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## RRROCA RECEVENCE Community Association RECEVENCE REVISION OF B RECEVENCE REVISION OF B WWW.FFFFOCA.OFB WWW.FFFFOCA.OFB WWW.FFFFOCA.OFB REPORT REVISION The official monthly newsletter of the Rocky Ridge & Royal Oak Community Association

# **Cascades Night**

by Brian Keenan

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OFFICIAL COMMUNITY NEWSLETTER May 2017



## **President's Message**

### Welcome, spring! By Tessa Sakamoto, RRROCA President

sn't spring wonderful? I love being out in the community, getting out for walks, and seeing all the folks out and about. Take the opportunity to say hi to neighbours when you're out for a walk!

RRROCA ramps up work in the spring as well. By now, you may have seen little athletes hitting the field for soccer and ball! We wish them (and the coaches) good luck! We are also in the middle of our events for the year. We saw lots of egg hunters at the Annual Easter Egg Hunt and we are looking forward to Family Fun Day and the Parade of Garage Sales at the end of the month. We'd love to see you there!

As always, we are open to your feedback, and you are more than welcome to attend our monthly meetings. Email me at president@rrroca.com anytime.

 $\sim$  Tessa



### **RRROCA Parade of Garage Sales** By Michelle Drysdale, RRROCA Event Lead

re your garage and basement overflowing? Get out a box and start de-cluttering. 'Tis the season to simplify and make a little extra pocket money! Our annual Parade of Garage Sales will be held May 26 - 28, 2017. Hours on Friday, May 26, are 3:00 p.m. to 8:00 p.m., and 10 a.m. to 5:00 p.m. on May 27 (Saturday) and May 28 (Sunday).

Courtesy of our sponsor, Zeena Taghvai (RE/MAX R.E. M.V.), all participants will be provided with a garage sale sign and kit. We will make sure treasure hunters know where to find you with lots of signage and online and social media support,

including maps with all participating homes highlighted. Let us do all the advertising for you!

Registration is open to all RRROCA members. If you are not already a member, simply purchase your membership when registering. Register now at www.rrroca.org!

Nothing to sell? Be sure to get out and shop the neighbourhood when the garage sales pop up!

See poster on page 5 for more information.





## MARK YOUR CALENDARS

May 14: Mother's Day

May 22: Victoria Day

May 26-28: Parade of Garage Sales

**May 27:** Family Fun Day (12 p.m. – 3 p.m.) @ ROVC

May 28 and June 1: Casino Fundraiser @ Cowboys Casino



450 Royal Oak Dr. NW 9:00 am and 11:00 am service times

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

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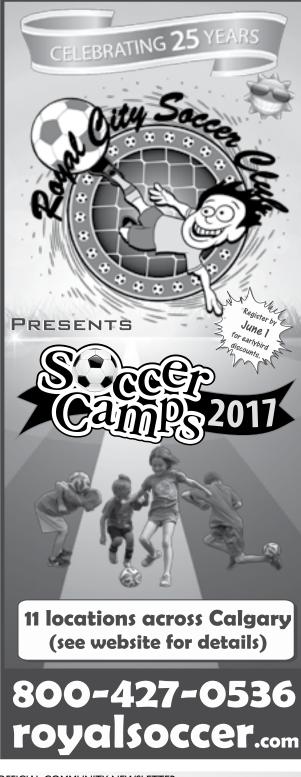
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# CALGARY'S GREEN CART PROGRAM Is starting in Mid-2017.

With your help, we'll turn more than 85 million kilograms of food and yard waste into nutrient-rich compost rather than burying it in the landfill.

**Watch** this short video on why it's important to keep compostable material out of the landfill.

/www.youtube.com/watch?v=VP54rKPFFYI

## REPORTER - EDITORIAL POLICY

The official newsletter of the Rocky Ridge Royal Oak Community Association



We welcome community content, including community event listings, area school updates, senior and youth content, and more. All content appears at the discretion of the RRROCA Board of Directors, the Newsletter Editor, and Mind's Design Publishing, in accordance with these guidelines. All submissions may be edited for length, grammar, and spelling. Any questions about this policy should be directed to the Editor (newsletter@rrroca.org).

Contra new RADIATION

### SUBMISSION GUIDELINES:

All content submitted to the Editor for publication must be both community-related and family-friendly.

