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RRROCA REPORTER

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

SEPTEMBER | 2016

Join Us!

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

Changing Seasons

- Photo by
Shelley Rivera

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ARTICLE HIGHLIGHT: Fall Clean Up Page 5 & 17
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Share your stories and photos with me!



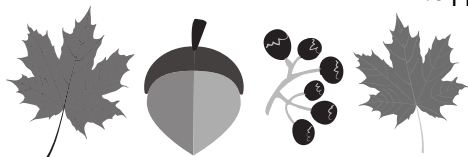
Hello everyone!

You may have noticed my name on the last publication of the RRROCA Reporter instead of Sheryl Khanna. She unfortunately had to vacate the position, and I gratefully took her place.

Since many of you do not know me, I'll take a minute to introduce myself. My name is Mary, and starting this fall, I will be starting at SAIT in the Legal Assistant program while also working part time. I also have a degree in Biology, which I obtained from the University of Calgary in 2013. My interests include technology, current events, health and fitness, videogames, and many, many other things (too many to list here!). My favourite type of food is pasta and I'm a huge fan of outdoor activities. I hope that my work with RRROCA will help the community and keep residents informed of important developments as they arise. Like Sheryl, I welcome your submissions for community-friendly photos, articles, and announcements. You can send them to me at newsletter@rrroca.org. Please see the Editorial Policy on page 4 for details on submission guidelines. I would also like to extend a big thanks to anyone who contributed to this month's issue!

In this issue, you will find information about the Community Cleanup event occurring this month (see page 5 for details), the Pace Car project, information on the Green Cart initiative, as well as a warm welcome to our newest volunteers in our Board of Directors, and much more. If you are interested in volunteering with RRROCA, please see the Volunteer Corner article in this issue of the RRROCA Reporter for more details.

~ Mary Fleet



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.

MARK YOUR CALENDARS

- Sept 5 Labour Day (National Holiday)
- Sept 6 Back to School
- Sept 18 RRROCA Community Clean Up & BBQ from 9:00am to 2:00pm at the London Drugs Parking Lot

Stay connected to the
City of Calgary

facebook.com/cityofcalgary ~ twitter.com/cityofcalgary
~ calgarycitynews.com

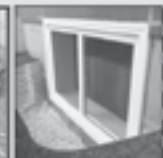
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Back to School Safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

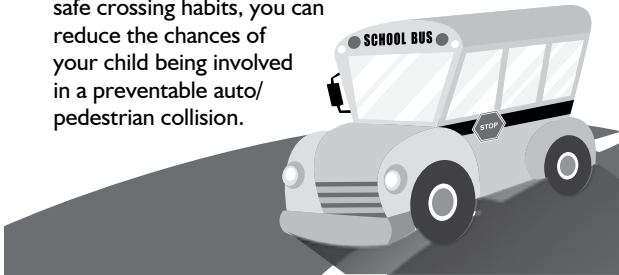
- Avoid talking on a cell phone, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Babysitter Registry

Please contact babysitting@rrroca.org for information.

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.

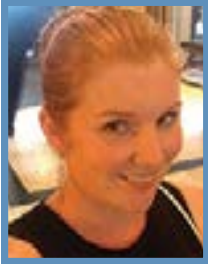


Royal Oak
VICTORY CHURCH

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

'Casual Dress - Relaxed Atmosphere - Relevant Style'

Check out our website for more information, www.rovc.ca.



RRROCA Community Cleanup Drop off Unwanted Household Items for Recycling

By Michelle Drysdale, RRROCA Director of Events

RRROCA is pleased to once again partner with London Drugs and the City of Calgary to host our annual Community Cleanup. On Sunday, September 18 between 9am and 2pm, residents are encouraged to bring any of the following items to the London Drugs Parking Lot for responsible recycling or donation to local charities:

- Electrical and electronic goods (TVs, VCRs, computers, monitors, printers, small appliances, cell phones, PDAs etc)
- Styrofoam, plastic and cardboard packaging
- Rechargeable and alkaline batteries
- Compact Fluorescent Bulbs (CFL's) and fluorescent light tubes up to 4-foot lengths
- Disposable cameras and metal film canisters
- Ink jet and laser cartridges
- Plastic bags
- Furniture (tables, chairs, dressers, beds, sofas, side tables)
- Toys and games, books, music
- Clothing and soft goods: accessories, shoes, bedding, towels and area rugs, drapes
- Housewares: pots and pans, dishes, cutlery, cooking utensils, knife sets, Tupperware, small working appliances
- Organic wastes (leaves, grass clippings, etc)
- Household metal waste
- Large garbage that does not fit in City of Calgary waste carts

Please note that the following items are not accepted:

large home appliances,
household chemicals, propane tanks, car batteries, liquids, paint.

