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RRROCA REPORTER



NOVEMBER | 2017

Join Us!

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

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

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Royal Oak Pond

by Brian Keenan

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RRROCA AGM PAGE 3
BREAKFAST BURRITOS PAGE 10





Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

WHEN AN EMERGENCY VEHICLE APPROACHES WITH LIGHTS AND SIREN ACTIVATED:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

WHEN OPERATING A VEHICLE:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

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.

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

Life starts all over again when it gets crisp in the fall

- F. Scott Fitzgerald

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President's Message

RRROCA's Annual General Meeting

By Tessa Sakamoto, RRROCA President

The Rocky Ridge Royal Oak Community Association Annual General Meeting is scheduled for Monday, November 27 at 7:00 p.m. at the Royal Vista Multi Use Facility. Since we've had some resignations, we have openings on our Board of Directors. Consider volunteering with us - we'd love to have you! We are currently looking for someone for the Programs Co-Chair (spring sports and other community programs), Events Co-Chair (Stampede Breakfast, Easter Egg Hunt, and more!), as well as various other committee members. If you'd like to chat about which position might be a good fit for your skills, talents and time commitments, I'd be happy to meet with you!

Our bylaws require that we have quorum to run our meeting. Members should watch for an email with the Proxy Form. Completing this form enables us to be productive and keep doing work for our community!

I'd also like to take a moment to thank those volunteers who have committed themselves to working with the community. We are losing some pretty outstanding volunteers this AGM, and we are sad to see them go. Their work to make our community better by advocating for residents, planning events and programs, and managing our memberships is so valuable and their contributions will certainly be missed.

Also, we realize that while not everyone is a member of RRROCA, you may still want to be in the loop about happenings in our area. We have just launched our email subscription, where you can sign up to get occasional emails from us about what's going on in Rocky Ridge and Royal Oak. Don't worry, your information is safe with us; we will never sell or share your information to others. Go to rrroca.org to sign up today!

As always, I'm happy to hear from you. Please email me at president@rrroca.org to chat about volunteering or other community matters.



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Please join us Sundays at Royal Oak Victory Church
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Check out our website for more information, www.rovc.ca.

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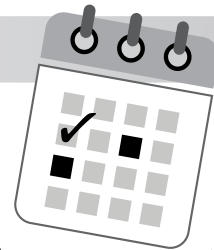


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**REMEMBRANCE DAY
NOVEMBER 11**



MARK YOUR CALENDARS

- **November 5:**
Daylight Savings Time
(clocks move back 1 hr)
- **November 11:**
Remembrance Day
- **November 21:**
National Aboriginal Day
- **November 27:**
RRROCA AGM

WALKING YOUR DOG DAILY?

UNLEASH YOUR INNER VOLUNTEER!

Become an Off-Leash Ambassador and be a pawisitive role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit calgary.ca/offleashvolunteer or contact 311.



TIPS FOR USING YOUR BLUE, GREEN AND BLACK CARTS

Now that Calgarians are able to recycle and compost all year-long, it's important to put items in the right carts. Here are a few tips to follow:

GREEN CART

- Every little bit counts! Plate scrapings, fruit pits, bones, egg shells and sauces can all be composted.
- Is your green cart full? Put extra leaves and branches into paper yard waste bags. Roll closed and place at least 1 ft. to the side of your green cart on collection day.

BLUE CART

- Remember to bag your plastic bags! All plastic grocery bags, bread bags, sandwich bags and plastic wrap need to be put in one bag and tied closed before recycling.
- Is your blue cart full? Make sure to break down all boxes to make room or take extras to a community recycling depot.

BLACK CART

- If an item can't be recycled or composted, then it has reached its end-of-life and belongs in the garbage. This includes chip bags, granola wrappers, foam packaging, and dryer lint.
- Is your black cart full? You can put out extra garbage bags by placing at least 1 ft. to the side of your black cart on collection day.

If you're not sure of how to dispose of an item, use our online search tool What Goes Where to find the answers! Visit calgary.ca/whatgoeswhere to look up hundreds of different items.

More tips at www.calgary.ca/yardwaste



**"In war, there are no
unwounded soldiers."**

- Jose Narosky



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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.

SNOW ANGELS

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

BENEFITS OF SNOW ANGELS

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air

and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.

3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.

4. Neighbours who know each other are less likely to be victims of crime, as people look out for those they know.

Remember, residents have just 24 hours after a snowfall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.



