\_\_\_\_

E-mail\* \_\_\_\_\_

\* Please note e-mail is used to communicate your membership number, if you choose "No" for update the e-mail will be on file but not used for Association news or

Would you like Association news and updates by e-mail \_\_\_ Yes \_\_\_ No

Yes, I would like to volunteer my time, interest or experience in the areas of...

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 Other \_\_\_\_\_

Memberships are annual and are valid from January 1 to December 31

New Memberships - \$30.00

Renewing Membership - \$30.00

## Contact Information



# 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	Charles Lefebvre .....	<a href="mailto:secretary@rrroca.org">secretary@rrroca.org</a>

### Directors

Director of Communications	Laura Robertson .....	<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>
Director of Planning/Development	Dave Spencer .....	<a href="mailto:planning@rrroca.org">planning@rrroca.org</a>
Director of Safety	Jessica Asuquo .....	<a href="mailto:safety@rrroca.org">safety@rrroca.org</a>
Director of Parks	VACANT .....	
Director of Programs	Marin Leci .....	<a href="mailto:programs@rrroca.org">programs@rrroca.org</a>
Director of Sponsorship	Karen Abbott .....	<a href="mailto:sponsorship@rrroca.org">sponsorship@rrroca.org</a>
Director of Volunteers	Frances Kalu .....	<a href="mailto:volunteer@rrroca.org">volunteer@rrroca.org</a>
Director of Schools	VACANT .....	<a href="mailto:schools@rrroca.org">schools@rrroca.org</a>
Director of Transportation	Durotolu Aro .....	<a href="mailto:transportation@rrroca.org">transportation@rrroca.org</a>
Director of Events	Michelle Drysdale .....	<a href="mailto:events@rrroca.org">events@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 .....	<a href="mailto:events@rrroca.org">events@rrroca.org</a>
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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>

### Community Contacts

MLA, Calgary Northwest	Sandra Jansen .....	<a href="mailto:Calgary.northwest@assembly.ab.ca">Calgary.northwest@assembly.ab.ca</a>
MP, Calgary Rocky Ridge	Pat Kelly .....	<a href="mailto:Pat.Kelly@parl.gc.ca">Pat.Kelly@parl.gc.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>
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)**



## Babysitter Registry

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## **Parade of Garage Sales**

**By Michelle Drysdale, RRROCA Director of Events**

The best time to start planning for your garage sale is today! Book your calendars for May 27th to 29th if your garage and basement are overflowing. While it might not be time to start putting prices on anything, it will soon be time to sign up to participate in the Parade of Garage Sales. Registration will be on [www.rrroca.org](http://www.rrroca.org) early-May. Sign up and let us do all the advertising for you!



## **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).



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## 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 3110 - Native People of Canada: Contact, Conflict and Accommodation** course for FREE, to interested Seniors 65 and over.

### **History 3110 - Native People of Canada: Contact, Conflict and Accommodation:**

The current state of the Native/Non-Native relationship in Canada is one of our most pressing social issues today. This course will trace the evolution of that relationship, in what constitutes present day Canada, from the earliest contact in the 16th Century through to establishment of the Dominion of Canada in 1867. Beginning with the Mi'kmaq of the Maritimes, moving on to the Mohawks of central Canada and finishing with the Haida of coastal British Columbia we will explore the indigenous cultures of each group, as well as their contact and conflicts with Europeans and the eventual accommodations that the two sides reached. We will examine the source of Aboriginal Rights and Title and their modern expression. We will also explore the very different types of Treaty making that occurred in each of the three areas.

***Classes: 2:00 p.m. every Tuesday & Thursday, starting on April 5th for four 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.

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](mailto:Info@RockyRidgeRetirement.com)

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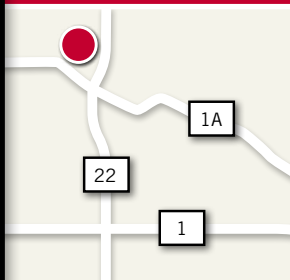
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### Little Free Library Update

By Carla Knipe, Little Free Library Steward, Rocky Ridge Resident & Volunteer Contributor

**T**he best part about being a Little Free Library steward is the feeling of community that the libraries create; I love receiving comments from people saying how much they appreciate stopping by those wooden buildings and finding a great book to read.