Visit greendeal.ca/events for a full list of accepted and restricted items.

London Drugs will be rewarding customers who bring in items for recycling throughout the day. After dropping off their items, residents are invited to enjoy a community BBQ put on by RRROCA and sponsored by London Drugs.



Pawpositive Match Rescue Foundation is always looking for volunteers! We have many volunteer positions available such as fosters, fundraisers, adoptions or foster processors, dog walkers, groomers, transport, events coordinators, handlers, marketing, vet assistants, website design, grant researchers to name a few.

If you are organized, committed and have some spare time please contact us at <http://pawpositivematch.org/volunteer>
We would love to have you join our team.
Putting dogs and cats first.

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Fees are payable per Semester – NO YEARLY CONTRACT

CLASSES ARE OPEN TO NON-RESIDENTS

New semester starts - SATURDAY 17TH SEPTEMBER

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



Here's what's happenig at the
Calgary Public Library
in September

**Introducing
Engine 23 Tours**

Your school or daycare can get to know the 20-tonne fire truck in Central Library—book your tours at calgarylibrary.ca/library-tours.

Don't forget the special Engine 23 story times that happen every week. Share stories and learn about fire safety from a firefighter!

For details,
visit calgarylibrary.ca.

Words & Wiggles

A brand new Library program for preschoolers that uses the six types of play to build confidence, vocabulary, creativity, problem-solving skills, coordination, socialization, and movement. You and your preschooler will love the stories, songs, and fun-filled activities! For details, visit calgarylibrary.ca.

**Get Inspired with
Micheline Maylor**

Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm.

For details, visit calgarylibrary.ca/author-in-residence

Homework Help

Get FREE homework help online! Students can take advantage of free online tutoring with Brainfuse (Grades 1–12), online study guides through Solaro (Grades 3–12), and so much more. Find them at calgarylibrary.ca/online-resources



The City of Calgary Updates

PROPERTY TAX ASSISTANCE PROGRAM

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

SUBSIDIES ARE AVAILABLE FOR CITY SERVICES

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more info, visit calgary.ca/fairentry.



Stampede Breakfast Thanks!

By Michelle Drysdale, RRROCA Director of Events

Despite all the rain this Stampede season, the annual RRROCA Stampede Breakfast was clear and dry! Residents came out in record numbers (approx. 3,500 people) to attend the annual community breakfast on July 9th. Guests feasted on FREE pancakes and sausages, and there was entertainment tucked into every corner – a kid's corral with kid's crafts, bouncy houses and other fun activities, a photo booth for taking some goofy pictures, live music and entertainment, balloons, as well as local mascots making the rounds to meet as many little ones as they could!

RRROCA and the North West Family Church would like to thank all our wonderful sponsors and supporters for making this annual event a delicious and entertaining success! We are grateful for your generous donations in sponsoring

the pancakes, grills, band, entertainment, kid's crafts, kid's corral, photo booth, venue, coffee and Green Calgary! RRROCA could not put this event on without the sponsors listed here and the close to 100 individuals who volunteered their time the day of the breakfast! Thank you!!

Striving to make our event 100% green, we diverted 83 kg of waste from the landfill. We are fortunate to have such a caring and compassionate business and neighbourhood community, who supported this green initiative.

Thank you once again to our sponsors, volunteers and also to our RRROCA events committee for their dedication, time and creativity in planning this and other events brought to you by RRROCA!



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WWW.RRROCA.ORG

Rocky Ridge Royal Oak Community Association and the North West Family Church would like to thank the following sponsors:

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London Drugs

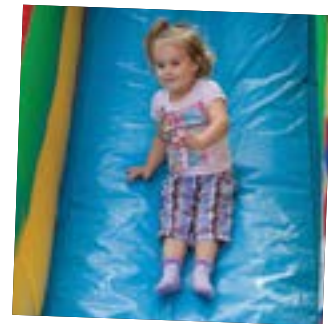
CRAFTS

Crock A Doodle
City of Calgary

MASCOTS AND DANCERS

MyGym
Pet Valu
North Calgary Dance Centre

Rim Rock Landscaping for putting together the western theme back drops.