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Thank you to all the volunteers!

By Joanna Tija, RRROCA Director of Volunteers



It's hard to believe that 2017 is already almost over. On November 27, we will form a new board. We are still looking for volunteers to fill several board and lead positions. Your contribution will make our community a better place to live! Please email me at volunteer@rrroca.org if you are interested in volunteering with us.

We are also looking for adult volunteers to help with upkeep of the new ice rink this season! Please email Steve Branter at volunteerlead@rrroca.org to sign up for volunteer roles.

BOARD

Communications Chair

The individual in this position will be responsible for connecting residents to RRROCA by conveying the work, events, and initiatives of the organization. He or she will oversee the portfolio including the newsletter, website, social media outlets, signage and advertising. Education and/or experience in public relations or communications and strong leadership skills would be an asset.

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

Events Co-Chair (2 positions)

The Events Co-Chair is responsible for organizing events for RRROCA within the community as well as updating information on upcoming/past events on the website and within the newsletter. The individual holding this position will be expected to attend monthly board meetings.

Time commitment: varies/month

LEAD

Programs Lead

The Programs Lead will assist the Programs Chairs to execute duties for sport programs.

Time commitment: 2-5 hrs/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!



Community Park Lead

The Community Lead will oversee the making of ice and the maintenance of the ice rink and coordinate volunteers for the upkeep of the community park. This individual will also help monitor the condition of the community park and report any issues to the board when necessary.

Time commitment: 10 hrs/month from December – February, with fewer hours in other months.

Events Lead

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

Time commitment: varies/month

GENERAL VOLUNTEER

Skating Rink Volunteers

Are you interested in helping out with our community ice rink? No experience required, just a keep will to keep the ice in great condition for skating. Training will be provided. Youth (16 or younger) can volunteer with a parent or guardian (waiver required).

Time commitment: varies



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: Lorne Yorke

By Joanna Tija, RRROCA Director of Volunteers



When you see our bold signs out in the community, do you ever wonder who sets those up, no matter the weather? For more than a year now, our Signage Lead, Lorne Yorke, has been devoted to setting up these bold signs. He was nominated for his outstanding volunteer service by Jenna Mortis, our Director of Communications.

Here is the interview with Lorne (L).

Q: Why do you volunteer for RRROCA?

L: I realized that many good things are accomplished by caring individuals who take action in our community. Since I can do it, this role seemed like a small thing I could do to help the community. I also want to be a good neighbour. It's important to give while I can: one day, I will no longer be able to.

Q: How has your experience been volunteering for RRROCA?

L: My experience has been positive because RRROCA is a dedicated and busy group of volunteers. I like the level of organization and commitment. The Signage Lead position has been steady and defined. I volunteered at a Casino Fundraiser for RRROCA for the first time and found it fascinating and full of camaraderie. It was a great thing to experience.

Q: What have you accomplished?

L: I've learned about sourcing signs, what questions to ask of the person requesting the signs, and what is required in terms of time and energy in keeping signs current. I've gained new skills in purchasing, learning various bylaws, and even some negotiation skills.

Q: What have you learned through volunteering for RRROCA?

L: I've learned a lot! First, I've learned how to clearly communicate through email and when to pick up the phone. I've also learned to be concise and succinct when obtaining information so that I can be more efficient in my role. I've witnessed the dedication of other RRROCA

volunteers, and I've learned about the sheer amount of time and energy that it takes to plan and execute events. Finally, I've learned the true appreciation and value of having enough volunteers to do a job right.

Words from the Author

I like that Lorne mentioned the importance of giving back to your community and the benefits of working with others. We are so fortunate to have Lorne volunteering for RRROCA. We always need volunteers!

If you want to help your community, please email me at volunteer@rrroca.org.

I've learned the true appreciation and value of having enough volunteers to do a job right.

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RRROCA Contacts

Rocky Ridge Royal Oak Community Association

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RRROCA BOARD OF DIRECTORS

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Vice President

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Secretary

Patience Fagbenro secretary@rrroca.org

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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

Aaron Dirk 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

VACANT events@rrroca.org

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Events Co-Chair

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Hong Zhu babysitting@rrroca.org

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Sandra Jansen Calgary.northwest@assembly.ab.ca

Councillor, Ward 1

Ward Sutherland ward.sutherland@calgary.ca

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Visit www.rrroca.org for information about RRROCA



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for information.