During the past few months, I wanted to try to use the libraries to cultivate more of a sense of community and I've tried several "experiments." Before Christmas, I enlisted the help of several elves to wrap some lovely children's books—with a tag giving a clue to the age range for the recipient—so that the books could be gifted to a special young person. I also placed Christmas and Valentine's cards in the libraries so that people could take a card and write a greeting to a friend or neighbour. The books and cards disappeared quickly and I am hoping to make this an annual tradition!

Sadly, the guestbooks and pens I placed in the libraries so that people could write down book requests, observations and anything else they wanted to share went missing from both LFLs.

After many requests for a book donation overflow

for when the LFLs are too full, I worked with the Rocky Ridge Ranch Centre to create

a book drop-off in their office foyer. Thank you so much to Roshni, Anita and the rest of the RRRHA team for giving up a bit of space and even custom-building a shelf! You may drop books off at the Ranch Centre office foyer daily from 9:00 a.m. to 10:00 p.m. Books for babies, children and teens are always in high demand.

I wanted to mention a couple of other worthy sources of books in Calgary. Don't forget the Calgary Reads annual book sale is May 13 to 15 at the Calgary Curling Club. All the funds raised go to support literacy in Calgary, especially helping young readers. Also, there is a non-profit organization called Books Between Friends which is a used bookstore with a difference. Book donations are always accepted and are priced competitively; a huge selection of pocketbooks are only \$1 each. It is completely staffed by volunteers and the funds go to support several local charities. Stop by at 1816-25 Avenue NE.

Thank you, as always, for your continued support.



### Bicycle Helmet Safety

**H**ead injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet. Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

#### GETTING INFORMED

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash

#### GETTING STARTED

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – wear a helmet when cycling.

#### GETTING THE RIGHT FIT

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



## THE SCOOP ON DOG POOP

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at [calgary.ca/puppy](http://calgary.ca/puppy).

*SA Sports*



**RRROCA**  
ROCKY RIDGE ROYAL OAK  
COMMUNITY ASSOCIATION  
[WWW.RRROCA.ORG](http://WWW.RRROCA.ORG)

## Scenic Acres Sports Programs

### YOUTH BEACH VOLLEYBALL IN SCENIC ACRES

Instructed by experienced Beach Volleyball players, develop the skills to play beach volleyball. These multilevel play and train classes are available to youth 10 years or older.

INTRO I: Mon/Wed 6 to 7pm May 5 - June 25 (16 sessions)

INTRO II: Tue/Thur 6 to 7pm May 6 - June 26 (16 sessions)

Fees: \$99 for SACA Members, \$129 for Non-Members

Registration: [www.scenicacresca.ca/programs/spring-programs](http://www.scenicacresca.ca/programs/spring-programs)

### SCENIC ACRES ADULT SLO PITCH

Recreational Adult Slo-Pitch (18+): In Scenic Acres on Sunday afternoons/evenings.

Dates: May 8 – Aug 27 (excluding long weekends, including wrap up tournament week of August 22nd)

Cost: is \$65 for Members & \$75 for Non - Members. Late fees will come into effect on April 16th.

Registration: [www.scenicacresca.ca/programs/sports-programs](http://www.scenicacresca.ca/programs/sports-programs)

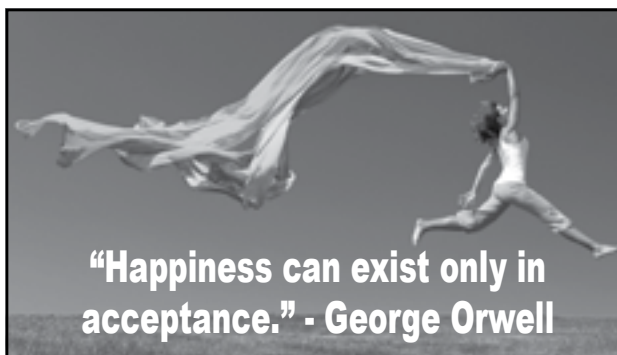
### SCENIC ACRES WOMEN'S RECREATIONAL SOCCER

Ladies here is your chance to have fun in the sun!

We offer a fun recreational soccer program for Ladies (18 and older). Our season runs from mid-April to late June on Tuesday and Thursday evenings (8 – 9pm). We offer orientation, tech sessions and a wind up party. We are a recreational soccer league, open to all skill levels – from beginner to seasoned players. All you need is your cleats, shin pads, water bottle and a sense of humor! Cost: is \$65 for Members & \$75 for Non - Members.

