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RRROCA REPORTER



SUMMER | 2017

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The official monthly newsletter of the Rocky Ridge & Royal Oak Community Association
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Canada's
150th!*

photo by Char Krausnick

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**COMMUNITY
STAMPEDE BREAKFAST**
~ SEE PAGE 5

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Vice-President's Message

Welcome summer!

By Ali Oonwala, RRROCA Vice President

Let's welcome the summer after a beautiful spring season and kickstart the summer after our (hopefully) great Canada Day Celebrations! Celebrating Canada's 150+ years, we look forward to another eventful summer and more exciting activities and programs for the remainder of the year within our community.

We have a lot to look forward to in the upcoming busy summer season, like the 9th Annual Community Stampede Breakfast!

Something that I am personally very excited about will be the official grand opening of our Community Park in mid-September. I am sure by now many of you have driven by the park.

The community all season park features a 65 × 150ft hockey rink with boards and protective fencing, as well as amenities that will entertain residents of all ages throughout the year. Major components of the park include an outdoor hockey rink, skating rink, and fitness stations. Other components include city servicing, a parking lot, a storage building for equipment, lighting, and amenities for users including benches and rubber surfacing.

The Grand Opening will coincide with our second ever 3-on-3 tournament. Our first tournament was street hockey; this time around, it will be 3-on-3 basketball. The tentative date for these events is September 24. For more information on how to register a team and rules/regulations, please visit our homepage (www.rrroca.org).

Regards, Ali Oonwala



MARK YOUR CALENDARS

- **July 1:** Canada Day
- **July 7-16:** Calgary Stampede
- **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!

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Check out these important updates from The City of Calgary

'Take a kid to the course' week – Juniors golf for free at McCall lake Par 3 and Richmond Green with one paid golfing adult. July 3-9th only.	Calgary.ca/ Golf
Unlimited summer fun for only \$50. Youth (ages 7-17) can enjoy swimming, rock climbing, skating and more with Calgary Recreation's Summer Youth Passport.	Calgary.ca/ Youth Passport
There's still room in our summer day camps! Keep your kids active, creative and healthy this summer.	Calgary.ca/ MyRecGuide
Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.	Calgary.ca/ ParksGuide
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/ Accessibility
We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting.	Calgary.ca/ Accessibility



Summer nature adventure day camps
Calgary.ca/ParksGuide

RRROCA Parks

Community Park Update

By Dave Spencer, RRROCA Director of Planning and Development



Phase I is complete and open for use. The construction fence will be removed except for a small area where new sod is placed. The basketball and hockey rink line painting should be finished by now. Volunteers with lawn mowers will be needed to cut the grass every couple of weeks through the summer. Watch for details about the official opening in the fall!

“IT'S SUMMER AND TIME FOR WANDERING...”
- Kellie Elmore

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.

ROCKY RIDGE ROYAL OAK COMMUNITY ASSOCIATION INVITES YOU TO THE

2017 COMMUNITY STAMPEDE BREAKFAST!

AT THE

NORTH WEST FAMILY CHURCH

(beside the Tuscany LRT Station)

SATURDAY JULY 8TH 2017

8AM-11AM

Visit www.rrroca.org for details

FREE PANCAKE BREAKFAST

**kiddie corral, photo-ops, live music
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This is a 100% Green Event; compostable foodware will be provided.

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By Joanna Tija, RRROCA Director of Volunteers



Thank you everyone who stepped up to take up various roles within RRROCA. Our community thrives with your support!

We are now recruiting volunteers for the annual Stampede Breakfast and a few important positions in the community association. Please read the details below and email me at volunteer@rrroca.org if you are interested.

EVENTS: We are still 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). Three different shifts are available: 7:45 a.m. – 9:30 a.m., 9:15 a.m. – 11:15 a.m. or 11:00 a.m. – 12:30 pm. All volunteers will get a fast pass ticket to the grill. Parents are welcome to bring their children to volunteer. To sign up, please email volunteer@rrroca.org, or visit the RRROCA website.

BOARD

• Program Chair (two positions)

The Program Chair position will provide the opportunity for two community residents to participate in programming and activities. Volunteer training and development is essential while overseeing the sports programs.

Time commitment: 10 hrs/month, with more hours in February, March, and April.

