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RRROCA REPORTER

Rocky Ridge Royal Oak Community Association
www.rrroca.org

DECEMBER | 2017

Join Us!

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

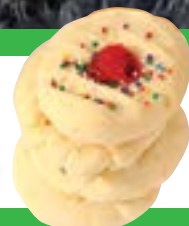
Fall sunrise

by Carole Westlake

CIRCULATION | 7600

ROCKY RIDGE & ROYAL OAK
COMMUNITY ASSOCIATION
403.879.2820
www.rrroca.org

Whipped **Shortbread**
Cookies **PAGE 10** ►



Help the Homeless this Holiday



Since 2008, the Calgary Homeless Foundation (CHF) and its partner agencies have been working hard to bring Calgarians home. Since the launch of Calgary's Plan to End Homelessness, over 8,000 people have been housed and given the essential supports to help them thrive in our communities.

There is still much work to be done. We know that close to 16,000 Calgarians live in core housing need, leaving them at risk of homelessness. We know we need to house an additional 3,200 people to ensure that those experiencing chronic and episodic homelessness do not remain trapped with no way home. And, we know we cannot do it alone.

Every Calgarian has a role to play in ending homelessness. In Calgary's updated Plan to End Homelessness, Fourteen Key Actions were identified that directly impact our success in ending homelessness. Action #14, *Empower Calgarians in the movement to end homelessness*, invites every Calgarian to take action and get involved.

Since 2003, greengate Garden Centers has played an active role in drawing attention to our efforts to end homelessness through various activities that raise awareness and create a great city for everyone.

This holiday season, greengate Garden Centers is once again offering Calgarians an opportunity to get involved in ending homelessness with their "Help the Homeless this Holiday" campaign. From December 1st -22nd, everyone is invited to help the Calgary Homeless Foundation and its partner agencies end homelessness by dropping off any of the following donations at greengate. These donations will help families stay warm, and will provide nourishment, winter activities and transportation for those in need:

- Calgary Transit bus passes or tickets;
- Grocery gift cards;
- Family activity passes (Calgary Zoo, Heritage Park etc.);
- Any gently used winter wear; and
- Travel size toiletries.

greengate Garden Centres will also donate a portion of all sales from the entire "Help the Homeless" campaign to Calgary Homeless Foundation.

Much has changed at CHF since Calgary's Plan was launched nine years ago, but what remains true today, as it has throughout our history, is our belief and commitment to ending homelessness. Through the generous support of the Provincial Government and other supporters like greengate Garden Centres, we will end homelessness in Calgary.

For more information about the Calgary Homeless Foundation, or to make a donation, please visit calgaryhomeless.com

PEOPLE JUST LOVE THEIR OFFICIAL COMMUNITY NEWSLETTERS!

DID YOU KNOW?

You help the Community Association when you advertise in their official community newsletter. Plus, our newsletters are posted on the Community Association's Websites as well as our Mind's Design Website.

You receive additional online presence through our Mind's Design community newsletter app that automatically updates our current newsletters each month.

Print advertising is a compliment to your online strategy
- print drives people to the web!

It's the PERFECT TIME to place your
Holiday message!!!

WINTER & HOLIDAY ADVERTISING



CALL
403-203-9152

email: info@mindsdesign.ca



President's Message

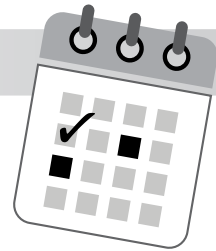
Happy Holidays!

By Tessa Sakamoto, RRROCA President

We have just hosted our Annual General Meeting and elected a new Board of Directors. I'd like to welcome all the new members and thank them for making this commitment! I'm excited for all the great work we have ahead of us, and I'm eager to see new projects and ideas emerge.

The holiday season is now upon us and with it comes the hustle and bustle of December! Remember that our community has great local shopping options. Royal Vista houses lots of great shops, and many of our neighbours have home businesses as well! A great resource that lists these businesses is the Facebook page called "Royal Oak Rocky Ridge Families." It's always good to support local businesses!

As always, please email me at president@rrroca.org with any questions, ideas, or feedback! Happy Holidays!



MARK YOUR CALENDARS

- **December 21:** December Solstice
- **December 24:** Christmas Eve
- **December 25:** Christmas
- **December 26:** Boxing Day
- **December 31:** New Year's Eve



"Love the giver more than the gift."