Register NOW! [www.scenicacresca.ca/programs/sports-programs](http://www.scenicacresca.ca/programs/sports-programs)

If you have any questions please contact Fiona at [j-fmacdiarmid@shaw.ca](mailto:j-fmacdiarmid@shaw.ca) or call the SACA Office at 403-547-9589/[scenicacresca@shaw.ca](mailto:scenicacresca@shaw.ca)



**"Happiness can exist only in acceptance." - George Orwell**

## What to Know Before You Go... 5 Must-Have Travel Items

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



### A Scarf

This fashion accessory probably isn't the first packing item that popped in your head. However, frequent travelers understand that it's a multi-faceted garment. Style is only one benefit. For travel it's equal parts blanket and pillow, whether you are traveling by plane, train or automobile. This accessory will also

work as a cover-up if you wind up with an unfortunate stain during your trip. Finally, if you wind up in a more conservative setting, such as a religious ceremony, your scarf adds a touch of modesty to your look.

### Stain-Removing Pens

Speaking of stains, sometimes a scarf won't do the trick. These pens are like magic wands in such situations. They are roughly the size of a marker, so it takes almost no room in your luggage.

### Large-Size Ziploc Bags

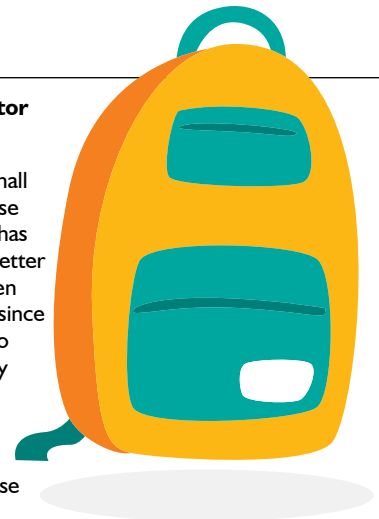
If you're going somewhere that won't have access to snacks put your favourite ones in the bags. If you wind up with something wet due to an accident or from swimming, or your boots get covered in dirt or mud, throw everything in the bag to keep them away from your clean gear. Empty bags are also great for disposing of trash when there is no receptacle in sight. Finally, when you're ready to return home, the bags provide a remarkable amount of storage space plus organizational structure during packing.

### Pen-Size Flashlight

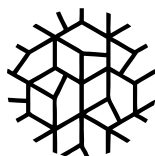
A pen-size flashlight is small enough to fit in your purse or pocket, but this item has only one function. The better choice, if possible, is a pen that has a flashlight in it, since you will probably want to keep a writing tool handy during your trip anyway.

### Paperback Novel

Yes, we live in a digital world now, so you can use your tablet or phone as a reading device. However, you never know when you're going to get stuck somewhere with no charge on your device or Wi-Fi access to download a book.



List courtesy of [www.goaway.com](http://www.goaway.com)



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## Community Park Update

By Dave Spencer, RRROCA Director of Planning/Development



RRROCA has completed the agreement with the City to lease the land on Royal Oak Way near the new Middle School and we are moving ahead with the new concept for the park. Our target is to be submitting for a Development Permit in March. Lots of work is still required in the

design of site works and meeting City requirements. Thanks to a grant from Amateur Sports, City of Calgary Parks Foundation, we have sufficient funding to construct the hockey rink, parking lot, storage building and services. The goal is to have the park ready to use before next winter. Thanks to everyone who contributed ideas and suggestions to improve the park design.



### KEY

- 1 THE HUB, PICNIC SHELTER & STORAGE BUILDING
- 2 HOCKEY RINK
- 3 PLEASURE SKATING
- 4 FITNESS CIRCUIT
- 5 PICNICKING
- 6 PARKING
- 7 EXISTING TREES
- 8 NEW TREES
- 9 NEW SHRUBS

### COMMUNITY PARK

PREPARED FOR: ROCKY RIDGE ROYAL OAK COMMUNITY ASSOCIATION

THE PLAN IS A CONCEPT OF THE PARK DEVELOPMENT TO ILLUSTRATE THE OVERALL SITE DEVELOPMENT. THE CONCEPT IS SUBJECT TO CHANGE AND REFINEMENT DEPENDING ON REGULATORY REQUIREMENTS, BUDGET AND OTHER CONSIDERATIONS.



