

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

RRROCA REPORTER

Join Us!



JUNE | 2017

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

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

403-879-2820 • www.rrroca.org



Busy Bee

photo by Char Krausnick

CIRCULATION | 7600 HOMES AND BUSINESSES



TATA SUSHI

**TATA SUSHI is new restaurant just opened in the
Royal Oak Center.**

WE DO QUALITY SUSHI. TRY US...YOU WILL FIND SURPRISE HERE.

OUR RESTAURANT ADDRESS IS:

327-8888 Country Hills Blvd NW Calgary, AB T3G 5T4

WE'RE IN THE ROYAL OAK CENTRE MALL. NEXT DOOR TO THE BMO BANK.

PROMOTION ON NOW

SEE BACK PAGE FOR SPECIALS.



All products that
contain SPF are
10% Off
until June 30th

Which **1** are you?
**Get Help for those stubborn
lines between the brows**



Call us for an appointment today.
Find out if Botox Cosmetic is the One for your 1s!



Alyria
SKIN OPTIMIZING SYSTEM

ZO[®] SKIN HEALTH
BY ZEIN OBAGI, MD

Latisse

BOTOX
Cosmetic





President's Message

What is a Community Association?

By Tessa Sakamoto, RRROCA President

From the Federation of Calgary Communities:

"Community associations exist in every neighbourhood in Calgary – we are not-for-profit organizations run by your neighbours and other volunteers that bring us together as residents, act as a voice for our community, and offer

endless opportunities close to home.

We also keep you informed on issues and topics that affect you and your neighbours, through your monthly community newsletter, their website, social media, and more.

Most importantly, community associations are dedicated to making sure your community is a great place to live, work, and play.

Did you know that there are 151 community associations in Calgary? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

These 20,000 community association volunteers contribute 2.4 million hours of public service annually, which has an equivalent monetary value of over \$28 million. These volunteers operate, manage and maintain facilities and amenities with a value of more than \$200 million.

Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live."

At RRROCA, we are always open to your feedback, and you are welcome to attend our monthly meetings. Please feel free to email me at president@rrroca.org anytime.

~ Tessa



MARK YOUR CALENDARS

- **June 17:** Neighbour Day
- **June 18:** Father's Day
- **June 21:** June Solstice & National Aboriginal Day
- **July 8:** RRROCA 2017 Stampede Breakfast (8:00 a.m. – 11:00 a.m.)

» SAVE THE DATE «

JOIN US IN SCENIC ACRES TO CELEBRATE CANADA'S 150TH ON SATURDAY AUGUST 26TH!

Scenic Acres is one of two Calgary community associations to receive support from Canadian Heritage for a Canada 150 celebration event. We are planning a fun, inclusive, family friendly, multi-cultural celebration. Residents from neighbouring communities are welcome to join us for fun activities and to celebrate our great nation's sesquicentennial!

For information www.scenicacres.ca/canada-150-celebration

Follow us on Twitter! @scenicacresca #SACACanada150

Before & After School Care

Kindergarten – Grade 6 | 7AM – 6PM



**Royal Oak
Christian Childcare**

Located inside Royal Oak Victory Church

(587) 333-2204

www.royaloakchildcare.com



Royal Oak
VICTORY CHURCH

- Casual Dress
- Relaxed Atmosphere
- Relevant Style

Please join us Sundays at Royal Oak Victory Church
450 Royal Oak Dr. NW

9:00 am and 11:00 am service times

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

Millennium Contracting Ltd.

Specializing in wind & hailstorm insurance claims, servicing the insurance industry for 30 years.

Buying or selling your home? We can handle all of your residential exterior damages and needs.

30 year warranty. Licensed, Liability Insurance, WCB.

Contact Shawn:

403.703.9132



**ROCKY RIDGE
RESIDENT FOR OVER
10 YEARS**

millenniumcontracting.ca



Easter Egg Hunt

By Viraj Shah, RRROCA Event Lead

On a frosty Saturday morning in early spring, kids of all ages were all lined up with their parents for the RRROCA Easter Egg Hunt. They were so excited that they could not even wait for 3 minutes – they all rushed in! It was also great to see the bigger kids showing

their community spirit by sharing their chocolates with the little ones.

Held at the North West Family Church, the RRROCA Easter Egg Hunt was a great success with over 1000 people in attendance.