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New/Renewal memberships \$30.00

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* 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.



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Experience Vibrant Seniors Living

Mediterranean Breakfast Burrito

By Terri Gilson, Resident & Volunteer Contributor



If mornings aren't your thing, or you're just too rushed to even think about making breakfast, these easy, meatless, healthy, make-ahead and freezable breakfast burritos are for you! They are packed full of protein, Mediterranean flavours and make a great brunch or breakfast potluck contribution.

So, go ahead... hit that snooze button a few times! You can simply pull these burritos out of your freezer, pop them in the microwave for 2 minutes and take them on the road (the kids can even eat them on the way to the bus stop)!

COURSE: BREAKFAST

Cuisine: Greek, Mediterranean, Mexican

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Servings: 6 burritos

Calories: 252 kcal

Author: Terri Gilson

INGREDIENTS

- 6 tortillas, whole (10 inch) - I use sun-dried tomato flavour
- 9 whole eggs
- 2 cups baby spinach washed and dried
- 3 Tbsp. black olives sliced
- 3 Tbsp. sun-dried tomatoes chopped
- 1/2 cup feta cheese (I use light/low-fat feta)
- 3/4 cup canned refried beans
- Garnish: salsa (optional)

INSTRUCTIONS

1. Spray medium frying pan with non-stick spray. Scramble eggs and toss for about 5 minutes, or until eggs are no longer liquid. Add spinach, black olives, and sun-dried tomatoes; continue to stir/toss until no longer wet. Add feta cheese and cover until cheese is melted.
2. Add 2 Tbsp. of refried beans to each tortilla. Top with egg mixture, dividing evenly between all burritos. Wrap, burrito-style (see Foodmeanderings.com for video on how to wrap a burrito, if necessary).
3. Grill on panini press (this is what I use) or in frying pan until lightly browned.
4. Serve hot with salsa and fruit (optional).



5. If freezing: wait until cooled, then wrap in parchment paper (see Foodmeanderings.com for instructions on how to wrap burrito for freezing and quick reheating).

6. If you are reheating: Heat in microwave (in parchment paper) for about 2 minutes. Serve hot.

NUTRITION FACTS

Mediterranean Breakfast Burrito

Amount Per Serving

Calories 252	Calories from Fat 99% Daily Value*	
Total Fat	11g	17%
Saturated Fat	4g	20%
Cholesterol	256mg	85%
Sodium	687mg	29%
Potassium	286mg	8%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	14g	28%
Vitamin A		28.2%
Vitamin C		4.6%
Calcium		15.5%
Iron		16.7%

* Percent Daily Values are based on a 2000 calorie diet.

*** Using low-fat/light feta cheese will reduce calories and fat content in this recipe (my nutritional analysis does not have an option for low-fat/light feta, so I was unable to calculate the recipe using it)

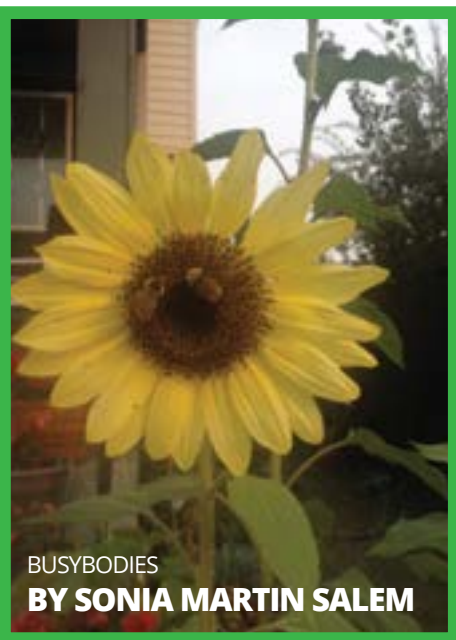
See more of Terri's recipes at
www.foodmeanderings.com

Local PHOTOGRAPHERS

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



COLOURS OF FALL
BY BRIGITTE DOHERTY



BUSYBODIES
BY SONIA MARTIN SALEM



THE NEIGHBOURHOOD WATCH
BY KAREN BRAILSFORD



COLOURFUL LEAF
BY CHELSEA MARSOLAIS



FUZZY BEE BY
BY EVERITT BORN

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!

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RRROCA Community Connection

What does being a Girl Guide allow me to do?

