

PUBLISHED BY MIND'S DESIGN STUDIO SINCE 2015  
CALL 403-203-9152 FOR ADVERTISING OPPORTUNITIES WWW.MINDSDESIGN.CA

# RRROCA



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

OCTOBER | 2016

# REPORTER

*Join Us!*

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

## Season Shines

Rocky Ridge Pond  
**BY MIKE SMITH**



CIRCULATION | 7600 HOMES AND BUSINESSES

**ARTICLE HIGHLIGHT: APPLAUD A DEPO AWARD** PAGE 7

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

403.771.8979 • [www.rrroca.org](http://www.rrroca.org)

Mind's Design  
**NEWSLETTER APP**  
Download from the app store or google play.

**Oasis**  
 SKIN INSTITUTE  
 403-262-7424  
 www.OasisSkinInstitute.ca

Fall Back in  
**Love**  
 with your  
*Skin*



**hCG Medical Weight Loss**  
 SAFE, NATURAL, QUICK WEIGHT LOSS  
 FOR MEN AND WOMEN

**SAVE 20%**  
 UNTIL OCTOBER 31<sup>ST</sup>



**MEDICAL SERVICES**

- |                              |                         |
|------------------------------|-------------------------|
| Acne and Acne Scarring       | hCG Diet Program        |
| Psoriasis                    | Botox for Migraines     |
| Rosacea                      | Botox for Hyperhidrosis |
| SkinTag, Mole & Wart Removal | Sclerotherapy           |

**COSMETIC SERVICES**

- |                                |                           |
|--------------------------------|---------------------------|
| Botox Cosmetic®                | PRP Vampire Rejuvenation  |
| Dermal Fillers                 | Mesotherapy Treatment     |
| Diolaze™ Laser Hair Removal    | Softening of Scars        |
| Forma™ Thermal Remodelling     | Silkpeel™ Dermalinfusion™ |
| BodyFX™ Body Contouring        | Chemical Peels            |
| Lumecca™ IPL Skin Rejuvenation | Photofacials              |
| Fractora™ Skin Resurfacing     | Vascular Lesions          |



**FRACTORA™**  
 The non-invasive alternative  
 to facelift surgery

**SAVE 20%**  
 on IPL treatment packages

**LUMECCA™**  
 The Ultimate Solution to  
 Rejuvenate your Skin

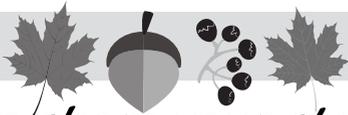
offer valid until October 31<sup>st</sup>, 2016

**DIOLAZE™**  
 by inmode

Buy one laser hair removal  
 package and receive the  
 second package of equal  
 or lesser value for  
**20% OFF**



ZO SKIN HEALTH Alyria Latisse • Revanesse Kiss Botox Cosmetic hCG Weight Loss Gift Cards Available!



Please share your stories and photos with me!



### Hello everyone!

#### Corrections:

In the September edition of the RRROCA Reporter, the first photo on page 7 should have been credited to London Drugs Royal Oak. This has been corrected in the online edition (posted on RRROCA.org).

We sincerely apologize for the error.

#### Special Thanks:

- Laura Nelson, for contributing the article about the Applaud a Depot award received by Spy Hill Bottle Depot in early September (see page 7 for article).
- Johnny Mo, for continuing to contribute articles about the Army Cadets programs for the benefit of children and youth our community.
- Paul Bérubé, Char Krausnick, Mike Smith, Arpita Mazumdar, and Brian Rushfeldt for the beautiful photos they submitted for the October issue.
- Constable Riley Babott, for his prompt and courteous assistance with questions related to data collection for the improved Community Crime Report feature last month. Please keep submitting your community-friendly articles, photos, and announcements! See the Editorial Policy in this issue for a detailed guideline on submissions for articles (page 4), and the Local Photographers Page for photo submission guidelines (page 5).