A big thanks goes out to Tim Hortons for keeping us all warm by providing hot chocolate and coffee, and to the Royal Oak Playschool for bringing a special guest for the kids (the Easter Bunny!).

Volunteers are critical to the success of our events. Thank you so much! Finally, a big thanks goes out to the community for joining in and making this event awesome.



Photo Credit: Nick Blakeney and My Big Picture Photography

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).

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.

Stay connected to the
City of Calgary

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



Neighbour Day!

By Jenna Mortis,
RRROCA Director of Communications

RRROCA wishes to invite all community residents to take part in fun events, activities, and group gatherings with their neighbours during this year's fourth annual City of Calgary Neighbour Day celebration

on June 17, 2017.

Up to five \$100 grants are available to support RRROCA residents' Neighbour Day events.

After the infamous flood of 2013, Neighbour Day was set up to promote community spirit and strengthen neighbourhoods. Besides having fun, getting to know your neighbours can increase the safety of your streets!

For more information about guidelines for submissions, and to apply for a grant, visit www.rrroca.org.

Summertime is always the
best of what might be.

-Charles Bowden

2017 COMMUNITY STAMPEDE BREAKFAST



PLEASE JOIN RRROCA AND THE NORTH
WEST FAMILY CHURCH FOR OUR 9TH
ANNUAL STAMPEDE BREAKFAST!

SATURDAY, JULY 8TH
8:00 A.M. – 11:00 A.M.

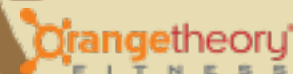
@



(BESIDE THE TUSCANY LRT STATION)

THIS IS A GREEN EVENT; REMEMBER TO BRING YOUR REUSABLE PLATES,
CUPS, AND CUTLERY!

VISIT WWW.RRROCA.ORG FOR DETAILS



RRROCA Volunteer Corner

By Joanna Tija, RRROCA Director of Volunteers



THANK YOU, Family Fun Day and Casino Fundraiser volunteers! Your support is much appreciated.

This month, we are recruiting volunteers for our annual Stampede breakfast on July 8, 2017 (Saturday) from 8:00 a.m. – 11:00 a.m. at the North West Family Church (10307 Eamon Rd NW). Please read below for details. If you are interested in volunteering, please email volunteer@rrroca.org, or sign up at bit.ly/2qljKQd. We hope to see you there!

EVENTS: Stampede Breakfast Volunteers

Area Lead Position

An Area Lead will oversee a key area, such as kid's corral, kitchen, waste and wash stations, etc. and supervise our volunteers. The shift for Area Lead is 7:45 a.m. – 11:15 a.m. An hour-long volunteer orientation will be arranged prior to the event. Area Lead volunteers will receive an unlimited fast pass to the grill.

General Position

We will also need volunteers for 4 different shifts:

1st shift (setup):

6:30 a.m. – 8:15 a.m.

2nd shift:

7:45 a.m. – 9:30 a.m.

3rd shift:

9:15 a.m. – 11:15 a.m.

4th shift (teardown):

11:00 a.m. – 12:30 p.m.

All General Position volunteers will receive a fast pass ticket to the grill. Parents are welcome to bring their children to volunteer.

Recognizing our Volunteers

By Joanna Tija, Director of Volunteers



This month we are recognizing the contributions of Frances Kalu. She has volunteered with RRROCA for four years, and served as the first Director of Volunteers. She recently stepped down from that position and took the position of Volunteer Coordinator.

Here is the interview with Frances (F).

Q: Why do you volunteer for RRROCA?

F: I volunteer for RRROCA because I feel it is important to give back to the community. As a Royal Oak resident, my family and I enjoyed various activities put on by RRROCA. Stepping in to help seemed like the right thing to do.

Q: How has your experience been volunteering for RRROCA?

F: It has been great volunteering for RRROCA because this allowed me to meet other members of the community, brainstorm solutions for emerging issues, and get kids engaged in volunteering as well.

Q: What have you learned through volunteering?

F: I have learned a lot about working with different people. While volunteering with RRROCA in 2015, I was awarded the Alberta Graduate Citizenship Award.