Articles should be no more than 500 words in length. They should not contain any advertorials, creative writing (short stories or poetry), political statements/messages, or anything of a highly charged nature.

Photos should be high-resolution JPEGs (300dpi or greater). Both professional and amateur photographer's submissions are welcome. Though it is not possible for us to offer monetary compensation for submissions, you will receive credit for the photo (i.e., your name printed alongside your photo). If selected, photos will appear either on the cover or in the Local Photographers Page.

### SUBMISSION DEADLINES:

Community content is due on the 8th of the current month for the following month's issue. Advertising is due on the 15th of the current month for the following month's issue.

All advertising enquiries should be directed to info@mindsdesign.ca.



## **RRROCA** Volunteer Corner

### By Joanna Tija, RRROCA Director of Volunteers



can never give enough thanks to our volunteers who have made our programs and events a great success! Your support is invaluable to our community! Special thanks to Nick Blakeney of My Big Picture Photography and his apprentice Logan Terrill for shooting great photos during our Easter Egg Hunt.

I would also like to thank those who signed up as volunteers for our Casino Fundraiser. Most of the day shifts have been filled! We are still looking for about 15 Casino Fundraiser Volunteers for night shift (6:45 p.m.-3:30 a.m. or 11:15 p.m.-3:30 a.m.) and backup positions. Your

support will help raise funds for completing the phase II upgrades of our community ice rink!

Please consider volunteering for us. Without enough volunteers to meet our commitment, we may not be invited to participate in the next casino event.

We are also looking for a Casino Fundraiser Coordinator and a Sponsorship Lead. Please email volunteer@rrroca.org if you are interested. We look forward to hearing from you!

## **DID YOU KNOW?**

### Volunteering for RRROCA as a Board Member or a Committee Lead will allow you to:

- I. Gain valuable volunteering experience and essential work skills;
- 2. Be among the first to learn community news;
- Get a RRROCA membership (\$30) or one sport registration for free (\$65) every year;
- 4. Most importantly: help us build a thriving community!

# **HEY KIDS!**



Q: Why is a computer so smart? A: It listens to its motherboard.

Q: What did the mother rope say to her child?

A: "Don't be knotty."

Q: What did the mother broom say to the baby broom? A: It's time to go to sweep!

Q: What did the digital clock say to its mother? A: "Look, Ma! No hands!"

### $C \otimes S$ NDRAI Wednesday, May 31, 2017 Thursday, Funds raised from this event lune 1 2017 will allow us to complete the Phase II upgrades to our Cowboys Casino 421 12 Avenue, Calgary, AB ٠ **General manager** http://bit.ly/2nORLHV Banker volunteer@rrroca.org Cashier



Count room supervisor



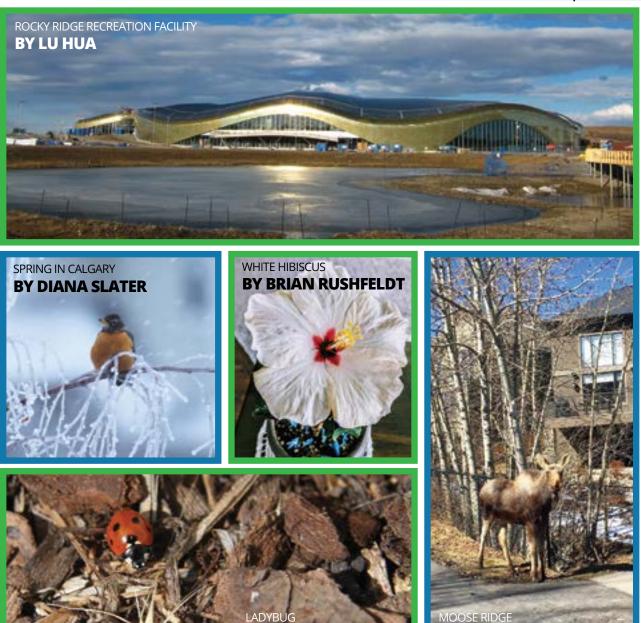
Casino Fundraiser Volunteer Our Casino Fundraiser will be scheduled on May 31 (Wednesday) and June 1 (Thursday) 2017 at Cowbour

(Thursday), 2017 at Cowboys Casino (421 12 Avenue SE). Most shifts are scheduled as 11:15 a.m. to 7:30 p.m., 6:45 p.m. to 3:30 a.m., or 11:15 p.m. to 3:30 a.m.