~ 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

- Breast Cancer Awareness Month
- National Diabetes Month
- Lupus Awareness Month
- Oct 5: Do Something Nice Day
- Oct 9-15: Fire Prevention Week
- Oct 10: Thanksgiving Day
- Oct 31: Halloween

Stay connected to the  
City of Calgary

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

“Enough’ is a feast.”  
- Buddhist proverb

ExoSide  
Construction Inc.

Robert Fehr  
403.990.1346



“FINDING QUALITY SOLUTIONS TO ALL OF  
YOUR EXTERIOR HOUSING NEEDS”

**Our services include:** Our services include: Roofing,  
Aluminum Cladding, Soffit and Fascia, Exterior Painting, Vinyl,  
James Hardie and Aluminum Siding.

NOW BOOKING FOR FALL! Senior's Discounts Avail.

exosideconstruction.com **FREE ESTIMATES**



**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](http://www.rovc.ca).

<b>AS</b> <b>CONTRACTING</b>	<b>Landscaping Specialists</b>
	FOR A FREE ESTIMATE ON LANDSCAPING CALL SHAWN <b>403-651-0424</b> • CONCRETE INSTALLATION & REMOVAL • DECKS • FENCES • SOD • RETAINING WALLS
	FOR A FREE ESTIMATE ON YARD MAINTENANCE CALL BRAEDEN <b>587-438-0036</b> • WEEKLY CUT STARTING AT \$35 • SPRING/FALL CLEANUP • MONTHLY SNOW REMOVAL STARTING AT \$110 • PRESSURE WASHING • CONCRETE SEALING
<a href="http://www.ascontracting.com">www.ascontracting.com</a>	

**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.

# ALL CANADIAN KARATE UNION

# KARATE

ROYAL OAK - KINCORA - COVENTRY HILLS

- Beginners Welcome
- Special Classes for Children Ages 4 - 6
- Advanced Classes for Youth and Adults
- Train Together as a Family
- Local and International Tournaments




**REGISTER NOW**

[www.acku.org](http://www.acku.org) **403-232-0228**

LOCAL

# PHOTOGRAPHERS

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



Sun playing with clouds

**BY PAUL BÉRUBÉ**

Lightning Strike

**BY JENNI VAN IDERSTINE**



Sunset

**BY ARPITA MAZUMDAR**



Swallow

**BY BRIAN RUSHFELDT**



Orange Nasturtium

**BY CHAR KRAUSNICK**



**The REPORTER** wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature as well as in the newsletter. **Think seasonal:** send us your Stampede photos for July, or your street decked out for December for example. **Think local:** capture our community in a great light, our natural environment or just something unique that you've seen when you're out and about. Amateur and professional photographers of all ages are welcome to submit. We cannot provide monetary payment but we will give you a photo credit using your personal name (not your business name, if you have one). Please send your photos as high quality JPEGs to [newsletter@rrroca.org](mailto:newsletter@rrroca.org) and who knows, you just might see your photo(s) in print!

# VOLUNTEER CORNER



By Frances Kalu, RRROCA  
Director of Volunteers

Another volunteer season has come and gone, and I am still amazed at the amount of time and energy our volunteers invest to make our events great. Thank you all very much for your efforts. With your help, we were able to put on excellent events throughout the past year.

As we start another season, please be on the lookout for available positions that will be posted on the website, social media, and in our monthly newsletter. Send an email to [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you would like to volunteer. Currently, we are looking for a Board Secretary (details below).

### Secretary

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

**Time commitment:** 5 hours/month



## MEMBERSHIP



By Muoi Leong,  
RRROCA Director of  
Membership

Dear RRROCA Members,

Thank you for your support through your membership registration for 2016. Membership renewal and new registration for the 2017 calendar year will be available online in November. Please keep an eye out for more info in our November newsletter.

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

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...