Words from the Author

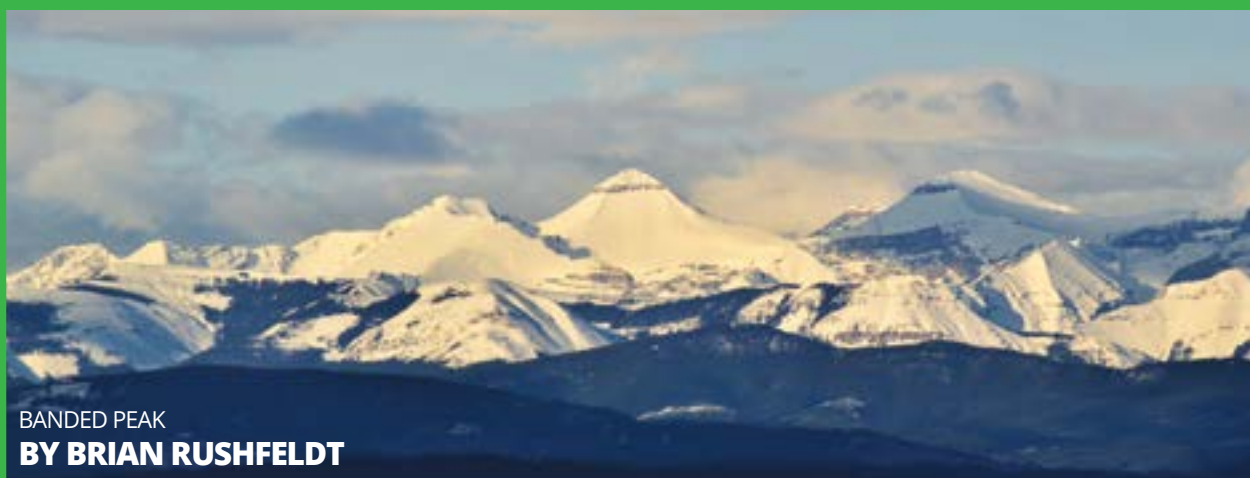
If you have volunteered for RRROCA in the past, you may know Frances. I have always been amazed by her excellent time management skills. While studying, working, and taking care of her family, she keeps herself engaged with the community. We always appreciate volunteers like Frances! If you would like to help, email me at volunteer@rrroca.org.



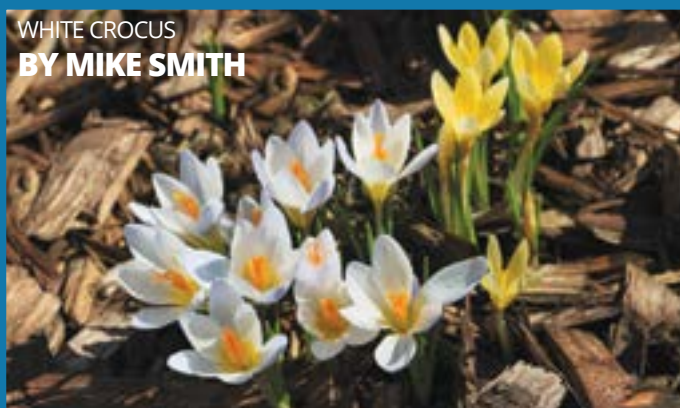
the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Local PHOTOGRAPHERS

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



BANDED PEAK
BY BRIAN RUSHFELDT



WHITE CROCUS
BY MIKE SMITH



ANAS PLATYRHYNCHOS (MALLARD)
BY ARPITA MAZUMDAR

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!



EARLY SPRING CROCUS
BY KAREN BRAILSFORD



EASTER EGG HUNTERS
BY NICK BLAKENEY AND MY BIG PICTURE PHOTOGRAPHY



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

President

Tessa Sakamoto..... president@rrroca.org

Vice President

Ali Oonwala..... vp@rrroca.org

Treasurer

Paul Watson treasurer@rrroca.org

Secretary

Patience Fagbenro..... secretary@rrroca.org

DIRECTORS

Director of Communications

Jenna Mortis communications@rrroca.org

Director of Membership

Muoi Leong membership@rrroca.org

Director of Planning/Development

Dave Spencer planning@rrroca.org

Director of Safety

Jessica Asuquo safety@rrroca.org

Director of Parks

David Houston..... parks@rrroca.org

Director of Programs

Ted Linklater programs@rrroca.org

Director of Sponsorship

Gerard Lynch sponsorship@rrroca.org

Director of Volunteers

Joanna Tija volunteer@rrroca.org

Director of Schools

Ambreen Sulman schools@rrroca.org

Director of Transportation

Durotolu Aro transportation@rrroca.org

Director of Events

Folorunso Agunbiade events@rrroca.org

Marcie Hawranik

COMMITTEE LEADS

Newsletter Editor

Mary Fleet..... newsletter@rrroca.org

Communications Lead

Immanuel Nwachukwu..... info@rrroca.org

Social Media

Fatima Khawaja socialmedia@rrroca.org

Events

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 1 (Rocky Ridge)