Please sign up at http://bit. ly/2n0RLHV or the "Volunteer!" section of the RRROCA website (http://rrroca.org/en/volunteeringwith-rrroca/) under the 'Casino Fundraiser Volunteers' section.

## Local PHOTOGRAPHERS

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



LADYBUG BY CHAR KRAUSNICK

The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature and 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. Who knows, you just might see your photo(s) in print!

**BY BETH CARREL** 



**RRROCA** Community Connection

## Rocky Ridge Royal Oak Community Association

PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6 403.879.2820 • communications@rrroca.org • www.rrroca.org

#### **RRROCA BOARD OF DIRECTORS**

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Treasurer
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Director of Transportation Durotolu Aro .....transportation@rrroca.org

Director of Events Folorunso Agunbiade ...... events@rrroca.org Marcie Hawranik

### **COMMITTEE LEADS**

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Michelle Drysdale...... events@rrroca.org Karla Schultz Viraj Shah

### Website

Wendy Alessi ..... info@figtreedesignstudio.com

Babysitter's Registry Hong Zhu .....babysitting@rrroca.org

### **COMMUNITY CONTACTS**

MP, Calgary Rocky Ridge Pat Kelly.....pat.kelly.c1@parl.gc.ca

MLA, Calgary Northwest Sandra Jansen Calgary.northwest@assembly.ab.ca

Councillor, Ward 2 (Royal Oak) Joe Magliocca.....joe.magliocca@calgary.ca

# Mind's Design

NEWSLETTER AD SALES: 403.203.9152 NEWSLETTERSALES@MINDSDESIGN.CA

# /isit www.rrroca.org for information about RRROCA



New membership Membership renewal Memberships are annual and are valid January 1 to December 31 New/Renewal memberships \$30.00

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Would you like Association nows and updates by o-mail \_\_\_\_\_Yes \_\_\_No

### RRROCA MEMBERSHIP: PO BOX 91009, RPO Royal Oak, Calgary AB T3G 5W6

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 by Canada Post to approximately 7600 residents and local buisnesses.

SUBMISSIONS - Please direct editorial enquiries to newsletter@rrroca.org and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Rocky Ridge & Royal Oak Community Association or the publisher.

# Join us this Spring at Calgary's most vibrant Retirement Community

Lifelong Learning Community

Rocky Ride



## **RSVP for our May events today!**

## "Oh Canada" Thursday, May 4th at 6:30 p.m.



Back by popular demand! Come join us for an evening of music by Stan Foster to celebrate Canada's 150th year!

## Alzheimers Education Night Thursday, May 11th at 6:30 p.m.

Are you a caregiver or a loved one of someone who has Alzheimers or Dementia? Come join us for an informative evening of information presented by the Calgary Alzheimer's Society.

## **Downsizing Seminar** Tuesday, May 9th at 6:30 p.m.

Are you looking at downsizing your home in the near future? Come learn some tips from our expert, Cindy Beaudet, from Destination Seniors Downsizing.

## Newfoundland Mary Friday, May 26th at 2:00 p.m.

Smile Theatre presents the unique life of a Canadian who spent her life in exile in Cuba in this musical.

Seats are limited-RSVP today!

## **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 CLASSIFIED ADS!

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# Check out these important updates from The City of Calgary

Keep your kids active, engaged and learning this summer - register now for summer day camps. Arts, golf, swim, sport, sailing and much more.	Calgary.ca/ Recreation/ Programs
Thinking about an outdoor home improvement project this spring or summer? Before you pay for materials, hire a contractor, or do it yourself, let The City guide you on the permitting and inspections process.	Calgary.ca/ MyHome
It's skateboard season! The City operates both mobile and permanent skateparks to encourage healthy, active, and creative living. #GetMovingYYC	Calgary.ca/ Skateparks
Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit.	Calgary.ca/ Neighbour Day
Free Golf? You bet – join us at McCall Par 3 Golf Course on Mother's Day for FREE golf for the entire family with a suggested cash donation to our 'Kids on Course' program for economically disadvantaged youth and families.	Calgary.ca/ Golf
Compost your spring yard waste for free at City landfills from April 7 – May 28.	Calgary.ca/ YardWaste
Green carts are coming soon for all your food, yard waste and pet waste. Visit calgary. ca/greencart to find out when they're coming to your community.	Calgary.ca/ GreenCart

Skateboard Season!