BRIGHAM YOUNG

SNOW ANGELS

"LUCKY AND PROUD."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time.

For more information, visit calgary.ca/SnowAngels.



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.



A time to give.

'Tis the season for giving. At the RRROCA, there is no shortage of this from our incredible volunteers. Please see page 6 and 7 for some opportunities and some "Thank Yous!"

"Volunteers do not necessarily have the time; they just have the heart."

~ Elizabeth Andrew



Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, taking appropriate measures to dress properly and anticipating sudden weather changes and preparing to be out in the cold may reduce your risk of sustaining a cold weather illness/injury. It's also a good idea to store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

FROSTNIP

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

FROSTBITE

- Frostbite occurs when skin becomes so cold that the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

HYPOTHERMIA

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Gems For Gems
"Empowering Women to Empower Themselves"

Gems for Gems is a Calgary based non-profit whose mission is to 'Empower Women to Empower Themselves'.

Through the collaborative efforts of corporations and community, this heart centered organization works with shelters to change the lives and futures of women who have experienced abuse.

It is our belief that within each woman exists a hero,
ready to save the day.

We teach, inspire and motivate, through our three initiatives,
to bring out that hero in each woman we work with.

www.GemsforGems.ca

Facebook: Gems for Gems

Instagram: gemsforgemscanada

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.



Start a family tradition

Traditions are important to every family. They can strengthen bonds and create meaningful and lasting memories. While many traditions are set in stone, try some new rituals this season to get into the holiday spirit and bring your family together.

- Rent a ping-pong table and host an elimination tournament with your family. The last person standing gets a free pass for not doing the dishes.
- On Christmas Eve, implement a mandatory onesie dress code. To document your onesie party conduct a playful photoshoot with your family and friends.
- Create a playlist of old tunes from your grandparents and parents' generation, your teenage years and classic cheesy holiday songs. Turn up the music and have a dance party.

- Combat the cold by incorporating tropical items into your holiday menu. Create Caribbean inspired drinks like coconut eggnog slushies or mandarin orange spritzers and beach inspired snacks like guacamole or crab dip.

- Dust off and bust out your old school VHS player and watch old home videos from your childhood.

- Have a slumber party with your siblings by camping out in the living room in front of the tree.

- Host an ugly sweater craft session and contest with your family.

- Make breakfast. Four words: "The Wife Saver Recipe." This breakfast dish that you can easily throw together the night before will save you when your family wakes up with hungry tummies after a night of festivities.

- newscanada.com



Christmas Eve

- SERVICE -

**NORTH WEST
FAMILY CHURCH**

NORTH WEST FAMILY CHURCH
Christmas Eve Candlelight Service is
Sunday, December 24th at 6 PM
Sunday, December 31st - 10:30 AM & 6 PM
www.nwfchurch.com
10307 Eamon Road NW
403-241-8822



Heartfelt thank you to our volunteers!

By Joanna Tija, RRROCA Director of Volunteers



I would like to express my heartfelt thanks to volunteers who have helped with our programs or events, as well those who have continually supported RRROCA as board or committee members in 2017. You have made our community a wonderful place!

Special thanks go to MP Pat Kelly, Kelli Taylor, Ward Sutherland's re-election team, and members of the 242 Scouts Troop; North West Family Church and Royal Oak Victory Church, who brought numerous volunteers for our Stampede Breakfast; Darren Deacon, manager of Rocky Ridge ATB Financial, who led his staff in volunteering for several

of our events, including the Casino Fundraiser; finally, photographers Nick Blakeney and Logan Terrill, who shot terrific professional photos for our events.

We have some planning to do for 2018, and we need volunteers for upcoming events. If you'd like to volunteer in a board or lead role, please email me at volunteer@rrroca.org. We are also looking for ice rink volunteers! Please email Steve Branter at volunteerlead@rrroca.org to sign up.

BOARD

Communications Chair

Responsible for connecting residents to RRROCA by conveying the work, events, and initiatives of the organization. The chair will oversee 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

Events Co-Chair

Responsible for organizing RRROCA community events, as well as updating information on upcoming/past events on the website and in the newsletter. Will be expected to attend monthly board meetings.

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 ((\$50 or \$65) every year;
4. Most importantly: help us build a thriving community!