\_\_\_\_\_ 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 \_\_\_\_\_

## Community Recognition for the Spy Hill Bottle Depot

By Laura Nelson, Member Services Coordinator of the Alberta Bottle Depot Association

The Spy Hill Bottle Depot in Calgary was the Depot of choice for the most recent Applaud a Depot winner. Kim Hammond, a frequent customer, recently left some positive feedback for the team. She noted that “the people that work at the Spy Hill Bottle Depot are the [friendliest] group. They always greet you with a smile and are very pleasant. Just a great place!”

Kim is one of thousands of Albertans who have left Applauds for depots across the province which have provided excellent service to their customers. A draw is conducted from these entries every couple of months. The winning customer is awarded with a prize, while the corresponding Depot receives recognition for their community contributions.

On the afternoon of September 2nd, 2016, Depot staff were joined by Kim, Prasad Panda (MLA for Calgary-Foothills), and Jamie Kleinsteuber (MLA for Calgary-Northern Hills), as well as Gregory Hartzler (representing the City of Calgary), to celebrate the ongoing community contributions of the Depot. Alberta Bottle Depot Association President Trevor Nickel spoke to the environmental, economic, and community benefits of Depots, which are all demonstrated at the Spy Hill Bottle Depot.

Ronald McDonald House Charities Southern Alberta (RMHCSA) representatives Lisa Barrett and Janelle Mayo were on hand to highlight the impact of fundraising efforts from Depots. RMHCSA is one beneficiary of the Alberta Cans for Kids program administered by the Alberta Bottle Depot Association. The Spy Hill Bottle Depot has raised over \$16,000 for the Cans for Kids program since its inception. In the past year, over \$100,000 in bottle drives and fundraisers were processed at this Depot location as well.

Kleinsteuber spoke to the effectiveness of the Alberta beverage container collection system, with recent return rates in the

province now in excess of 85%. Over 2 billion refundable beverage containers were returned to Depots in Alberta last year.

To participate in the Applaud a Depot program, visit [www.applaudadepot.ca](http://www.applaudadepot.ca), and for more information about the Depot system, visit [www.AlbertaDepot.ca](http://www.AlbertaDepot.ca).



MLA Jamie Kleinsteuber, customer winner Kim Hammond, and Depot manager Kevin Krawchuk.



Staff at Spy Hill Bottle Depot.



We give  
**FLU SHOTS!**  
Talk to our pharmacist or book online at  
[WeGiveFluShots.ca](http://WeGiveFluShots.ca)

**Sobeys**  
Pharmacy

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

### Directors

Director of Communications	Jenna Mortis.....	<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	David Houston.....	<a href="mailto:parks@rrroca.org">parks@rrroca.org</a>
Director of Programs	Ted Linklater .....	<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	Ambreen Sulman .....	<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	Mary Fleet.....	<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>
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

MP, Calgary Rocky Ridge	Pat Kelly.....	<a href="mailto:Pat.Kelly@parl.gc.ca">Pat.Kelly@parl.gc.ca</a>
MLA, Calgary Northwest	Sandra Jansen.....	<a href="mailto:Calgary.northwest@assembly.ab.ca">Calgary.northwest@assembly.ab.ca</a>
Councillor, Ward 1 (Rocky Ridge)	Ward Sutherland .....	<a href="mailto:ward.sutherland@calgary.ca">ward.sutherland@calgary.ca</a>
Councillor, Ward 2 (Royal Oak)	Joe Magliocca .....	<a href="mailto:joe.magliocca@calgary.ca">joe.magliocca@calgary.ca</a>
Community Liaison Officer	Constable Roy Moe .....	<a href="mailto:Roy.Moe@calgarypolice.ca">Roy.Moe@calgarypolice.ca</a>

**NEWSLETTER AD SALES: 403.203.9152 [NEWSLETTERSALES@MINDSDESIGN.CA](mailto:NEWSLETTERSALES@MINDSDESIGN.CA)**



**the Gutter Doctor**  
**Home Exteriors**  
 Install/Repair/Clean  
 EAVESTROUGHS | DOWNSPOUTS  
 FASCIA | SOFFIT | ROOFING | SIDING  
 15,000 happy customers since 2003!  
**403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)**

"I'd like to quit the supernatural roles and play just an interesting, down-to-earth person."