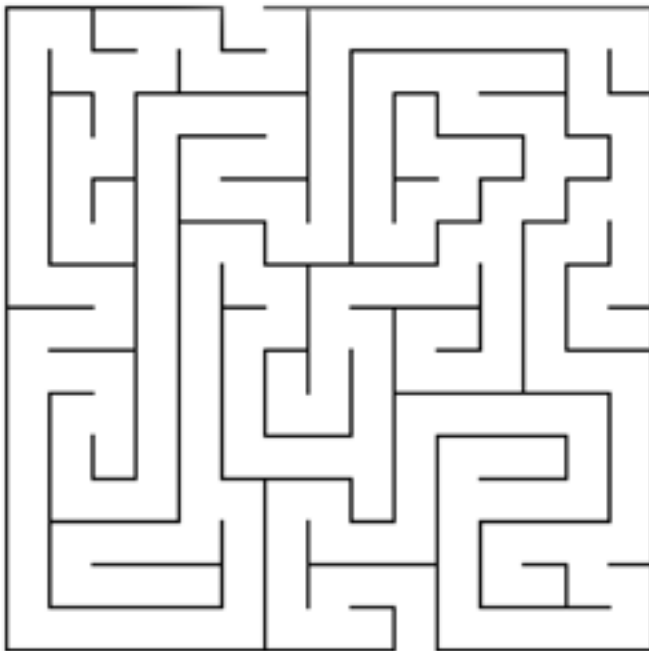


Bottom Photos by Nick Blakeney - Big Picture Photography - www.MyBigPicture.ca

KIDS! THIS IS YOUR PAGE!



Help this boy find
his way through
the maze to his
school bus!



Giggle Break!

Q: What kind of plates do
they use on Venus?

A: Flying saucers!

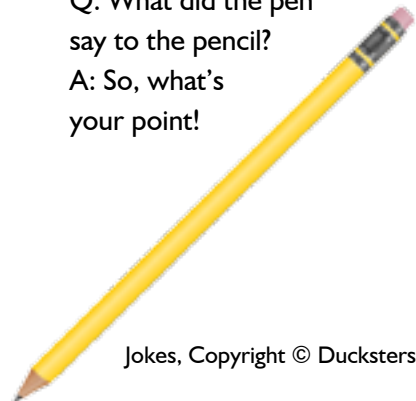
Q: Why did nose not want
to go to school?

A: He was tired of getting
picked on!

Q: How do you get straight
A's? A: By using a ruler!

Q: What did the pen
say to the pencil?

A: So, what's
your point!



Jokes, Copyright © Ducksters.



Pace Car Project

Tired of vehicles speeding in your community? The Rocky Ridge Royal Oak Community Association (RRROCA) wants be part of the solution. The Pace Car Project Pilot is a locally delivered, nation-wide program that focuses on raising awareness around speed reduction in the community, especially in playground zones and pedestrian-dense areas. This program is unique in that it adds a positive, proactive element of accountability to drivers compared to traditional methods of enforcement, such as ticketing.

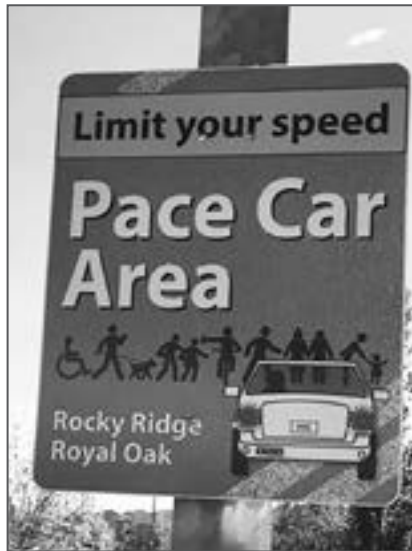
How does it work? Drivers place Community Pace Car stickers on their rear windows and bumpers of their car to raise awareness and remind other drivers the importance of driving at safe speed. Locals take a pledge and strive to follow speed limits, watch out for pedestrians and be thoughtful drivers. Community Pace Car drivers lead by example and hope that positive change from others will follow from self-awareness.

On May 28th, Vice President Ali Oonwala from the Rocky Ridge Royal Oak Community Association (RRROCA), Staff

Sergeant Dean Vegso from the Calgary Police Services and Councillors Ward Sutherland and Joe Magliocca launched the traffic safety program in Rocky Ridge and Royal Oak, the Community Pace Car Program. The kick-off for the event was held at the Rocky Ridge Retirement Community (RRRC). Thank you to the RRRC and all the volunteers for making this event a success!

A number of participants from Rocky Ridge and Royal Oak have already signed up their support for Pace Car Pilot Program and pledged to follow the speed limit and pay attention to pedestrians. The more people who participate, the more to help ensure speed limits are obeyed.

If you are interested in volunteering, visit
<http://rrroca.org/en/rrroca-community/pacecar/>
or drop by the
Rocky Ridge Ranch and sign-up!



CLOTHESLINE
1-800-505-5525

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1.800.505.5525 or visit www.diabetes.ca/clothesline.