Calgary.ca/Skateparks



## **Community Civic Chat**

## Joe Magliocca, Councillor Ward 2

Phone: 403.268.3280 • Email: ward02@calgary.ca Website: www.Calgary.ca/ward2

## **Working with Calgary Transit**



Any residents in Ward 2 have shared their concerns and suggestions with me on how to improve our public transit network in northwest Calgary. I have been working with Calgary Transit to ensure that some of these suggestions will be implemented. One significant improvement that has been implemented is the new transit service to Nolan Hill, which is the new Route 82. The new Route 82 connects Nolan Hill to the Sage Hill Hub (Walmart), the Brentwood LRT Station and to the Beacon Hill shopping centre. This route also provides bus stops near the communities of Sage Hill, Sherwood and Kincora. Route 82 runs every 30 minutes during peak hours. For more information on the new Route 82, please visit www.calgarytransit.com.

Calgary Transit has also changed the name of Route 429 Sherwood to Route 129 Dalhousie – Sage Hill to better represent the connections available on the route.

We are continuing to evaluate options for improvements to transit in the Evanston community so that there is a better connection to major destinations (e.g. the downtown core). If you have any comments or suggestions on how to improve transit routes in your community, or to advocate for better transit services, please contact Calgary Transit at www.calgarytransit.com/ sr or my office via webmail at www.joemagliocca.ca.

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up, or afternoon tea in a local park to celebrate our strong community spirit in Calgary. The idea is to meet your neighbours, make new friends, have fun, and maybe work together on a project that benefits the entire community. Mark Saturday, June 17, on your calendar, and visit www.calgary.ca/NeighbourDay for ideas on celebrating Neighbour Day.

## Calgary 👞 Blue Cart Recycling Tip of the Month

### Say **10** to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

## If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

### What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving it away or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart Use the online search tool at calgary.ca/whatgoeswhereto find the answers.



Homeowners Association 10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1

Registration ongoing for Rocky Ridge Ranch 2016 Programs

Punch passes available. Contact the office or visit www.rrrha.ca for details. 403.547.6633

www.rrrha.ca officeadmin@rrrha.ca



Program guide available at www.rrrha.ca and Facebook

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



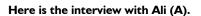


## **RRROCA** Volunteer of the Month

## **Recognizing our Volunteers**

### By Joanna Tija, Director of Volunteers

This month we will recognize the work of our Vice President, Ali Oonwala, who has occupied this position with RRROCA for two and a half years. He is a key volunteer who wants to help make decisions for the community he lives in.





### Q: How has your experience been volunteering for RRROCA?

**A:** RRROCA has provided me with the ability to collaborate and work with neighbours to achieve the true potential of our great community.

### Q: What have you accomplished?

**A:** I have been able to build a good network for the association which has helped RRROCA accomplish initiatives and events that were very successful. Two community initiatives that I am very proud to have played a part in bringing to fruition were the 3-on-3 Street Hockey Tournament and our Pace Car Program.

## Q: What have you learned through volunteering for RRROCA?

**A:** I have learned that there are a lot of dedicated community members who work hard on a daily basis to make our neighbourhoods safer. RRROCA receives regular feedback on issues that community members would like to see addressed. I've learned how important it is to have open communication and collaboration between the RRROCA board and its members.

### Q: Any future goals?

**A:** I've gained a lot of respect for our politicians due to what they deal with on a daily basis. In the future, I would be interested in providing support to them.

Although Ali is a busy dad and pharmacist, he still dedicates spare time to volunteer for our community. We thank Ali for being a huge help to our President, Tessa, who has led our Board of Directors in serving our community.

Words from the Nominator, Fatima Khawaja (Social Media Lead)

Whether it's organizing hockey events or stampede breakfasts, Ali is front and center.



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OFFICIAL COMMUNITY NEWSLETTER May 2017

## Food Column

## **Triple Berry Crumble**

By Terri Gilson, Rocky Ridge Resident & Volunteer Contributor



This Triple Berry Crumble is one of my favourite quick and healthy dessert recipes. It's a simple recipe that can be thrown together last-minute for a potluck or holiday gathering, and it's the perfect easy recipe if you are charged with bringing dessert but are short on time. This is made with staples that most people have on hand, like butter, oats, and frozen berries.

