

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

RRROCA REPORTER



OCTOBER | 2017

Join Us!

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

CIRCULATION | 7600 HOMES AND BUSINESSES

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

403.879.2820 • www.rrroca.org



Enjoying the view!

Photo by Arpita Mazumdar

YOUR COMMUNITY
NEWSLETTER ON
THE GO!



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



MONTHLY FOOD COLUMN
Whiskey Beef Stew
SEE PAGE 10



PLANES, TRAINS & KIDS TRAVEL

For trip planning to Disney, Europe, the beach and more!



WWW.PLANESTRAINSANDKIDS.CA

Sudoku:

*For solution, go to
mind's design studio*



Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

	5	6		2				
8	2		3		6		5	4
		3	8	7		1	6	
5	3	7				6		1
2								3
1		9				2	7	8
	1	4		3	2	9		
3	8		1		9		2	7
				4		3	1	

LOCAL BUSINESS
DISPLAY CUBES

TO ADVERTISE,
CALL 403-203-9152

**CHARLES GLEN**
TOYOTA

YOUR
COMMUNITY
DEALER FOR
THE PEOPLE OF
ROCKY RIDGE
& ROYAL OAK



Michael Loritz
mikel@charlesglentoyota.com
587-434-3200





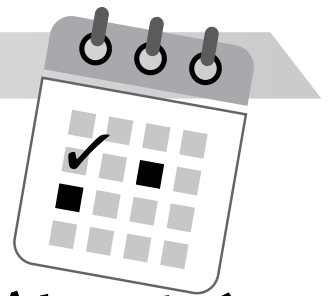
President's Message

Please help out your community!

By Tessa Sakamoto, RRROCA President

We've completed Phase One of our Community Park and celebrated with our Grand Opening on September 24, and we are now looking forward to winter! Here's where we need your help. We need people to make and care for the ice, and can commit the time to leading the volunteers in ice making and maintenance. Is this you? Experience is not required (we have training resources), but we do need someone who is ready to put on their mittens! We're also looking for regular ice maintenance volunteers. Eventually, we will have a schedule put together on a weekly, bi-weekly, or monthly basis. Remember, many hands make light work! We're looking forward to seeing the rink being used this winter. Can you help?

~Tessa Sakamoto



MARK YOUR CALENDARS

- **October 9:**
Thanksgiving Day
- **October 31:** Halloween



While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in. Updated at the end of 2016, the bylaw promotes good neighbour relationships and addresses community concerns by regulating noise, fire pit use, untidy properties, weeds and grass, graffiti—and nuisances such as flyers.

One of the areas updated in the 2016 review refers to flyers, including non-commercial flyers. If you have a 'no flyer' sign visibly posted at your home, it's a violation of the bylaw to deliver flyers to your door. With the municipal election just around the corner, you should be aware that election advertising is exempt from this bylaw along with newspaper subscriptions, community newsletters and information provided by government and elected officials.

For more information, visit Calgary.ca and enter Community Standards Bylaw in the search bar. If you do continue to receive flyers despite having a 'no flyer' sign at your home, you can call 311 or submit a service request using our 311 app or on The City's web site.

Snow Removal

Gutter Doctor

Home Exteriors
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.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



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.



Call for Photos By Mary Fleet, RRROCA Editor

Hello RRROCA Residents!

Some of you may have noticed the Local Photographers page in the past. For those interested in showing off their skills and getting photos published, I just wanted to give some more information about what kinds of photos are accepted and what we look forward to seeing:

- Keep it local (RRROCA events and settings) and family-friendly
- Photos of people are tricky – make sure you have the permission of those involved
- Photos of pets and wildlife are acceptable and encouraged (don't put yourself at risk, though!)
- Be creative – photos of art, food, or something abstract are accepted
- High-quality images look better when printed; same with brighter images (darker images don't print very well)

On that note, we do appreciate originality: we have received countless photos of rainbows and sunsets; please keep this in mind when deciding what to send in. There are many great events coming up that could make excellent photo opportunities (Halloween, Thanksgiving, and Christmas).

Though I may not respond to every single submission received, all submissions are very much appreciated.