LEAD

• Fundraising Lead

The Fundraising Lead will be a new Lead position that will handle planning and managing fundraising activities for the community association. This position will work closely with the Treasurer and other Chairs to assist in raising funds for our new community park.

Time commitment: varies

• Program Lead

The Program Lead will assist the Programs Chairs in the execution of their duties for our sport programs.

Time commitment:
2-5 hrs/month

Recognizing our Volunteers

By Joanna Tija, RRROCA Director of Volunteers



Ted Linklater

This month we are recognizing the volunteer work of Ted Linklater, the Director of Programs for RRROCA.

Ted is a dedicated volunteer who was eager to take on roles and responsibilities to benefit the whole community. He worked countless hours to ensure the success of the Spring Sports program and was an integral part of the rink planning committee, attending workshops and meetings to contribute valuable input.

Rather than focus on himself, Ted would like to thank all the volunteers who have helped with the 2017 Spring Sports Program. Here is his message:

"On behalf of RRROCA I would like to express our appreciation for all of our 2017 Spring Sport Program volunteers, whether they were coaches, managers, or background support providers. These individuals contributed their dedication, enthusiasm, knowledge, passion, and time to the success of the 2017 Spring Sport Program, which involved approximately 450 baseball and soccer players. Without this wonderful group of volunteers, there is no way that the 2017 Spring Sport Program could have started or even functioned properly.

The following volunteers went the extra mile; they stepped up when we were unable to fill various roles and took on additional responsibilities to ensure that the 2017 Spring Sport Program would continue successfully:

Bethany Savoy, Iain Giffen, Jason Deis, Jeremy Cobb, Kristin Merrett, Lisa Greaves, Marichelle Rogers, Nicole White, Sean Hiebert, Tara Freeze, and Tejay Haugen.

For me personally, it was a wonderful experience to meet and work with so many of the 2017

Spring Sport Program volunteers, especially those who provided background support and solutions for many of the day-to-day problems that arose at various times.

Thank you so much."

Unfortunately, due to work relocation, Ted has resigned from this position. We will certainly miss Ted, his dedication, and passion as a RRROCA volunteer!

With the completion of the new community park, we are recruiting two Program Chairs to help us expand our Sports Programs. If you share Ted's passion for these initiatives and would like to volunteer for program development, please email me at volunteer@rrroca.org.

Local PHOTOGRAPHERS

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

DOUBLE RAINBOW

BY SHELLEY RIVERA



ROCKY RIDGE WINDMILL

BY BRIAN KEENAN



RAINBOW

BY JANELLE LAW DABISZA



ARE YOU LISTENING?

BY BRIAN RUSHFELDT



SPRING SUNSET

BY LINDA DONALDSON



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!



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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Ward Sutherland ward.sutherland@calgary.ca

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Visit www.rrroca.org for information about RRROCA



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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.

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July 1st & 2nd from 9 a.m.-4 p.m.

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Rocky Ridge Retirement Community

www.RockyRidgeRetirement.com

For a complimentary tour or to RSVP for an event, please call 403.930.4848 or Info@RockyRidgeRetirement.com 10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1 Experience Vibrant Seniors Living

Yogurt Hummus By Terri Gilson, Resident & Volunteer Contributor

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



This is a busy time of year, with activities winding down, soccer wrap-ups, potlucks, and BBQs. When you are busy there is nothing better than a quick, healthy recipe that you can quickly throw together! This 10-minute easy and healthy hummus dip is made with yogurt instead of tahini, can be served with pretzels or veggies, and best of all is low calorie, so it won't derail your bikini body plans for summer!

Prep Time: 10 minutes. Total Time: 10 minutes. Servings: 4. Calories: 25.

Author's note: This recipe is slightly altered from Weight Watchers Magazine "Six O'Clock Solutions" Chickpea Dip – pp. 19



INGREDIENTS

- 3 cloves fresh garlic
- 1/4 cup plain low-fat yogurt or non-fat Greek yogurt
- 1 Tbsp. fresh lemon juice
- 1 tsp. olive oil
- 1/4 tsp. salt
- 6-8 sprigs fresh cilantro (depending on your preference)
- 1/2 tsp. crushed red pepper flakes
- 1 19 oz. can of chickpeas drained garbanzo beans, reserve 3 Tbsp. liquid from chickpeas

INSTRUCTIONS

1. In a food processor, add all ingredients and process until smooth.
2. Add reserved liquid from chickpeas as needed, until you achieve the desired texture (I usually add about 1 Tbsp.).
3. Add additional cilantro and sprinkle a little crushed red pepper to garnish. Makes 2 cups.