- Bela Lugosi,  
 10/20/1882 - 08/16/1956



**FREE  
EVENTS**

# Rocky Ridge

Lifelong Learning Community

**Start your worry-free lifestyle with us this Fall**



**RSVP today for our Lifelong Learning travel films this month!**

## **Welcome to the Island**

**Wednesday, October 5th at 6:30 p.m.**

Stan Foster's musical tribute to Jimmy Buffett, Paul Simon, Beach Boys & more!

## **Germany: Bavaria**

**Thursday, October 13th at 6:30 p.m.**

Take a journey filled with alpine majesty and charming villages!

## **Germany: Along the Rhine**

**Thursday, October 20th at 6:30 p.m.**

Join us as we travel along one of the world's greatest rivers!

## **Austria**

**Thursday, October 27th at 6:30 p.m.**

Travel from Innsbruck to Vienna, a serene tour of dazzling mountain vistas and grand boulevards!

## **Rocky Ridge Retirement Community**

For a complimentary tour or to RSVP for an event, please call 403.930.4848 or [Info@RockyRidgeRetirement.com](mailto:Info@RockyRidgeRetirement.com)

[www.RockyRidgeRetirement.com](http://www.RockyRidgeRetirement.com)  
10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1  
Experience Vibrant Seniors Living

# YOUR COMMUNITY ANNOUNCEMENTS

Thanks for helping us take care of your grandchildren Celina and Leo!

**Happy Birthday Grandpa!**



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

**CLASSIFIED ADS!** To place your classified ad, contact sales at 403.203.9152 or email: [newslettersales@mindsdesign.ca](mailto:newslettersales@mindsdesign.ca) today!

**EXOSIDE CONSTRUCTION INC.:** Finding quality solutions to all of your exterior housing needs. Our services include: Roofing, Aluminum Cladding, Soffit and Fascia, Exterior Painting, Vinyl, James Hardie and Aluminum Siding. NOW BOOKING FOR FALL! Senior's Discounts Available! Call Robert today at 403-990-1346 [www.exosideconstruction.com](http://www.exosideconstruction.com) (with the BBB) (Please see our display ad on page 3)

**NEPTUNE PLUMBING & HEATING LTD.** Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

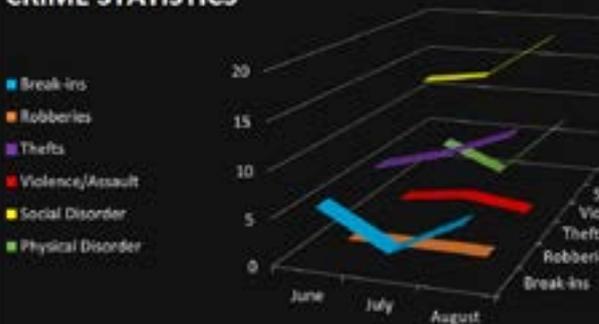
**YARD BUSTERS LANDSCAPING** Snow Removal \$129.95. Christmas Light Installation \$175.00. Landscape Maintenance & Construction. Decks, Fences and Yard Renovations. Licensed. Insured. Seniors Discount. Some conditions may apply. Phone: 403.265.4769.

calgary reads  
CALGARYREADS.COM

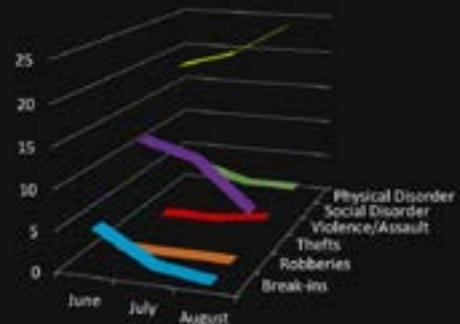


### COMMUNITY CRIME STATISTICS

#### 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.



## 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

### Happy Thanksgiving!

I would like to take this opportunity to wish a Happy Thanksgiving to residents of Ward 2. In spite of the economic challenges we face in both our city and province, as Calgarians, we still have much to be grateful for.