**SPRING IS SOONER RECOGNIZED BY PLANTS THAN BY MEN. - CHINESE PROVERB**



## Downsizing

By Volunteer Contributor,  
Rocky Ridge Retirement Community

As spring approaches, many people consider listing their home and looking for a new place and downsizing. Downsizing can be a tough decision, especially for Seniors, if they've spent many years, even decades in the same house.

**Below are some suggestions to ease the process of downsizing:**

- Start with a floor plan and measurements of your new place, so you know what will fit in your new place.
- Reduce your contents by using a sorting system with colored stickers indicating if your items should go to family/friends, a yard sale, charity, storage or if you are keeping them. Begin sorting in areas of your house that you use the least, so you have less disruption. Also start with the larger items and then work toward the smaller items, so you have a sense of accomplishment.
- Set a certain amount of time aside each day to pace yourself, so it doesn't become an overwhelming task.

- Hire someone to help you pack and move to ease some stress.
- Pack an "open me first" box with essentials such as bed linens, and other important items such as toiletries, change of clothing, medications, etc.
- Most importantly, be patient! Moving is hard. It's normal to be sad about parting with your house and possessions, however, the goal is not to get rid of everything, just to simplify.



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# KIDS! This page is for you!



## Did you know?...

In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.

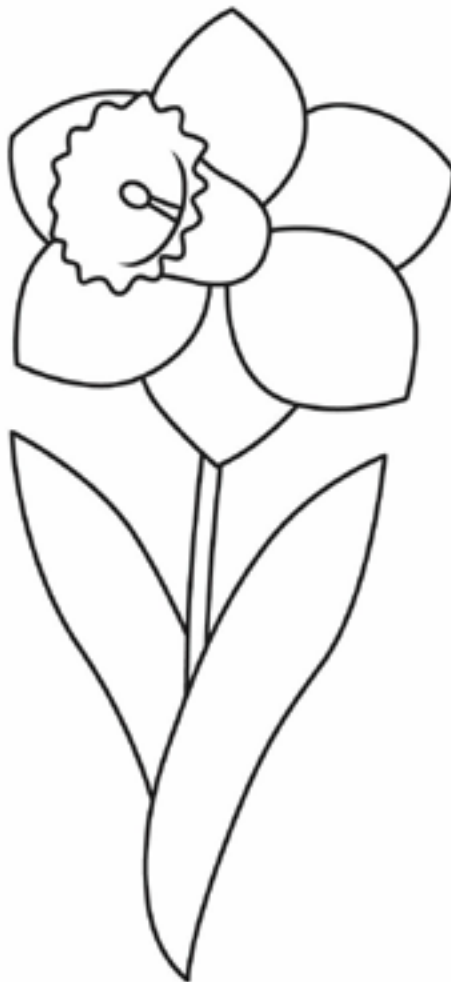
## Riddle me this ...

1. Q: Where do birds meet for coffee?

2. Q: What birds spend all their time on their knees ?

3. Q: How did Jack know how many beans his cow was worth?

(Answers at the bottom of this page)



## Daffodil

Daffodils are one of Spring's most beautiful flowers! Can you bring it to life with colour?

A1: In a nest-cafe! A2: Birds of prey! A3: He used a cowculator!





# YOUR COMMUNITY ANNOUNCEMENTS

**Happy 6th Birthday Landen!**

*Love, Mom, Dad, Kuya and Nate*



**APRIL 7**

**Happy 60th Anniversary!**  
**Fred and Muriel Fleck of Rocky Ridge**

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](mailto: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](mailto:newsletter@rrroca.org)

## COMMUNITY CRIME REPORT

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	3	7
Attempted Murder	-	-
Commercial Break-in	1	2
Homicide	-	-
Residential Break-in	1	7
Robbery	0	-
Sex Offence	0	-
Theft	4	29
Theft from Vehicle	8	21
Vandalism	4	5
Vehicle Theft	4	8

  
Statistics provided  
by Calgary Police  
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# Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1 • Please see [www.rrrha.ca](http://www.rrrha.ca) for office hours.

## ■ RANCH AND PARK ACCESS

For some time now we have been having a few difficulties with the ageing gate and door entry system. Some unfortunate park users will recall the day the gate simply refused to cooperate and locked them in. Enquiries into repair or replacement of the entry system got underway in 2015 and a number of estimates were sought. Replacing the existing system would have cost in excess of \$30,000. An alternative was found that offers a more cost-effective solution. It involved an IT upgrade at a third of the cost. This went ahead in March. It means that we will need, at some point, to reset our members access cards. RRRHA will let you know when to come in, and we apologise for any inconvenience.