I cannot thank you enough for your efforts. We cannot provide monetary compensation, but for a budding or professional photographer, simply having your work published along with your name can provide excellent exposure.

Please note that photos are due on the 8th of every month for publication in the issue for the following month (e.g., October 8th for publication in November's issue). Submissions should be sent to newsletter@rrroca.org. I have not been receiving as many submissions in recent months, so your chances of having your work published are currently quite high.

I look forward to seeing your submissions!

~Mary Fleet

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.

Please note that we are no longer accepting announcement requests (e.g., birthdays, weddings, etc.) for publication in the newsletter.

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.

Royal Oak
KARATE
**Call Now For Fall
Registration**

Royal Oak Dolphins Karate Club
403-232-0228
www.acku.org

FALL BULBS



These days we often refer to gardens like websites. Works for now, but it can always be better. Gardens are ever changing sometimes for the worse sometimes for the better. Its been a long hot summer in our area and bugs and heat and little bits of rain here and there certainly may have set some of us back. At least some of our plants don't look their best and at worst we have lost some. As fall approaches we've likely been through the worst of it and actually it's time already to start thinking spring 2018. Fall bulbs are arriving at garden centres now and it gives us a chance to forget what might have been in 2017 and allows us to look forward to what will be in 2018. Often overlooked fall bulbs are planted in late fall for overwintering in our garden beds and are often the first to come up when spring arrives. Bulbs that always comes to mind are Tulips. Many people are unaware that these wonderful flowers have to be planted in the fall. So, if you are one of those people you have now been advised. For the rest now is the time to get this year's crop. There are many other types of bulbs beside Tulips that can be planted in fall. There are Daffodils, Fritillaria, Crocus and Giant Alliums to name a few! The wonderful part about bulbs is the variety

of flower colours, sizes that you can have in your garden early. They are also a great thing for bees who will also be out looking for flowers when there generally is not a lot going on. Once planted they will come up over many seasons and then blend into the rest of your garden when they are finished flowering. Once planted they are not a lot of work and planting bulbs is actually pretty easy. That hard or the fun part depending on who you are is choosing which bulbs you want to plant and how. There are two basic ways. First which is obvious is to plant them in groups here and there about the garden or in rows along beds as borders. The second way is called naturalizing. Naturalizing is placing bulbs in a small groups or singles over a large area in your lawn to mimic a forest meadow or how you may see them growing naturally in a field randomly. Either way works great and looks good. Do what best suits your garden. When planting bulbs there are a few rules of thumb to follow. If you are planting in groups try to do them in odd numbers say 5 or 7 and plant these groups where you have holes, or where you can enjoy them from windows, or where they can make an early season statement. Let's face it April can still be pretty chilly so sometimes it will be nice to view them

from the coffee table. Think about the size of the bulb. Is it tall? Then it might be best to plant it near the back of your arrangement. Is it small then nearer to the front. When it has finished flowering will you be able to plant around them because the bulbs are planted quite deep. You can use annuals like petunias or any of your favorites. Make sure that the leaves of your bulbs can still get sunlight. Bulbs will flower in the spring, but use their leaves through the summer to put energy (food) back into the bulb for next season. Let them do their thing they will die back on their own. You'll want to position them so that there is a compromise, so they get the sun they require, but also won't be sitting there like a sore thumb for the rest of the garden season. Once you have chosen you spots you'll need just a couple of things to get them planted. A bulb planter is an inexpensive tool that can help you greatly. Bulbs are generally planted at a depth three times the maximum diameter of the bulb itself. However, its best to look on the package for confirmation as there are some exceptions. Bulb planters are usually marked so you can know how deep you are planting. Press the planter into the ground and it will pull up the dirt as you take it out. Its best to add some sort of fertilizer, bone meal or bulb food are excellent choices, to the bottom of the hole. Ensure that the bulb is NOT in direct contact with the fertilizer as it can burn the roots. Cover the fertilizer with a layer of soil before planting. You'll also want to fertilized after the bulb has begun to bloom. Cover your bulbs with bulb dust to help prevent bulb rot, place and cover. Since its been hot, so water generously. However usually one good watering is enough. You will want to plant your bulbs in time for them to set roots, but not so soon that they will start to come up. Your window in Calgary is from about mid September to mid October. Once you have planted your bulbs all you have to do now is wait for spring to arrive. We all wait impatiently for that to happen but if you have planted bulbs this fall next spring will be a delight when it actually happens!