This year's construction season is wrapping up. Despite the many delays caused by our wet summer, many infrastructure enhancements and community improvements were completed throughout the communities in Ward 2. Some of these improvements include:

- Stoney Trail / Sarcee Trail NW Interchange upgrade – to be completed by year end.
- Twinning of I 12 Ave west of Sarcee Trail NW – to be completed by year end.
- Crowfoot Way NW Enhanced Crosswalk Markings & Rectangular Rapid Flashing Beacon (RRFB).

- RRFB for Crosswalk at Arbour Lake Road NW & Arbour Crest Drive NW.
- Re-development of the pathway under Symons Valley Parkway NW.
- New pathway at Robert Thirsk High School.

For Sage Hill and area transit riders Route 429 has been extended from the current terminus in Sherwood to the Sage Hill transit hub just north of the Sage Hill Walmart. This change will provide a new connection from the Sage Hill and Kincora area to the northwest LRT, as well as provide connections to Route 425 and the north central area of the city. It will also help connect the newly emerging shopping centre to surrounding communities.

### JOE'S TIP:

Halloween is coming up and with children excited and in costumes, please remember to slow down and be especially cautious in residential neighborhoods and around playground zones.

## Army Cadets - Free Adventure for Boys and Girls

By Captain Johnny Mo, Commanding Officer, 2512 KOCR RCACC

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

*Many people think of Cadets as preparation for a career in the military, but it is really about preparing for life; about developing skills, the qualities and the confidence that will allow these young people to prosper and contribute to the Canada of tomorrow.*

~ Senator Art Eggleton, former Minister of National Defence

**Services:** Promotes citizenship, leadership, physical fitness, sense of pride and stimulates an interest in the Canadian Forces, for boys and girls aged 12 to 18 years. Provides fundamental training, map and compass, orienteering marksmanship and fieldcraft-bushcraft, public speaking, drill, first aid, canoeing, winter survival, and weekend exercises. The Cadet is issued the uniforms provided on loan and training materials at no

cost. No fees whatsoever. Positions for summer camp available but must join before December. (Camp positions are limited) Going to Vimy in 2017!

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

Phone: 403.456.2012 - Corps' Office

Email: 2512army@cadets.gc.ca

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

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

Where: Bow Valley Baptist Church Cochrane - Large room

*Free Adventure for Boys and Girls 12 – 18 years old*





## Maple Sausage Brunch Bites

By Terri Gilson, Rocky Ridge Resident  
and Volunteer Contributor



If you're a little bored with the typical breakfast food and looking for something different, try these Maple Sausage Brunch Bites. They won the grand prize in the 2014 Johnsonville sausage recipe competition. They are easy, quick, and freeze well. They are also great for 'on the go'. Reheat for a quick workday breakfast and cook in aluminum lined muffin cups for easy clean up. You can use the shredded or cubed hash browns (though the shredded tend to hold together better). Or serve them with fruit and you have yourself a perfect brunch.