NOMINATE YOUR NEIGHBOURS FOR A 2016 COMMUNITY VOLUNTEER AWARD!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!



THE FOUR AWARD CATEGORIES ARE:

STEP UP AWARD

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

BE PART OF IT GROUP AWARD

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

SPARK AWARD

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

COMMUNITY BUILDER AWARD

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit calgarycommunities.com for more information and the nomination form. The nomination deadline is Friday, September 16/16

MEMBERSHIP



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

Membership sign-up for 2016 is now underway. Please go to our Web site (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.

Send form and your payment to Rocky Ridge Royal Oak Community Association or RRROCA:

PO BOX 91009, RPO Royal Oak, Calgary AB T3G 5W6

☐ New membership ☐ Membership renewal

Memberships are annual and are valid January 1 to December 31

New/renewal memberships \$30.00

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

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* 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...

_____ Communications...web/internet, newsletter, road signs
_____ Programs... Sports, recreational, fitness, special events
_____ Civic Advocacy... planning & development, transportation, schools
_____ Fundraising... Casino, grants, donations
_____ Amenities ... Buildings, sports facilities, parks/playgrounds, pathways
_____ Other _____

Contact Information



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



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Committee Leads

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Social Media	Fatima Khawaja.....	socialmedia@rrroca.org
Events	Twyla Ferrari	events@rrroca.org
Website	Wendy Alessi.....	info@figtreedesignstudio.com
Fitness Classes	Leah Melnyk	fitnessclasses@rrroca.org
Babysitter's Registry	Angela Carter	babysitting@rrroca.org

Community Contacts

MP, Calgary Rocky Ridge	Pat Kelly	Pat.Kelly@parl.gc.ca
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
Community Liaison Officer	Constable Roy Moe	Roy.Moe@calgarypolice.ca

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"Kids' views are often just as valid as the teachers'. The best teachers are the ones that know that."

- Morley Safer, 11/ 8 /31 - 5/19/16



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ROYAL OAK
VICTORY CHURCH

**YOU'RE
INVITED**

WE WOULD LOVE TO SEE YOU

EVERY SUNDAY
9:00AM & 11:00AM

450 ROYAL OAK DRIVE NW
WWW.ROVC.CA

NEW IN THE NEIGHBOURHOOD?

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



Welcome Wagon... a Canadian tradition since 1930.



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Address: 423 - 58 Avenue SE www.homefloors.ca *We'll find it. We'll install it. We'll guarantee it.*

**FREE
EVENTS**

Rocky Ridge

Lifelong Learning Community

Start your worry-free lifestyle with us this Fall



RSVP today for our travel films this month!

Northern Italy

Thursday, September 8th at 6:30 p.m.

Come join us as we travel to The Alps, Lake Como, Portofino, Venice & more!

Southern Italy

Thursday, September 15th at 6:30 p.m.

Venture with us to Naples, Pompeii, the Amalfi Coast, Rome & more!

Sicily

Thursday, September 22nd at 6:30 p.m.

Let's visit Palermo, Marsala, & Catania!

The Great Cities

Thursday, September 29th at 6:30 p.m.

Learn more about Rome, Florence, Naples & Capri!

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
Experience Vibrant Seniors Living

YOUR COMMUNITY ANNOUNCEMENTS

Happy 4th Birthday Nate!

God bless you always.
Love, Mom, Dad,
Kuya Gav &
Kuya Lan



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

Community

CLASSIFIED ADS! To place your classified ad, contact sales at 403.203.9152 or email: newslettersales@mindsdesign.ca today!

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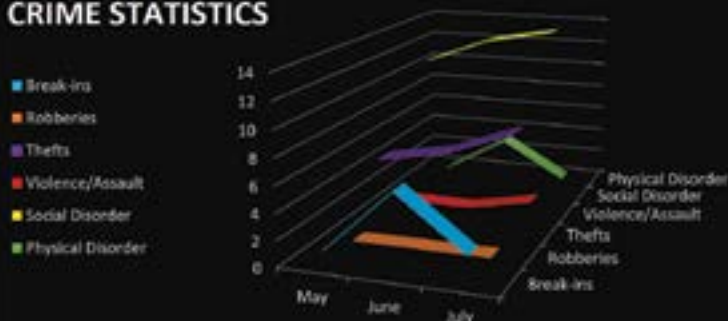
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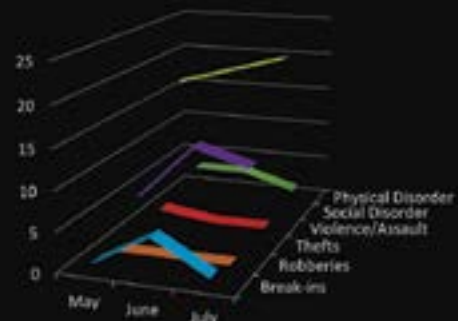
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COMMUNITY CRIME STATISTICS

Rocky Ridge



Royal Oak



NOTES

Social Disorder and Physical Disorder could be any of the complaints listed in the groupings below (not listed in order of severity).