Ward Sutherland ward.sutherland@calgary.ca

Councillor, Ward 2 (Royal Oak)

Joe Magliocca..... joe.magliocca@calgary.ca

Mind's Design

NEWSLETTER AD SALES:

403.203.9152

NEWSLETTERSALES@MINDSDESIGN.CA



Visit www.rrroca.org for information about RRROCA



Babysitter Registry

Please contact babysitting@rrroca.org
for information.

☐ 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 this e-mail will be on file but not used for Association news

Would you like Association news and updates by e-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 businesses.

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 RRROCA or the publisher.

**TOUR
TODAY**

Rocky Ridge

Lifelong Learning Community

Join us as we get ready for Summer at Calgary's most vibrant Retirement Community



RSVP for our June events today!

Alzheimers Education Night

Thursday, June 15th 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.

Summertime Fun

Thursday, June 22nd at 7:00 p.m.

Join us for a fun outdoor concert in our Courtyard by the Calysto Steel Drum Band!

Lifelong Learning Series-Earth's Changing Climate

Tuesday's & Thursday's from June 13-29th from 2-3 p.m.

This Great Courses series will give you the information you need to help you engage knowledgeably in one of the most important environmental issues of our time.

RSVP today!

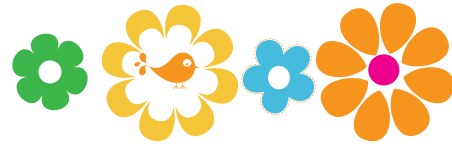
Rocky Ridge Retirement Community

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

Tuscan Melon Summer Salad Rolls with Zesty Peanut Dipping Sauce

By Terri Gilson, Rocky Ridge Resident & Volunteer Contributor



Summer is finally here and along with it comes the need for light and refreshing food options. These salad rolls are healthy and hearty: they contain veggies, meat, and carbs all in one wrap, making them perfectly acceptable as a light meal. The addition of the melon adds a refreshing burst of flavour. They are also great for munching on a hot summer day, preferably outside on the deck with a cold glass of

white wine (or your beverage of choice).

Course: Appetizer **Prep Time:** 25 minutes

Cuisine: Italian **Total Time:** 25 minutes

Ingredients

- 1/2 25 oz. pkg. Taylor Italian chopped salad kit (I use Taylor farms from Costco because it already has the meat in it) but you can use any Italian salad kit and add the salami (optional)
- 75 g Prosciutto chopped
- 1/2 250 g pkg. rice vermicelli noodles
- 2/3 cup grated honeydew melon
- 2/3 cup grated cantaloupe
- 3 Tbsp. chopped fresh cilantro
- 3 Tbsp. chopped fresh mint
- 3 Tbsp. chopped fresh basil
- 10 – 22 cm (large) rice wrappers

Zesty Peanut Dipping Sauce

- 3 Tbsp. crunchy peanut butter
- 3 Tbsp. orange juice
- 3 tsp. balsamic vinegar
- 2 Tbsp. dressing (from Taylor farms Italian chopped salad kit or dressing from any Italian chopped salad kit)
- 1 Tbsp. no sugar added maple syrup
- 3/4 tsp. chili paste
- 3 Tbsp. water
- 1 tsp. finely grated fresh ginger

Instructions

Salad rolls:

1. Bring a medium saucepan of water to boil (or boil the kettle and pour into a boil if you don't want to turn on the stove). Place rice vermicelli in hot water, remove from heat, and let soak 3 to



5 minutes, until soft. Drain, and rinse with cold water. Set aside.

2. Fill a large bowl or shallow pan with hot water. Dip one rice wrapper in the hot water for approximately 10 seconds (or however long it takes) to soften. Lay wrapper flat on damp tea towel.