By Aurora Lindley, Wichewakn District Coordinator, Girl Guides of Canada



This is the question that we posed to the 200th Guide Unit at our first camp during the weekend of September 22-24, 2017.

This group of girls has a wide range of guiding experience: we have girls who started 6 years ago as little year 4-year-old Sparks, right up to girls who are brand new to Girl Guides and only have two weekly meetings under their belts. Their honest, heartfelt, and unedited answers are given below. We're certain that after reading them, you'll agree that there aren't a lot of opportunities for girls to be involved in an organization that can provide these things in such a nice, cohesive package.

So, what does being a Girl Guide allow me to do? It gives me an opportunity to make new friends and meet new people, to see nature and animals, to go on adventures, to have a peaceful moment with my friends, to make crafts, to sleep in tents or bunk beds, to volunteer, to explore new places, to learn to cook, clean, and be independent, to learn life skills, and to learn new songs and games. It is an opportunity to be silly, earn badges, get outside, and eat tasty snacks that I made myself. I learn to respect the world, be creative, and follow the rules. I learn how to be safe and the importance of volunteering to help those in need. But mostly, it is an opportunity to have fun: let's face it, we wouldn't want to be Girl Guides if we weren't having fun!

The girls also added that it's an opportunity to sell Girl Guide cookies, which is the major fundraising tool that allows all these fantastic things to happen. Proceeds from the sale of Girl Guide cookies supports Guiding activities both in our community and across the country. The girls gain self-confidence, increased responsibility, and important life skills regarding courtesy, customer service, and money management. That's why we all want to take this opportunity to thank you for supporting us by purchasing our tasty, delicious, marvelous, amazing, and wonderful Girl Guide cookies! Your purchases help make all this fun happen and help transform these independent, smart, and caring girls into young women who are ready to take on the world! THANK YOU from the 200th Girl Guide Unit and all the other Girls Guides in Wichewakn District, Calgary, Canada, and beyond!

If you have questions about Girl Guides, wish to volunteer, or want to register your daughter, feel free to email Aurora at wichewakn@hotmail.com for more information.



RRROCA Community Connection

Rocky Ridge Villas Celebrates Canada 150

By Allan Rix, Rocky Ridge Villas

Residents of The Villas of Rocky Ridge Ranch saw their Canada 150 project come to fruition with the planting of a flagpole on our common land by the mailboxes.

A committee had been established in January and over the following months plans for a Canada 150 project were formulated. Donations from residents were received beginning in August. On September 17, 2017, our flagpole was installed and our flag unfurled. More than 30 residents and some of their grandchildren came out to see our flag being raised for the first time. The flagpole was marched, with a fitting ceremony into the common space that was to become its new home. After a brief ceremony and a rousing outdoor rendition of "O Canada," we enjoyed some treats and cool beverages. We also toasted the success of our fundraising campaign which had enabled us to get our flag up before colder weather set in.

Since donations collected to date have far exceeded the cost of our flagpole, the Canada 150 Committee will soon be considering what else we can do next to make the common space around the mailboxes and our new flagpole more inviting to residents.



PHOTO BY A.RIX



PHOTO BY J.SCYDLIK



YOUR CITY SECTION

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Check out these important updates from The City of Calgary

You have opinions, The City wants to hear them. Help shape Calgary's future by joining the Citizens' View panel.	Citizens View.ca
The pathway across the Glenmore Dam was closed to the public on September 30, 2017, and then until the work is complete in 2020.	Calgary.ca/ Glenmore Upgrades
Calgary AfterSchool offers fun, safe, free and low-cost after school programs for children and youth.	Calgary.ca/ AfterSchool
The Youth Employment Centre offers FREE year-round help for youth, aged 15-24, to secure employment and take the first step in their career.	Youth Employment Centre.ca
Know someone who is removing barriers for people with disabilities in Calgary? Nominate them for one of three accessibility awards before Nov 17.	Calgary.ca/ Accessibility

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

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and contribute to City-hosted events, engagement sessions and public meetings.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request accessible service for any City meeting or event, including Council and committee meetings, engagement sessions and open houses. Please provide at least two weeks' advance notice so we can coordinate the service.

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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
- 250-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. A Shane Homes YMCA membership includes access to the nearby Melcor YMCA at Crowfoot and to our other locations across Calgary and Canada. **Join the YMCA community today!**

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