Social Disorder: Drunk, Disturbance, Indecent Act, Juvenile Complaint, Landlord/tenant, Mental health concern, Neighbour dispute, Party complaint, Prowler, Suspicious person, Threats, Drugs, Noise complaint, Possible gunshots, Unwanted guest/patron, Prostitution, Speeder, Suspicious Auto.

Physical Disorder: Fire, Property Damage, Abandoned Auto.



Green cart set to roll out next spring

By the City of Calgary Waste & Recycling Services

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

- All food, yard and pet waste is accepted in the program.
- Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.
- Green and blue carts will be collected on the same day every week.
- Black carts will be picked up once every two weeks on a separate day since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home, a sample of compostable bags for the kitchen pail, and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills



More than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. Green carts will reduce dependence on landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more, please visit calgary.ca/greencart.



Calgary AfterSchool

Trying to figure out what to do with your child once school starts?

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 p.m. – 6 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.



WARD 2 COUNCILLOR Joe Magliocca

Phone: 403.268.3280
Email: ward02@calgary.ca
Facebook: www.facebook.com/joe.

magliocca.calgary
Twitter: @Joe_Magliocca
Web Site: www.Calgary.ca/ward2



More police officers for Calgary

City Council unanimously approved Calgary Police Service's request for 50 new police officers. These new officers will help further support their efforts in reducing crime in our communities. The new positions will be funded by fine revenue and will not have an impact on property taxes.

City Council also unanimously supported a sliding scale low income transit pass. This will change the current \$44 monthly pass to one where the pass price is dependent upon income, according to the low income cut-off (LICO) scale. This will reduce the current \$44 monthly pass down to as little as \$5.45 for low income individuals. The Government of Alberta provided \$13.5 million to help fund this program.

I was pleased that Council agreed to look at Shaganappi Trail between 144th Ave and Stoney Trail in relation to heavy truck

traffic. Shaganappi Trail is currently a trucking route; however, I would like to see if it would be appropriate to only allow heavy trucks on weekdays, so that the residents along Shaganappi Trail can enjoy being outdoors on weekends without the loud noises from heavy trucks. City administration will be consulting with the industry to see how we can make improvements for the communities along this portion of Shaganappi Trail.

There has been good progress on the construction of the upgraded interchange on Sarcee Trail and Stoney Trail. Once complete this interchange will allow for safer access from Sarcee Trail on to Stoney Trail, which will also help reduce congestion. This project will also widen 112th Ave west of Sarcee Trail from two lanes to four lanes. To date, these projects are on schedule to be complete by late 2016.

JOES TIP:

Pokémon Go Players – Please be mindful of our neighbours and respectful of public property.

YOUR CITY SECTION

For current news and updates follow The City of Calgary on Facebook and Twitter. Or visit our blog at www.calgarycitynews.com.

Calgary's new Building Maintenance Bylaw will soon help prevent unsafe building conditions by requiring visual exterior assessments every five years.	calgary.ca/building-maintenance-bylaw	Calgary AfterSchool offers fun, safe and supervised after school programs for ages 6 to 16.	calgary.ca/afterschool
You have opinions. We want to hear them! The City is looking for more Calgarians to join Calgary's online panel at citizensview.ca .	citizensview.ca	New bus routes are coming to northwest and inner city communities starting September 5, 2016.	calgarytransit.com/2016ServiceReview
Spread your wings with The City's Learn to Birdwatch course. Discover birding basics and get tips and tricks on how to get the most out of your birdwatching experience.	calgary.ca/parksguide	Check out the Citizen Dashboard, an online tool that gives you access to information about City performance and how City services contribute to Calgary's quality of life.	calgary.ca/citizen-dashboard
		Thanks Calgary. Your input on Crowchild Trail helped us identify a set of recommendations for the study area. Join us in October and give your input.	calgary.ca/crowchild
		Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist you if you're new to Canada.	calgary.ca/newcomers

RRROCA Community Cleanup

September 18, 2016

9am–2pm

London Drugs Parking Lot
8888 Country Hills Blvd.