3. Squeeze liquid from grated melons and pat melon dry with paper towel. Set aside.

4. Place about 2 tsp. of prosciutto, then 2 Tbsp. of Taylor farms Italian chopped salad, 1-2 Tbsp. of noodles, then 2 tsp. each of cilantro, basil and mint on wrapper, just below the middle of the wrapper.

5. Add about 1-2 tsp of each type of melon to the filling.

6. Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining wrappers until all ingredients are used.

Dipping sauce:

1. In a bowl, whisk together the peanut butter, water and orange juice until combined.

2. While continuing to whisk, add the balsamic vinegar, maple syrup, chili paste and ginger and mix well.

3. Serve salad rolls with dipping sauce. Cover with plastic wrap and refrigerate if not serving immediately.

Servings: 12 salad rolls

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

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



403.301.3300

WWW.ASSINIBOINE.COM

CALL NOW

- BBB - WCB
- Licensed - Insured
- Bonded



LANDSCAPE CONSTRUCTION

- LANDSCAPE DESIGN - STONE PATIOS - RETAINING WALLS - SOD
- GRADING - TREES - FLOWER BEDS - FENCES - DECKS AND MUCH MORE

SPRING CLEAN UPS & WEEKLY LAWN CARE

- AERATE - POWERRAKE - LEAF CLEAN - FERTILIZE - PRUNING - MOWING - BEDS - VACATION CUTS

FREE ESTIMATES! CALL NOW!



Your Community CLASSIFIED ADS! ●●●●●

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

**BASEMENT WINDOWS AND DOORWAYS
CONCRETE CUTTING** - Cut, Supplied &
Installed. Doorway Cutting - Concrete Wall Cutting
- Concrete Floor Cutting - Core Drilling - Any Size.
Excavation/Window Well Supplied & Installed -
Weeping Tile Installation. Phone 403.570.0555
info@asapconcretecutting.com.

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
SUMMER!** Senior's Discounts Available! Call Robert
today at 403.990.1346 www.exosideconstruction.com
(with the BBB) (Please see our display ad on page 13)

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!

**PROFESSIONAL TILE AND GROUT
INSTALLATION AND REPAIR WITH OVER
17 YEARS OF EXPERIENCE.** Dedicated to
well-built and designed tile installation projects for
any room. Offering reliable and dependable service.
License & Insure (WCB). Contact us 403.619.9962 or
arubio@portbellotile.ca

**WHETHER YOU LIVE TOO LONG OR DIE
TOO SOON...** there's an insured plan that will meet
your needs. I would like to hear from you. Please call
Sabrina at 403.620.1287 with SteppingStonesFinancial.ca

**LOCAL AND HOME BUSINESSES!!!
PURCHASE CLASSIFIED
ADVERTISING TODAY IN THE
REPROTER!**

Price for a classified ad is: \$28+GST for a 4-line ad
(up to 40 characters per line). However, if you have
a valid RRROCA membership, you get a discounted
rate of \$20 +GST. If you require extra space, the
cost is \$5 +GST per extra line regardless if you are
a member or not. Home-based/local businesses are
welcome to place ads.



LivLean™

Medically Supervised Weight Loss

**Lose up to 30 lbs in 30 Days
... and keep it off**

To Book your appointment call:
403-567-2046
LivLean.ca



It's Never Too Late to Fulfill Your Bucket List!

By Nori Wiesner and Heather Sutherland, Rocky Ridge Retirement Community Staff

Have you ever wanted to fulfill a bucket list but have never gotten around to it? The term 'Bucket List' means a list of things you want to do before you "kick the bucket" (or die). It was epitomized by Jack Nicholson in the 2007 movie, "The Bucket List." It inspired both young and old to think about their dreams and find a way to fulfill them.

HIGH TEA AT THE FAIRMONT



Many seniors are starting to think about their own bucket lists early on so they can accomplish them while they're still relatively active. When most people write a bucket list they often include people they want to be with, places they want to go, and things they want to do. Once initiated, it not only motivates us but also keeps us moving forward and helps us look into the future. It helps us be creative in putting our dreams onto paper and as a result increases our satisfaction in life. Bucket list wishes don't have to be elaborate. It can be as simple as learning a new recipe or as extravagant as travelling to a faraway land - the choice is yours!