### Ingredients:

- 5 Eggs
- 3 Tbsp. Butter
- 1/3 Cup Light Sour Cream
- 4 Cups Frozen Hash Browns, Defrosted
- 1 1/2 Cups Light (Old/Sharp) Cheddar Cheese, Grated
- 1/3 Cup Canned Low-Fat Cream of Mushroom Soup
- 1/2 Cup Finely Chopped Onion (Approximately 1 Small Onion)
- 1 Pkg (375 g) Johnsonville Maple Syrup Flavoured Sausages, Cooked and Cut into 1/4 Inch Pieces

### Directions:

1. Cook sausages according to package instructions.
2. Preheat oven to 350°F. Spray 12 muffin cups thoroughly with non-stick cooking spray.
3. Chop cooked sausage links into 1/4 inch circles.
4. Cook onion in butter for 2 minutes on high in microwave.



5. In a large mixing bowl, combine the defrosted hash browns, onion cooked in butter, mushroom soup, sour cream, eggs, grated cheddar cheese and sausages.
6. Scoop mixture into muffin tins to the top and pack down tightly with spatula (ensure they are packed to the top to make for easier removal).
7. Bake for 20-30 minutes in pre-heated oven.
8. \*These next 2 steps are important to follow exactly: Remove from oven, let cool for about 3-5 minutes, then run a butter knife around the edge of each muffin cup to loosen the Maple Sausage Brunch Bites.
9. Let cool a full 10 minutes, run knife around edges once more, then carefully remove with a spatula and place on plates.
10. Serve immediately topped with salsa garnish and with fruit/fruit salad (optional).

\*Optional: Garnish with 2 tsp. salsa

Serve with fruit

Yields: 12 servings

Preparation time: 15 minutes

Bake/cook time: 20-30 minutes

See more of Terri's recipes at  
[www.foodmeanderings.com](http://www.foodmeanderings.com)

## Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

### Notes from the Office

Registration ongoing for Rocky Ridge Ranch 2016 Programs.  
Punch passes available.  
Contact the office or visit [www.rrrha.ca](http://www.rrrha.ca) for details.

403.547.6633 • [www.rrrha.ca](http://www.rrrha.ca) • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)



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

**\*\*NEW HOURS\*\***

Mon/Wed/Fri 8am-4pm

Tue/Thu 8am-8pm

Sat/Sun 8am-12pm



# COCHRANE'S HERITAGE HILLS IF YOUR KIDS COULD CHOOSE WHERE TO LIVE...



TOWNHOMES FROM THE LOW **\$300's**



LANED HOMES FROM THE LOW **\$350's**

## A GREAT PLACE TO START

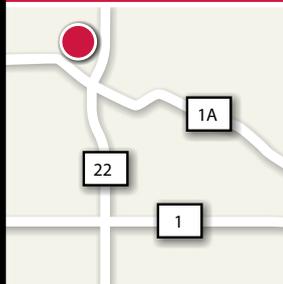
Cochrane is a great place for families. It's a neighbourly small town, with traditional values, convenient amenities and a choice of popular schools. This is a place to make memories – without breaking the bank.



## LOOKING FOR MORE INFORMATION?

Call: 403-981-2135

[heritagehills@stepperhomes.com](mailto:heritagehills@stepperhomes.com)



**HERITAGE  
HILLS**  
COCHRANE

**STEPPER  
HOMES**

[stepperhomes.com](http://stepperhomes.com)



## WARD 1 COUNCILLOR Ward Sutherland

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

### HAVE A SAFE HALLOWEEN!

Welcome to the month of October, and the scariest day of the year! Halloween is a fun day for kids of all ages, but it can pose some potential hazards. The Calgary Police Service has the following tips for parents, drivers and homeowners on how to make Halloween safe and fun for everyone.

#### Halloween tips for trick-or-treaters and their parents

- Regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or well-lit corners only.
- Parents should also remind children to stay on the sidewalk and only cross the street at intersections.
- Children should be encouraged not to take shortcuts through alleys and abandoned areas, and to stay in populated, well-lit areas. It's a good idea for kids to carry a flashlight and to have a cell phone.
- A bright costume with reflector tape will make children more visible to drivers.
- Costumes should not be highly flammable, nor interfere with easy walking.
- If children are wearing masks, the masks shouldn't

interfere with their vision. Better yet, use face paint instead.