Thank you to all the volunteers!

By Joanna Tija, RRROCA Director of Volunteers



Our heartfelt thanks go to all volunteers who have devoted their precious time to the events of Community Cleanup and the Community Park Grand Opening/3-on-3 Basketball Tournament. Our events would not be possible without your support.

We are still looking for volunteers to fill several board and lead positions: Parks Chair, Fundraising Lead, and Community Park Coordinator for the new community park, as well as volunteers for planning the Spring Sports Program and Events in 2018.

Volunteers are the lifeblood of any healthy and active community. Your support will make our community a better place to live! Please email volunteer@rrroca.org if you are interested in volunteering with us.

BOARD

❖ Programs Co-Chair

The Programs Chair positions provide opportunities for the community's diverse residents to participate in programming and activities. Volunteer training and development is essential while overseeing the sports programs. Note: We have found one Co-Chair already; we just need one more!

Time commitment: 10 hrs/month in February - April, with fewer hours in other months.

❖ Parks Chair

The Parks Chair oversees the maintenance and operation of the community park. The chair advocates for other community outdoor spaces.

Time commitment: 10 hrs/month

LEADS

❖ Fundraising Lead

The Fundraising Lead is a new lead position intended to plan and manage fundraising activities for the community association. Working closely with Treasurer and other Chairs, the Fundraising Lead will help raise funds for our new community park.

Time commitment: varies

❖ Community Park Coordinator

The Community Park Coordinator is a new volunteer position intended to oversee the ice rink condition as well as train and coordinate volunteers in the winter when the rink is open to the public. The coordinator will have the opportunity to attend workshops to learn essential ice-building skills. The coordinator will also help watch the condition of the community park and report any issues to the board.

Time commitment: varies/month

❖ Programs Lead

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

Time commitment: 2-5 hrs/month

❖ Events Lead

The Events Lead will assist the Events Team with the planning and execution of community events, including idea generation, vendor booking, event promotion, on-site event direction, etc.

Time commitment: varies/month

DID YOU KNOW?

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

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



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 an e-mail at mehdisadaf@hotmail.com

RRROCA Volunteer Corner

Volunteer of the Month: Carla Knipe

By Joanna Tija, RRROCA Director of Volunteers



Carla volunteered for RRROCA for 5 years in the past. As a former board member, she helped get the Little Free Libraries (LFLs) set up in our communities in September 2014 and has kept the LFLs running until now.

Here is our interview with Carla (C).

Q: Why do you volunteer and how has your experience been volunteering for RRROCA?

C: I volunteer because it's a great way to connect with people and

with the neighbourhood. Through my time as one of the previous newsletter editors, I really enjoyed getting the community conversation going. I've met some amazing people through volunteering, many of whom are now my friends. I love the fact that community volunteers just want to make the community better! I have done lots of volunteering and I think what I've done with RRROCA has been the most rewarding.

Q: Any message regarding Little Free Libraries you would like to bring to the public?

C: First, our Little Free Libraries have just celebrated their 3rd birthday in September and are as popular now as they were when they were first installed. Books just fly off their shelves—especially books for children and young adults. That is so amazing! If you are decluttering, please keep our LFLs in mind (for book donations).

Second, two serious incidents of vandalism happened to our Rocky Ridge Little Free Library in August 2016 and 2017. Luckily, volunteers have stepped up to repair it, but I don't want it to keep happening. If you have any information about what happened to the Rocky Ridge LFL, please report it to RRROCA, CPS and Crimestoppers. To keep the LFLs functioning,

I'd appreciate others being my "eyes and ears" and helping me to take care of them.

Other than that, I'm just so glad the community supports our Little Free Libraries. We have three extremely busy LFLs (one in Rocky Ridge and two in Royal Oak)! These little book boxes are used as community hubs. It's a wonderful way to give items a second life and pass them on to a community member.

Words from the Author

Our community is lovely because we have many dedicated volunteers who, like Carla, devote countless hours to initiatives like this. The LFLs would not be possible without Carla, volunteers, and book donors. Would you like to help Carla keep LFLs running in the community?