## ■ GIVING MOTHER NATURE A HELPING HAND

Do you have a green thumb? Are there areas of our neighbourhood that you would like to see in bloom? Any eyesores that need trimming or weeding? Signs of Spring are all around and keen Rocky Ridge residents have already started enquiring about RRRHA's landscaping plans for Spring and Summer 2016. RRRHA will be working closely with the City of Calgary to identify areas in need of tender loving care.

RRRHA would love to hear from you. We've taken on board your suggestions from 2015 and the Horticultural Committee will give special attention in 2016 to planting native perennials and shrubs well-suited to our zone's temperatures. Join our team of landscapers and amateur gardeners on the RRRHA Horticultural Committee.

## ■ SPRING AND SUMMER PLANS

RRRHA is looking into offering new programs and facilities for the coming season, with ideas being put forward that include opening a food and drink concession, offering supervised film and video-game nights for tweens and teens, paint nite and new exercise classes. A facelift for the tennis courts includes necessary repairs and some extra fencing going up along the northern boundary of

## Notes from the Office

Our Annual Easter Party on March 12th was a fun-filled event. Thank you to all of our members that came to celebrate with us.

Rocky Ridge Ranch 2016 Spring Programs will begin the first week of April. – Registration ongoing. Punch passes available. Contact the office or visit [www.rrrha.ca](http://www.rrrha.ca) for details.

### UPCOMING EVENTS:

Used Clothing and Toy Sale: April 23, 2016 10:00 – 2:00pm

Please contact the office at 403.547.6633 or [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) to register for the sale. Tables are \$20 for members and \$25 for non-members.



Program guide available at [www.rrrha.ca](http://www.rrrha.ca) and Facebook

the park, to increase security. With health and safety paramount, areas of the lake will be fenced off to prevent accidents. Also, RRRHA will be hiring extra seasonal staff to help out over the summer. Applicants must be over 18, have First Aid/CPR certification and provide a criminal background check. Enquiries to RRRHA General Manager Roshni Norum ([officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) or call 403.547.6633)

### ■ CROSSWALK SAFETY:

#### ENGINEERING, EDUCATION AND ENFORCEMENT

Parents in Rocky Ridge were shaken last December by the distressing news that two young girls had been hit by a vehicle while they were on a crosswalk on Rocky Ridge Boulevard. Yet despite this tragic accident, some motorists are still driving over the speed limit along the Boulevard and far too often they are failing to stop for pedestrians at crosswalks, says the injured girls' mother.

"I have contacted the City of Calgary to request a three way stop be put in at the corner of Rocky Ridge Boulevard and Rocky Ridge Close", she says. "This solution will help alleviate both issues - pedestrians

trying to cross the road... and, more importantly, it will force drivers to slow down." Transport experts at the City of Calgary, however, disagree, saying a stop sign won't necessarily improve safety.

Both City Transport officials and police emphasise that while engineering and enforcement are key factors in pedestrian safety, education is paramount. Drivers should expect crosswalks at every intersection and be alert and slow their speed accordingly. Pedestrians need to be aware of oncoming vehicles. "Make eye contact with the driver, keep watching for other vehicles and be sure they are slowing down before you step forward", recommends Staff Sgt. Paul Stacey, "Never stop watching and be ready to react!"

A spokesperson for the City says there are four factors that determine whether a three-way stop may be a solution: the volume of traffic at both the major and minor roadways at the intersection, the split between them, the length of the delay in emerging from the minor road and the number of collisions over a five-year period. It is a measure aimed at improving traffic flow measure rather than pedestrian safety. Evidence shows that advance pedestrian warning signs are more effective in preventing collisions between vehicles and pedestrians. Everyone needs to learn safer habits.

"Driver behaviour is a city-wide concern at intersections", says Staff Sgt. Stacey. "We encourage anyone who has concerns about road safety in a particular area to notify the CPS, preferably through the traffic service link on the front page of our website, and we will respond to conduct enforcement operations in the area as necessary." Concerned road users are also encouraged to send photographic or video evidence to the CPS.

Meanwhile on the engineering side, the City confirms that a work-order has been issued to install advance pedestrian warning signs, with yellow reflective post covers, at the intersection where the girls were injured.



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