LEAD

Community Park Lead

Responsible for overseeing icemaking and maintenance of the ice rink, as well as coordinating volunteers for community park maintenance. Will also help monitor the condition of the community park and report any issues to the board when needed.

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

Programs Lead

Responsible for assisting the Programs Chairs in the execution of duties for sport programs.

Time commitment: 2-5 hrs/month

Events Lead

Responsible for assisting the event 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

No experience required, just a keen will to keep the ice in great condition for skating. Training will be provided. Volunteers aged 16 years or younger must have a parent or guardian present (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: Mary Fleet

By Joanna Tija, RRROCA Director of Volunteers



If you enjoy reading the RRROCA Reporter, you may be familiar with Mary Fleet. Mary has been our Newsletter Editor since July 2016. She also briefly volunteered as our Signage Lead from February to June 2016. To recognize Mary's long-term outstanding volunteer work, I invited her for an interview.

Here is the interview with Mary (M).

Q: Why do you volunteer for RRROCA?

M: One, because I care about keeping people informed (something I already do at work), and two, because it also helps me. I'm hoping to become a legal assistant in June next year, and the editor role allows me to demonstrate my proofreading and editing skills.

Q: How has your experience been volunteering for RRROCA?

M: I like that my role has a steady schedule. I also like that it can be done from anywhere, which is very convenient and makes it easy for me to fit it into my busy schedule.

Q: What have you accomplished?

M: Almost immediately, I implemented a submission template to improve efficiency and organization (it also helps Mind's Design). I also reworked the Community Crime Report, but haven't been able to include it for awhile for various reasons.

Q: What have you learned through volunteering for RRROCA?

M: I've learned the value of being timely and paying attention to your email! It's also important to communicate as clearly and positively as possible, because everyone has a different perspective. With online communication, meaning can easily be misunderstood, so you need to be careful about phrasing.

Q: Any other experience you would like to share?

M: I encourage everyone to try something new and step out of their comfort zone. Do something that you find intriguing but a little scary. You'll probably be surprised at how much support you'll receive, even from strangers!

Words from the Author

I always feel indebted to Mary, as she ensures my articles are flawless. I am also amazed by her time management skills and her warm heart in how she gives back to our community. Even as a busy legal assistant student, Mary continues to volunteer her time for our community. We are so thankful to have Mary as a RRROCA volunteer!

Would you like to take Mary's advice and try something new? Are there any skills you can showcase through volunteering for RRROCA? Please email me at volunteer@rrroca.org if you are interested.

HOLIDAY PET SAFETY



The holiday season is a joyful time for many who want to include their pets in the festivities by sharing treats from the dinner table and having them be a part of the celebrations. Here are some tips and considerations to keep your pet safe:

FOOD:

- Leftover food that is rich, spicy, or fatty can be hard for pets to digest.
- Many foods are toxic or harmful for pets, including: turkey bones, artificial sweeteners, and other baking ingredients, such as chocolate and alcohol.
- Secure the lid on your garbage can or put your garbage outside right after the meal.

DÉCOR:

- Poinsettias, Christmas cactus and holly are toxic to cats and dogs.
- Secure your Christmas tree if you have pets that like to climb.
- Hang breakable ornaments higher on your tree.
- With natural trees, make sure pets don't drink the water.
- Shiny tinsel and ribbons are appealing for cats, but if swallowed can cause serious injury or lead to surgery.



- Unplug holiday lights and extension cords prior to leaving your home.
- Don't put candy or chocolates under the tree.

SOCIALIZING:

- While hosting parties, give your pet a safe and quiet place to retreat.
- Be mindful as guests come and go as it's easy for pets to slip out unnoticed.

Call your veterinarian if you suspect your pet has eaten any toxic foods or substances. visit calgary.ca/animalservices.



RRROCA Contacts

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

President

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

Vice President

Jenna Mortis..... vp@rrroca.org

Treasurer

Ambreen Sulman..... treasurer@rrroca.org

Secretary

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

Communications Chair

VACANT..... communications@rrroca.org

Membership Chair

Rachel Kim..... membership@rrroca.org

Parks Chair

Aaron Dirk..... parks@rrroca.org

Planning & Development Chair

Dave Spencer..... planning@rrroca.org

Safety Chair

Jessica Asuquo..... safety@rrroca.org

Schools Chair

Marcie Hawranik..... schools@rrroca.org

Sponsorship Chair

Gerry Lynch..... sponsorship@rrroca.org

Transportation Chair

Durotolu Aro..... transportation@rrroca.org

Volunteers Chair

Joanna Tjia..... volunteers@rrroca.org

Events Co-Chair

Dan Toma..... events@rrroca.org

Programs Co-Chair

Kate Millar..... programs@rrroca.org

Programs Co-Chair

Elena Spronk..... programs@rrroca.org

Mind's Design

NEWSLETTER AD SALES FOR THE REPORTER:

403.203.9152

NEWSLETTERS@MINDSDESIGN.CA

COMMUNITY CONTACTS

MP, Calgary Rocky Ridge

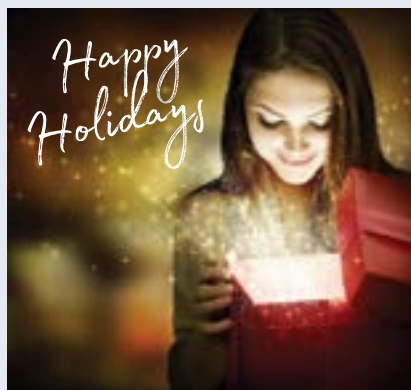
Pat Kelly..... pat.kelly.c1@parl.gc.ca

MLA, Calgary Northwest

Sandra Jansen calgary.northwest@assembly.ab.ca

Councillor, Ward 1

Ward Sutherland..... ward.sutherland@calgary.ca



Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1

Registration ongoing for Rocky Ridge
Ranch Programs

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

www.rrrha.ca
officeadmin@rrrha.ca

Program guide available at
www.rrrha.ca and Facebook

HOURS:

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

☐ 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 programs 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.

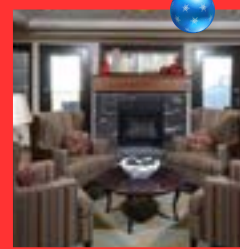
DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of RRROCA or the publisher.

**Suites Available
Tour Today**

Rocky Ridge

Lifelong Learning Community

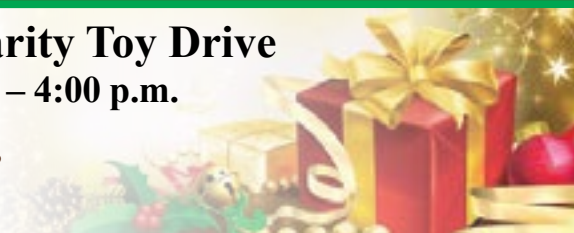
Celebrate the Christmas Season at Calgary's most vibrant Retirement Community



RSVP for our Free December events today!

Annual Christmas Party and Charity Toy Drive **Saturday, December 2nd from 2:00 – 4:00 p.m.**

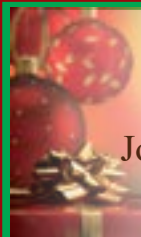
Free Sleigh Rides, Santa,
Music & More.



Salvation Army Toy Drive

Saturday, November 25th to Wednesday, December 20th

Join in on our Community Spirit and help brighten this Holiday Season for less fortunate Children by dropping off a new, unwrapped toy 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

4-Ingredient Whipped Shortbread Cookies

By Terri Gilson, Resident & Volunteer Contributor

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



With Christmas around the corner, you may be looking for a quick, last minute edible gift, a tasty addition to your baking tray, or some Santa-worthy treats. Look no further – these Whipped Shortbread Cookies are fast, simple, melt-in-your-mouth, and only require 4 ingredients!

Cuisine: North American
Prep Time: 5 minutes
Cook Time: 20 minutes
Total Time: 25 minutes
Servings: 36 cookies



Ingredients

- 3 cups butter, softened
- 1 ½ cups confectioner's sugar/icing sugar/powdered sugar, sifted
- 4 ½ cups all-purpose flour
- 1 ½ cups cornstarch
- Garnish (optional)
- Nonpareils and/or halved candied cherries

Instructions

1. Preheat oven to 300°F.
2. In the bowl of your stand mixer, cream butter and icing sugar until light and fluffy (you can use a hand mixer, but it's not ideal).
3. Gradually add flour and cornstarch, beating until well blended.
4. With hands lightly dusted with additional cornstarch, roll dough into 1" balls.
5. Place 1" apart on ungreased baking sheets.
6. Press lightly with a floured fork.
7. Top with nonpareils and/or cherry halves, if desired.
8. Bake at 300°F for 20-22 minutes or until bottoms are lightly browned.
9. Cool for 5 minutes* before moving from pans to wire cooling racks.