- Try to trick-or-treat while it's still light out.
- Remind children never to go beyond the doorway, and not to talk to strangers.
- An adult should inspect the candy to make sure it hasn't been tampered with.



#### Halloween tips for drivers

- When children get excited, they tend to forget the most basic safety rules, especially around traffic. If you're driving, slow down and be extra cautious in residential areas.
- Drive defensively - expect children to dart out from between parked cars.
- Watch carefully for people using pedestrian crossings.

#### Halloween tips for homeowners

- Turn on your porch light to let children know they're welcome (or vice versa).
- Remove obstacles such as lawn ornaments and gardening tools from yards.
- Place decorations out of the way so that nobody trips.

The Calgary Police Service is proud to participate in UNICEF Alberta's annual Partners for Safety Program. The program unites Calgary's emergency services with community organizations to provide safety information and patrol Calgary communities on Halloween night.

To receive my monthly Ward 1 e-newsletter, sign up at [www.WardSutherland.com](http://www.WardSutherland.com)

~ Ward Sutherland

## NEW IN THE NEIGHBOURHOOD?

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



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



NOW OPEN IN ROYAL OAK SQUARE!

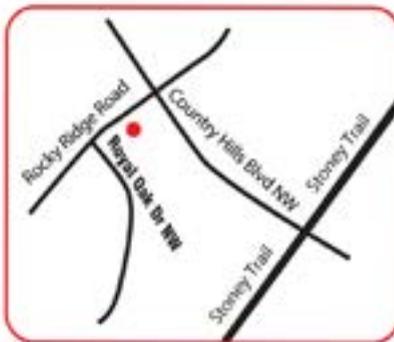
# Royal Oak Family Dentistry

"Our dentists practice all aspects of family dentistry and treat patients of all ages."

**NOW ACCEPTING NEW PATIENTS!**

**Dr. Jasbir Mundi | Dr. Rashmi Bajaj**

- Emergency Dental Care
- Children Dentistry
- Cosmetic Dentistry
- Root Canal Therapy
- Preventive Therapy
- Teeth Whitening
- Wisdom Tooth Extractions
- Mouth Guards/Sports Guards
- Dental Crown and Bridges
- Laser Dentistry
- Orthodontics
- Dental Hygiene



 **403.374.6161**

**#112, 500 Royal Oak Drive, NW**

**North-East Corner of Royal Oak Drive and Rocky Ridge Road, next to Royal Oak Victory Church and Church of Jesus Christ of Latter-day Saints.**



**A Great Price**  
for anyone who wants  
**A Great Haircut**

Walk Right In *OR*  
Check In Online  
to avoid any waits

**GREAT HAIRCUTS ON SALE**

**\$11.99** Not valid with any other offers.  
At participating salons.

VALID: October 1, 2016 - November 1, 2016

WITH THIS COUPON

Great Clips  
IT'S GONNA BE GREAT

greatclips.com | salongobs.greatclips.com | greatclipsfranchise.com

Find us at  

**CROWFOOT CROSSING**

814 Crowfoot Cres. NW

**403-208-3444**

**Great Clips**  
IT'S GONNA BE GREAT

  
**OnlineCheck-In**  
Download our free app  
or visit [greatclips.com](http://greatclips.com).

  
**ClipNotes**  
We know your haircut  
anywhere you go.



Save \$\$\$  
Early Season  
Discounts  
Available in  
October!

[www.assiniboine.com](http://www.assiniboine.com)

# Christmas Light Installation

Ask about Snow Removal, Plowing, Sanding, & Fall Cleanup Services!  
Book an estimate for last minute landscape projects this Fall OR Spring 2017.

**ASSINIBOINE**  
LIGHTS & LANDSCAPING

CALL NOW BBB - WCB - Licensed - Insured - Bonded

**403.301.3300**