### Ingredients

- 1/2 cup all-purpose flour
- I/2 cup light brown sugar
- I/4 cup granulated sugar
- I/2 tsp. ground cinnamon
- I pinch salt
- 1/2 cup oats
- 6 Tbsps. cold butter cut into small pieces
- 4 cups frozen mixed berries defrosted and drained
- 1/3 cup granulated sugar
- 2 Tbsps. cornstarch

Garnish: whipped cream and cinnamon or vanilla ice cream.

# See more of Terri's recipes at www.foodmeanderings.com

### **Directions:**

- Preheat oven to 350°F. Spray a casserole dish with non-stick spray.
- 2. Defrost berries.
- 3. Crumble topping: In a large bowl, combine flour, brown sugar, 1/4 cup white granulated sugar, cinnamon, salt and oats.
- 4. Using a pastry blender (or see Terri's tip below for easy method), a fork, or your hands, cut in butter (keep cold until ready to use). Set aside.
- 5. In a large bowl combine berries, 1/3 cup white granulated sugar, and cornstarch; toss to coat. Add berry mixture to casserole dish. Top with crumble topping.
- 6. Bake until top is golden and fruit is bubbly, about 35 minutes.
- 7. Serve warm and garnish with ice cream or whipped cream.

Slightly altered from Angie Ketterman's "Berry Crumble," via The Food Network.

Prep Time: 10 minutes Cook Time: 35 minutes Total Time: 45 minutes Servings: 6

**TERRI'S TIP:** Freeze your butter and grate it into the recipe with a cheese grater. It's easier and less messy than using a pastry cutter.

## THE MANOR VILLAGE AT ROCKY RIDGE Elegant Senior Living with Care



## New Move-In Incentives!

New Residents can receive up to **\$1000 towards their moving costs**, and an additional **\$250 Dining Room credit** by calling The Manor home.

### BOOK YOUR COMPLIMENTARY LUNCH & TOUR 403-239-6400 450 ROCKY VISTA GARDENS NW, CALGARY

## **Community Civic Chat**

## Ward Sutherland, Councillor Ward I

Phone: 403.268.2430 • Email: ward01@calgary.ca Website: www.Calgary.ca/ward1

## Spring Clean-up has begun!

The 2017 Spring Clean-up program will begin in early April. Once the program officially begins, parking restrictions will take place throughout the city, according to the street sweeping schedule here: http://bit.ly/IrlqCYQ

If you do not move your vehicle from the road when street cleaning is scheduled, you may receive a ticket and, in some cases, your vehicle may be towed. A community-wide parking ban is in effect when

Street Cleaning Community Signs with "No Parking" decals are placed around a community during Spring Clean-up. For more information, visit www.Calgary.ca or call 311.

### **Chat with Chief Chaffin**

Councillor Ward Sutherland is inviting the residents of all Ward I communities to come out on May 11, 2017 to meet Chief Roger Chaffin and some of his key staff. Do you have a question for the Chief or want to meet him? Here's your opportunity to hear him discuss policing issues in Calgary and to ask him questions.

This "fireside chat" style event is open to all residents of Bowness, Crestmont, Greenwood/ Greenbriar, Montgomery, Rocky Ridge, Scenic Acres, Silver Springs, Tuscany, University Heights, University of Calgary, Valley Ridge, and Varsity.

If you have any questions relating to the meeting, please contact Councillor Ward Sutherland's office at ward01@calgary.ca or call (403) 268-3240.

### **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 Sadaf 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 403.471.5279 or send me an e-mail at mehdisadaf@hotmail.com Welcome Wagon... a Canadian tradition since 1930.

## DON'T MISS OUT – VISIT

To register, visit calgarylibrary.ca or call 403.260.2620.



- Walk I 50: Make Calgary feel like home, one step at a time!
- Book Discussion Groups I May Theme: Great Canadians!
- Bill's Book Café with Julie Van Rosendaal Alexander Calhoun Library May 12 | 7 pm
- Sage Hill Library I Temporary location to open in June! Visit our website for details.



### Chat with Chief Chaffin

May 11, 2017

Silver Springs Community Association

5720 Silver Ridge Dr NW

6:30 p.m.-9:00 p.m.

Hosted by Councillor Ward Sutherland

If this is an event you would like to attend but you have disability issues, please contact 311 to request an accommodation or service. Please provide at least two weeks' notice so the City of Calgary can coordinate the service you need to access the building.







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