MEETING SOME CALGARY FLAMES

King, President of the Calgary Flames, players Troy Brouwer & Matt Stajan & assistant coach Martin Gelin. Lastly, ten residents had an in-depth, personalized tour of the Glenbow Museum conducted by one of their Curators. It was most fascinating for them to get a good inside look into a local treasure!

So, get going! Write your living list today. Share it with your friends and family through social networks or other means.

Here's to many happy adventures ahead!



WIN A BBQ PARTY!

Spend some time with your neighbours this summer and your community association could win a BBQ party for 50 people, sponsored by Village Brewery!

HOW? It's simple. Post a photo on social media of you and a neighbour enjoying a Village Neighbour (Canadian Pale Ale) together, tag your community association, and include the hashtag #VillageNeighbourDay. The community with the most posts will win a BBQ party for 50 people.

Visit villagebrewery.com/blogs for more information.

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.

ExoSide Construction Inc.

Robert Fehr
403.990.1346

"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 SUMMER! Senior's Discounts Avail.

exosideconstruction.com **FREE ESTIMATES**

EXQUISITE FLOORING



**Call or text 403.615.5424
or email kenfortney02@gmail.com**

Hello, my name is Ken Fortney. Contact me for your Hardwood & Laminate Flooring Installation needs. I live just off of Royal Oak Drive. I will come to your home, meet with you, and do a site-measure of the areas that you want to have your Flooring Installed. I then send you a Quote for the work. Next you take the measurements that I give you in the Quote to shop around town & find Flooring material that you like....Then, if you still prefer me to do the work, we schedule an installation & I install it for you.

So it's fairly Simple. You can likely save money & a headache; as you never really know what kind of an installation to expect when you arrange & pay for a Flooring Store to send someone out to do your installation. I do Not Sub-Contract the work out to anyone else, I install personally. I carry Liability Insurance. Rates currently at \$2.25/ Square-Foot of Material for a basic installation of hardwood planks that are 3 1/4" or wider. Laminate Basic Install \$1.75/Square-Foot. Please see Testimonials below that were written for me by people I have previously done work for. I can also provide you with References after I have met with you.



Here's what past customers are saying about Ken Fortney – Operating as "Exquisite Flooring"

Ken, your work sure lives up to the name of your company! Your meticulous, precise and detailed craftsmanship has transformed our home beyond our imagination. The diagonally laid hardwood in our living room is a work of art! Paired with your reliable, prompt, customer oriented service; we would highly recommend you to anyone considering hardwood installation.

You make renovating a pleasure! ~ Mark & Yolanda

Ken's workmanship is meticulous. Ken is reliable, polite, trustworthy, and accomplished what he told us he would do in a timely manner. I highly recommend Ken – You will not be disappointed. ~ Therese

Ken was prompt, friendly and worked quickly and beautifully. He had to put up with my 2 dogs and it didn't faze him at all. I would recommend Ken to work on any hardwood-flooring project. It was a pleasure! ~ Dee

Ken, I love the floor you installed!!! Thank-You for the OUTSTANDING job you did! It was a pleasure to realize how very thoughtful, meticulous and cooperative you are. ~ Vera

I highly recommend Ken; he works with integrity and understands the notion of personal accountability. He does not take short cuts but will persist till he figures it out. You will be well pleased. ~ Linda

As the name states, "EXQUISITE". Precise...Beautiful. I'm not easy to impress.....I'm Impressed. ~ Tanya & JK



New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.



VISIT: CALGARY.CA/NEWCOMERS



The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more info., visit calgary.ca/newcomers.



KIDZ KAMP
at Royal Oak Victory Church

July 24 - 28 (9am-Noon)
For ages 3-11 • Register for only \$50

Register online at ROYVCCA
or for more information
call (403) 286-4477



LOCATED 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.



TATA SUSHI

OUR RESTAURANT ADDRESS IS:
327-8888 Country Hills Blvd NW
Calgary, AB T3G 5T4

We're in the Royal Oak Centre mall.
Next door to the BMO bank.

587-356-3800 / 587-356-2600
www.tatashushi.ca

TATA SUSHI is new restaurant just opened in the Royal Oak Center.

Not only raw fish, we have vegetable sushi and grill. We do delivery and take out.
We have large dining room enough for 80 people. We do quality sushi. Try us...you will find surprise here.

PROMOTION ON NOW: Lunch over \$12, receive \$2 off. Dinner over \$35, receive \$5 off.