Drop off any of the items listed for proper recycling

- Electronics (TVs, VCRs, printers, computers, monitors, etc)
- Small appliances
- Non-food related styrofoam
- Disposable cameras
- Inkjet and laser cartridges
- Batteries
- Plastic bags
- Smoke alarms
- CFL light bulbs, fluorescent tubes (up to 4-ft)



RRROCA
Rocky Ridge Royal Oak
Community Association
www.rrroca.org



City of Calgary will be collecting organic waste and items that do not fit in waste & recycling carts. Other recycling partners and local charities will be accepting a variety of household items like furniture, clothing, towels, bedding, housewares, dishes, cutlery, pots & pans, cooking utensils, children's car seats (\$10 levy), scrap metal and plenty more!

For a full list of items accepted and restricted items visit: greendeal.ca/events

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LOCAL PHOTOGRAPHERS

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be featured in the RRROCA Reporter



Royal Oak Recreation Centre

BY IAN RUTGERS



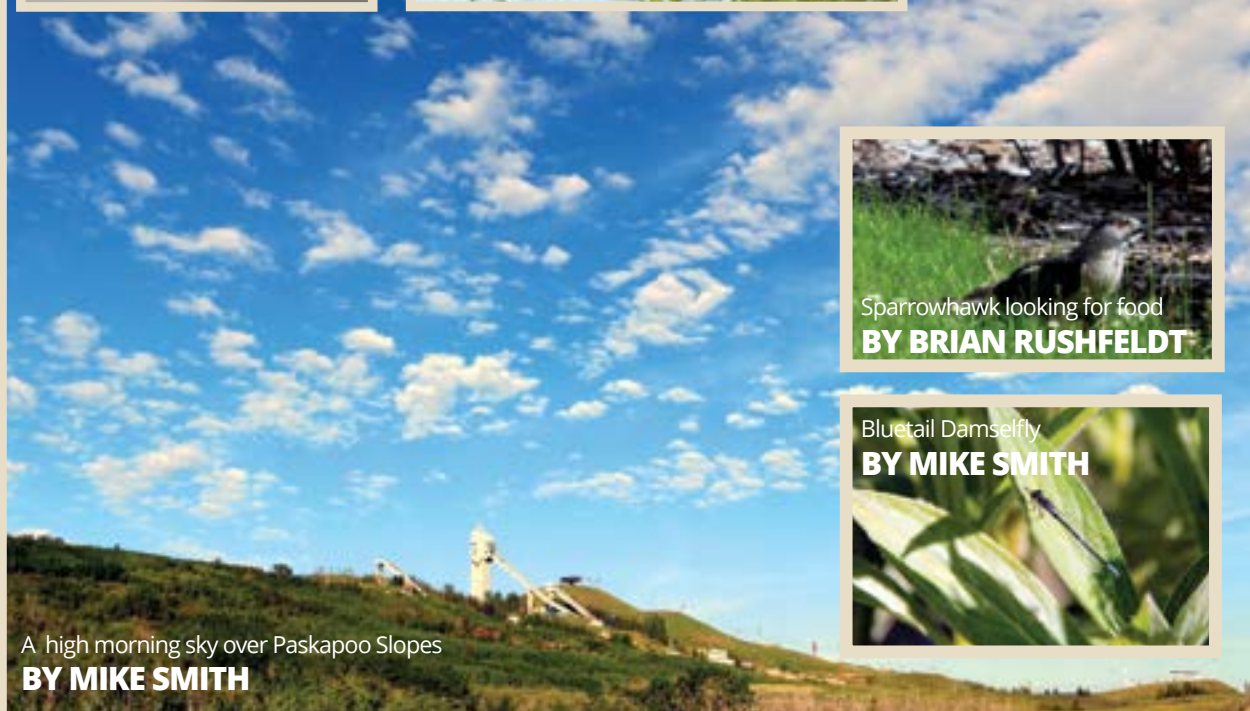
Flying Tree Swallow

BY BRIAN RUSHFELDT



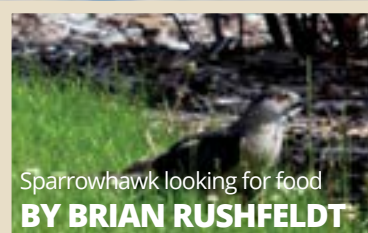
Common Goldeneye Brood

BY MIKE SMITH



A high morning sky over Paskapoo Slopes

BY MIKE SMITH



Sparrowhawk looking for food

BY BRIAN RUSHFELDT



Bluetail Damselfly

BY MIKE SMITH

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!

My Low-Fat Greek Wedding Lasagna

By Terri Gilson, Rocky Ridge Resident
and Volunteer Contributor



Flavours of Greece and Italy wed to create a delicious, light version of this classic dish!

This recipe won 2nd place in the Olivieri Lasagna contest in 2012.