Recipe Notes: Cilantro is sold in bunches of several stems with side branches. If you pull out one stem with all the side branches, then pinch off one of the side branches with 3 or 4 leaves, that's a sprig. If you find the flavor isn't strong enough, add more sprigs until it's at the level you like.

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RRROCA Events

13th Annual Family Fun Day - May 27, 2017

By Karla Schultz, RRROCA Event Lead

RRRROCA would like to extend a very big thank you to Royal Oak Victory Church for hosting such a wonderful community event again this year! Without the support and help of the many volunteers, sponsors, and the participation of the community, this event could not have been so successful. Hundreds enjoyed the beautiful, sunny day filled with laughter and excitement. You could see the absolute joy on each child's face when deciding what to do first – grab a bite to eat, race through the bouncy obstacle course, pet the animals from Butterfield Acres, play a few games, or simply enjoy the crowds. The new YMCA (currently under construction) even had their event crew out to update the community on the building progress.

For more information on this annual event or how to get involved, please contact info@rovca.ca. **See you next year!**



Rocky Ridge Ranch 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:

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Sat/Sun 8am-12pm

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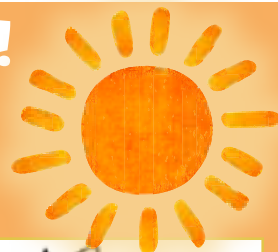
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Are you looking for information on
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I am your local Welcome Wagon representative. I would be
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and Royal Oak and answer any questions you have about the
neighbourhood. Give me a call at 403.471.5279 or send me
an e-mail at mehdisadaf@hotmail.com



HEY KIDS!

HAVE AN AWESOME
SUMMER!
& WE'LL SEE YOU IN
SEPTEMBER



Joke Time!

Q: Which letter is the coolest?

A: Iced T

Q: Why do bananas use sunscreen?

A: Because they peel!

Q: What do sheep do on sunny days?

A: Have a baa-baa-cue

Q: What race is never run?

A: A swimming race

Q: What does the sun drink out of?

A: Sunglasses

Q: Why don't oysters share their pearls?

A: Because they're shellfish.



KIDZ KAMP
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Local Roamers

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Program registration is required.

Dates: Wed July 26th, August 2nd and 9th

Time: 1p.m. - 4 p.m.

Community: Rocky Ridge

Address: 10709 Rocky Ridge Blvd. N.W.
(Rocky Ridge Ranch Homeowners Association)

For more information visit calgary.ca/communitysummerprograms.

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Community Civic Chat

Ward Sutherland, Councillor Ward 1

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



Stampede Season

Welcome to July! The Calgary Stampede is fast approaching. What I enjoy most about the 10-day annual celebration of western spirit is the chance for me to meet residents at all the Ward 1 Stampede breakfasts and BBQs. This year I'm looking forward to the Silver Springs Community Association's 5th Annual Family BBQ & Celebration of Canada's 150th, Rocky Ridge Royal Oak Community Association's 9th Annual Stampede Breakfast, and Scenic Acres Community Association's Annual Stampede Breakfast. If there's a Stampede event going on that I missed, let me know by contacting my office at (403) 268-2430 or email me at: ward01@calgary.ca.

Accessible City services and programs

Did you know that The City offers a variety of accessible services and programs that benefit seniors and people with disabilities? They include:

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- Emergency preparedness tips for people with all types of disabilities
- Assisted listening devices for Council meetings

Call 311 to request an accommodation or service for a City event or meeting

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs. Please provide at least two weeks' notice so we can coordinate the service. Visit calgary.ca/accessibility for more information.

Thank you.

Benefits of licensing a cat or dog

www.calgary.ca/CSPS/ABS/Pages/Animal-Services/Benefits-licensing.aspx

There are many benefits of licensing your cat or dog with Animal & Bylaw Services. Your pet's licence is his ticket home. If he is ever lost, his licence provides Animal & Bylaw Services with critical information that will help us return him to you safely. In fact, because of pet licensing, Calgary has the highest return to owner and lowest euthanization rates in North America.

Your animal licence fees allow us to:

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- Manage our animal adoption program
- Run community education & volunteer animal socialization programs
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