Please email me at volunteers@rrroca.org.

I HAVE DONE LOTS OF VOLUNTEERING AND I THINK WHAT I'VE DONE WITH RRROCA HAS BEEN THE MOST REWARDING

Looking for a Female Family Doctor?

Dr. TAFFETA FITTERER

welcomes Walk-in and New Patients at

Rockford Medical Clinic

#232, 500 Royal Oak Dr. NW, Calgary, AB T3G 0E8

Just 2 minutes North of the Tuscany C-Train station!

CLINIC EXTENDED HOURS:

8 am to 8 pm, Monday to Thursday • Open Monday to Saturday

Call for an appointment **403-910-1981**

Register online at www.rockfordmd.ca





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

VACANT parks@rrroca.org

Director of Programs

VACANT 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

Karla Schultz events@rrroca.org

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



☐ 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.



Rocky Ridge
Lifelong Learning Community



Discover what sets our Retirement Community Apart:

- 3 meals per day included, plus 24/7 Bistro
- Weekly housekeeping and flat linen service included
- Activities to meet Mind, Body & Soul
- 24/7 Health Professionals on-site, including visiting Doctors, Mobile Lab Blood Services & more
- Exercise classes including: Aqua Fit, Tai Chi, Yoga, Combo Fit & more
- State of the art nurse call system

CALL HEATHER OR NORI TODAY FOR A NO-OBLIGATION LUNCH AND TOUR

Rocky Ridge Retirement Community
www.RockyRidgeRetirement.com

403.930.4848

Info@RockyRidgeRetirement.com

10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1

Experience Vibrant Seniors Living

Slow Cooker Whiskey Beef Stew (Gluten-free)

By Terri Gilson, Resident & Volunteer Contributor



Fall is the perfect time for cozying up with some stew. I have created the ultimate slow cooker beef stew recipe based on advice from the pros! This summer I had the pleasure of spending Father's Day at Bar U Ranch near Longview, where an old-fashioned Chuckwagon Stew Cook-off was taking place. I gathered all the tips from the experts and did my own research, then created what I believe to be the best slow cooker beef stew recipe ever. Enjoy!

Course: Main Course

Prep Time: 20 minutes

Cook Time: 8 hours

Total Time: 8 hours 20 minutes

Servings: 8

Calories: 334 kcal

Author: Terri Gilson

Ingredients

- 1 ½ lbs. beef stew meat, cut into 1-inch cubes
- 1 Tbsp. olive oil
- 1 tsp. each salt and pepper, as needed/desired
- 1 ½ Tbsp. fresh sage
- 1 ½ Tbsp. fresh oregano
- 1 ½ Tbsp. fresh rosemary
- 2 bay leaves
- 6 fresh mushrooms large, chopped- about 1 ½ cups
- 3 celery stalks, chopped about 1/2 cup
- 1 large onion, chopped
- 4 carrots, chopped, about 2 cups
- 1/3 cup okra
- 4 large potatoes, chopped
- 1/2 cup whiskey Jack Daniels (gluten -free)
- 4 ½ cups beef stock
- 1 ½ Tbsp. Worcestershire sauce
- 2 tsp. flour, for roux *Gluten-free- substitute equal amounts cornstarch and water
- 2 tsp. cooking oil for roux *Gluten-free - substitute equal amounts cornstarch and water



Instructions

1. Sprinkle salt and pepper over meat, then brown beef well on all sides in heated oil over medium-high heat in large non-stick skillet (I use a wok). Place beef on top of vegetables in slow cooker.
2. In 6 qt slow cooker/crock pot, add meat, chopped vegetables and herbs and stir together.
3. Add beef stock, whiskey and Worcestershire sauce together and pour mixture over beef, potatoes, vegetables and herb mixture.
4. Cover, and cook on Low setting for 8 hours. ** if you are in a hurry, you can cook on High setting for 4 to 6 hours. However, the low and slow method is the very best!
5. When cooking time is almost complete (15-20 minutes left), mix the flour and oil into a paste and stir into the stew. If you are doing a gluten-free version, use the gluten-free cornstarch and water. Allow it to continue to cook for the remainder of the time or until desired thickness is reached. If the stew is not as thick as you could like, add more roux.