Ingredients:

1 pkg. (approx. 500 g)
mild Italian turkey sausage

- 1 pkg. (approx. 500 g) ground turkey breast
- 2/3 cup onion, finely chopped
- 1/2 tsp. dried oregano
- 4 cloves garlic, crushed or minced
- 2 tsp. olive oil
- 3 Tbsp. lemon juice from concentrate
- 2/3 cup fresh lemon juice (about 2 lemons)
- 1 3/4 cups cholesterol and fat free liquid egg replacement product
- 2 cups chicken broth
- 1 tsp. cornstarch
- 1/2 pkg. (170 g) fresh baby spinach
- 8 Olivieri regular or whole grain lasagna sheets (approx. 1/3 -400g pkg.)
- 1 cup fat free Greek yogurt
- 1- 7-oz can sliced black olives
- 1 jar (210 ml) sundried tomatoes in oil, drained and chopped
- 1/2 cup dry curd cottage cheese
- 1 pkg. (200 g) sliced fresh mushrooms
- 1 Tbsp. light parmesan cheese
- 1 cup light feta cheese
- 2 cups grated light mozzarella cheese



Directions:

1. Preheat oven to 350°F.
2. On stovetop, cook turkey sausage and cut into small pieces.
3. In a large pot, cook ground turkey and onion in olive oil until turkey is no longer pink. Add mushrooms and sauté for 3-5 minutes. Add chicken broth and bring to a boil.
4. Add ground turkey sausage to mixture. Reduce temperature to med- low and add egg replacement, lemon juice from concentrate, fresh lemon juice, half the garlic (2 cloves), oregano and cornstarch.
5. Simmer for 10 minutes. Add the remaining 2 cloves of garlic and remove from heat.
6. In a separate medium sized mixing bowl, combine Greek yogurt, spinach, parmesan, dry cottage cheese, sundried tomatoes and olives together.
7. Pour 1/2 the lemon meat sauce in an oblong baking pan (9" X 13") and cover with a layer of 1/2 the noodles (4 sheets).
8. Spread all the Greek yogurt mixture over the noodles; cover this with remaining noodles.
9. Top with remaining meat sauce. Cover and seal with aluminium foil and bake in a moderate oven (350°F) for 35 minutes
10. Remove and top with grated mozzarella and feta cheese.
11. Return to oven and bake uncovered 8 minutes longer, then turn oven up to 500°F (broil) and cook for 2-3 additional minutes until bubbly.
12. Remove from oven and let stand 10 minutes. Serve.

Yield: 8 servings

Preparation time: 25 minutes

Bake/cook time: 45 minutes

**Questions about this recipe or other
cooking/baking questions?**

E-mail Terri at newsletter@rrroca.org



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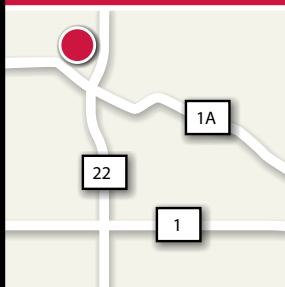
Cochrane is a great place for families. It's a neighbourly small town, with traditional values, convenient amenities and a choice of popular schools. This is a place to make memories – without breaking the bank.



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GRAFFITI VANDALISM

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

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism is not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighborhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

Please visit www.graffitifreecalgary.ca for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.

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Civic Chat



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



WARD 1 COUNCILLOR Ward Sutherland

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

Let's get back to school safely!

With Fall upon us, it's the perfect time to remember to slow down and pay attention to the road. With school back in session, it means sharing the streets with bicyclists, school buses, and pedestrians. Drivers play a particularly important role in back to school safety. All students, but especially the younger ones, need to be aware of traffic safety rules, much like pedestrians, bicyclists, skateboarders and school bus passengers. A collision with a vehicle poses the largest risk to their safety. Listed below are frequently asked questions about back to school safety rules.

When are school and playground zones in effect and what are the street limits?

Playground and School zones: 30 km/h, 7:30 a.m. to 9 p.m., all year around.

What do I do when a school bus has their amber flashing lights on?

School buses use flashing amber lights to alert passing motorists that the bus is slowing down and preparing to load or unload children. If the amber lights are flashing, you may pass with caution. However, watch out for pedestrians and be ready to stop.

If a pedestrian is waiting to cross illegally, what should I do?

Motorists should not stop for pedestrians waiting to cross illegally, but should be cautious when proceeding. Pedestrians have a responsibility to not step in front of a vehicle when it is impracticable for the vehicle to stop.

Are cyclists restricted to bike lanes or can they use regular traffic lanes?