*Note: This recipe is for a minimum 6 Qt. crock pot/slow cooker

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

**"OCTOBER WAS ALWAYS THE LEAST
DEPENDABLE OF MONTHS ... FULL OF
GHOSTS AND SHADOWS." - JOY FIELDING**



Local PHOTOGRAPHERS

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



STONEY TRAIL FOOT BRIDGE
BY MIKE SMITH



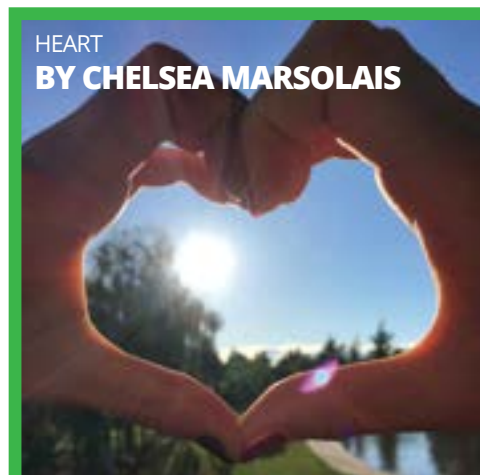
ROCKY RIDGE POND
BY MARY FLEET



AUTUMN
BY SUE ELMS



TULIPS
BY CHAR KRAUSNICK



HEART
BY CHELSEA MARSOLAIS

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!

Your Community CLASSIFIED ADS! ●●●●●

To place your classified ad,
contact sales at 403.203.9152 or
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 (with the BBB) (Please see our display on this page.)

MGH LANDSCAPES is now booking Fall Clean Ups and is accepting new clients for Snow Removal for the 2017-2018 season. We service Residential and Commercial clients. Call Mike @ (587)435.4255 or email mghlandscapes@shaw.ca for your free quote. Senior discounts offered. Ask about my Year Round Property maintenance packages.

MUSIC LESSONS: KLM Music offers lessons in piano, guitar, drums, voice, DJ and Ukulele. Let us customize your classes so that you get the most out of them. Register now at klmmusic.ca or call 403.210.3339. IN-HOME or at one of our STUDIOS located in the SE and NW.

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!

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

PLACE YOUR AD HERE!



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**



THE MANOR VILLAGE AT ROCKY RIDGE

Elegant Senior Living with Care



New Move-In Incentives Until December 31, 2017!

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

RRROCA Events

82nd Pathfinders Visit Costa Rica

By Allison G. of the 82nd Calgary Pathfinders



The 82nd Calgary Pathfinders visited Costa Rica during spring break 2017. The purpose of this visit was to volunteer on a mangrove restoration project, have a fun adventure, and develop leadership and independence skills. Pathfinders are the junior high level of Girl Guides of Canada, and the focus of the Pathfinders program is to introduce and reinforce a variety of life skills to help improve a girl's self esteem. For more information, please check out our website at www.girlguides.ca

Below is an account of one Pathfinder's experience:

The mangrove is a species of tree, common to tropical regions. They are plentiful along coastlines and home to many species of animals and birds. Out of the 54 species of mangrove in the world, only 7 occur in Costa Rica. These are found throughout the country in estuaries of salt or brackish water. Their dense roots trap sediments in the water, helping to protect the coastline from erosion caused by waves, storms, and hurricanes. Though they don't look like much, they are crucial to preserving the mangrove swamp ecosystem.

In March 2017, my Pathfinders unit and I went on an 8-day trip to Costa Rica, which took us all around the country and allowed us to see some amazing sights. We spent three days participating in a service project planting mangroves on the Central Pacific Coast. We then traveled north to the Arenal region, where we explored the national parks and saw the rainforest by zipline. I learned so much while I was there and had so much fun. I know that I will remember this trip for the rest of my life.

What better way to learn about the environment than by helping to protect it? Planting mangroves isn't hard to do, but something about it sticks with you. It teaches you about teamwork and leadership, which are two skills that I will undoubtedly need later in life. Working alongside locals toward a common goal is an incredible experience. On this trip, I learned so many valuable lessons about the Earth and about myself.

I have been in Girl Guides since I was six years old. I'm now fourteen years old, and this is my ninth year of Guiding. I've made so many friends through the program, and it's been a wonderful way to learn about the world around me alongside an amazing group of people. Going to Costa Rica this year has been an incredible adventure, and it has inspired me to stay in Guiding in the future. Maybe someday I'll be able to go on another adventure like this one.



ROYAL OAK
VICTORY CHURCH

**YOU'RE
INVITED**

EVERY SUNDAY
9:00AM & 11:00AM

450 ROYAL OAK DRIVE NW
WWW.ROVC.CA



START PLANNING YOUR *winter* VACATION

Although it may seem like the winter months are far away, now is the perfect time to get a head start planning your next holiday. While a lot of people like to head south during the cooler months, there are lots of good reasons to explore our national backyard instead.

Some of the best ski resorts in the world are in our own country and boast some of the top snow conditions, too. Whether you love to ski or snowboard, most resorts also offer other activities like snowshoeing, skating, cross country skiing and more.

If you are looking to save some money, consider renting a condo near a ski resort. You can cook some of your own meals and feel at home with more space to relax and unwind.

Here are the top three tips travel experts recommend when planning:

1. Start your research now. Ask friends what winter destinations they have visited and where they liked the best.
2. Consider places you have visited in summer. Destinations like the Columbia Valley in British Columbia are well known for their summer activities, but offer skiing, skating and other winter as well. Plus, the famous hot springs at Radium and Fairmont are open all year long.
3. If you have flexibility, the best deals are usually found in late November through mid December, and then again mid-January to late March.

~ www.newscanada.com

YOUR CITY SECTION

facebook.com/thecityofcalgary

twitter.com/cityofcalgary calgarycitynews.com

Check out these important updates from The City of Calgary

This fall, put your leaves, pine cones, branches, old annuals and pumpkins in the green cart for weekly collection.	Calgary.ca/YardWaste
Healthy Halloween Treats? This Halloween hand out Calgary Recreation Halloween coupons! Get yours now – coupons are available online or in person at recreation facilities through the month of October.	Calgary.ca/Recreation
Never hear the words, “I’m bored” again. The City of Calgary offers fun, safe and free after school programs for children and youth.	Calgary.ca/AfterSchool
Looking for ice time in the next few weeks? Check out availability at all of our arenas by searching ice rink availability on Calgary.ca .	Calgary.ca
Know someone who is removing barriers for people with disabilities in Calgary? Nominate them for one of three accessibility awards. Visit calgary.ca/accessibility for more information.	Calgary.ca/Accessibility

Healthy Halloween Treats? This Halloween hand out Calgary Recreation Halloween coupons!
Calgary.ca/Recreation





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.





YOUR NEW CENTRE OF COMMUNITY



SHANE HOMES YMCA AT ROCKY RIDGE

In partnership with the City of Calgary and with a shared commitment to impact the health and wellness of Calgarians, build strong communities and develop leadership potential in individuals, YMCA Calgary will offer a variety of programs and services for all ages and abilities at the new Shane Homes YMCA at Rocky Ridge.

Amenities will include:

- Fully-equipped strength and conditioning centre
- 3 full-sized gymnasiums
- 8 lane, 25m lap pool
- Wave pool with water slide and lazy river
- Indoor running track

- NHL-sized rink and leisure rink
- Flexible art studios and gallery space
- 300-seat performance theatre
- Multi-purpose rooms
- Licensed child care and child minding
- Calgary Public Library

Along with multiple facilities, programs and services to help keep you active, the YMCA is known as a healthy place to connect with others. From the children, youth, adults and seniors who use the YMCA, to the staff and volunteers that work here—all contribute to a positive Centre of Community.

CAREER & VOLUNTEER OPPORTUNITIES

NOW AVAILABLE

FACILITY RENTAL BOOKINGS

NOW AVAILABLE

FACILITY TOURS AND MEMBERSHIP SALES

BEGIN DECEMBER 1, 2017

FACILITY OPENING

JANUARY 15, 2018



Learn more at YMCACalgary.org/shanehomesymca