Cyclists have all the same rights and responsibilities as a motor vehicle when travelling on roadways, unless otherwise indicated. Bicycles are permitted on all Calgary roads, and can use regular traffic lanes, except for Deerfoot Trail.

To receive my monthly Ward 1 e-newsletter, sign up at www.WardSutherland.com

~ Ward Sutherland

Rocky Ridge Ranch Homeowners Association



10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1 • www.rrrha.ca officeadmin@rrrha.ca

FALL PROGRAMS

The Fall session of fitness classes runs from September until December. Online registration is available! We are pleased to offer a new variety of children/youth programs. Please note that punch passes will be available once the minimum number of registrations is received. Our full program listing will also be available on our website at www.rrrha.ca.

ZUMBA

Mondays w/ Jivka Time: 7:00pm – 8:00pm September 19th – December 12th (no class October 10th) \$120.00 for members, \$132.00 for non-members

YOGA - Mondays w/Marcy

Time: 9:30am – 10:45am September 19th – December 12th (no class October 10th) \$140.00 for members, \$150.00 for non-members
Yoga - Tuesdays w/ Vanitha Time: 6:30pm – 8:00pm Sept 13th – Nov 29th \$150.00 for members; \$175.00 for non-members

PILATES - Tuesdays w/Laurie

Time: 8:10 pm – 9:00 PM Sept 13th – Nov 29th \$120.00 for members, \$132.00 for non-members 50+

YOGA

Wednesdays w/ Vanitha Time: 10:30am - 12:00am Sept 14th – Nov 28th \$150.00 for members; \$175.00 for non-members

YOGA

Thursdays w/ Vanitha Time: 9:00am - 10:30am Sept 15th – Dec 1st \$150.00 for members; \$175.00 for non-members

BOOTCAMP – THURSDAYS W/JANETTE

Time: 6:30pm-7:30pm Sept 15th – Dec 1st \$120.00 for members, \$132.00 for non-members

***Youth ages 14+ may be able to register.**

Please contact office for details

****Punch passes available for classes if minimum number of registrants has been reached.**

*****All classes require a minimum of 5 participants to run**

CHILDREN AND YOUTH PROGRAMS*

* NEW DancePlay Kids

Wednesdays w/Judith for children 6-8 years old Time: 5:00-5:45 pm Sept 14th – Nov 16th \$100.00 for members; \$110.00 for non-members

**NEW Zumba for Kids

Wednesdays w/Judith for children 9-12 years old Time: 5:45-6:30pm Sept 14th – Nov 16th \$100.00 for members; \$110.00 for non-members

Notes from the Office

Registration ongoing for Rocky Ridge Ranch 2016 Programs. Punch passes available. Contact the office or visit www.rrrha.ca for details.



Program guide available at www.rrrha.ca and Facebook

****NEW HOURS****

Mon/Wed/Fri 8am-4pm
Tue/Thu 8am-8pm
Sat/Sun 8am-12pm

***NEW Young Rembrandts Art classes**

Wednesdays for children 3.5-5 years old Time: 10:00-10:45am Sept 14th – Nov 16th \$140.00 for members; \$150.00 for non-members

****NEW Young Rembrandts Art classes**

Wednesdays for children 3.5-5 years old Time: 5:00-5:45pm Sept 14th – Nov 16th \$140.00 for members; \$150.00 for non-members

****NEW Young Rembrandts Art classes**

Wednesdays for children 6-12 years old (Elementary program)
Time: 6:00-7:00pm Sept 14th – Nov 16th \$140.00 for members; \$150.00 for non-members

****NEW Young Rembrandts Art classes**

Wednesdays for children 9-12 years old (Cartoon program) Time: 7:00-8:00pm Sept 14th – Nov 16th \$140.00 for members; \$150.00 for non-members

*****All classes require a minimum of 5 participants to run**

UPCOMING EVENTS:

ROCKY RIDGE SWAP SHOP – October 15th 10:00am-2:00pm

Do you have gently used teen/adult clothing and sporting good items that you want to find new homes for? This is the place to do it! Register for a table at the “swap shop” and lighten your load in time for winter. Tables are \$20.00 for members and \$25.00 for non-members. For more details, please contact the office.

RANCH MEMBERSHIP

Not currently a member of the Rocky Ridge Ranch Homeowners Association? Are you a homeowner within the neighbourhood of Rocky Ridge? If you'd like to find out more about the advantages of having an encumbered property, including access to the Ranch amenities, please contact the RRRHA office on 403.547.6633 or email officeadmin@rrrha.ca for details.

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.

P: 403.547.6633 • F: 403.547.6634 • www.rrrha.ca officeadmin@rrrha.ca



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- Dental Hygiene



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