*if you try to move the cookies before they are completely cooled, you will risk breaking them!

Recipe Notes

Nutrition Facts: 1 serving (2 each) equals 81 calories, 5 g fat (3 g saturated fat), 14 mg cholesterol, 55 mg sodium, 8 g



Tune in to Christmas

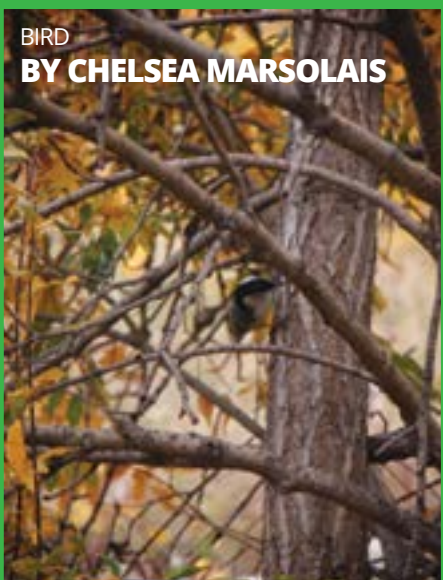
Join us at Royal Oak Victory Church as we celebrate both the music and message behind the very first songs of Christmas.

Sunday Services: Dec 3, 10, 17 & 31 @ 9am & 11am
Christmas Eve Services: Dec 24 @ 4pm & 6pm
450 Royal Oak Drive • www.rovc.ca

Local PHOTOGRAPHERS

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

BIRD
BY CHELSEA MARSOLAIS



COLOURS OF FALL
BY REENA BROWN



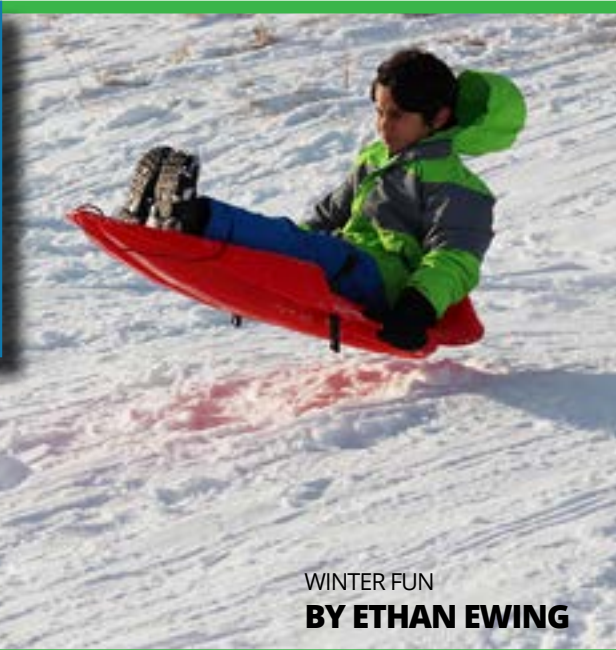
CHRISTMAS LIGHTS IN ROYAL OAK
BY EVERITT BORN



LOOKING FRAZZLED
BY MARY FLEET



WINTER FUN
BY ETHAN EWING



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!

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!** Senior's Discounts Available! Call Robert today at 403-990-1346 www.exosideconstruction.com (with the BBB) (Please see our display ad on page 14)

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!

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

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

SNOW REMOVAL SERVICES Receive a FREE estimate for this winter's season. Other services: Lawn Cut & Trim, Spring/Fall Clean up, Garden Care. Call Braeden at Top Turf today! 587.438.0036

LOCAL AND HOME BUSINESSES!!!
PURCHASE CLASSIFIED ADVERTISING
TODAY IN THE REPORTER!

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

SMALL LUXURIES IN LIFE

Why not treat yourself to a few simple, everyday indulgences for a better, smarter lifestyle that's surprisingly affordable.

DIMMER SWITCHES. Create the perfect atmosphere at any time of day or night and give your home the ambience of expensive lighting with dimmer switches. Use them to set the mood for a romantic night in, complete with a multi-course supper and a nice glass of wine.

FLYING FIRST CLASS. Travelling in style can have a huge impact on your entire vacation experience. The extra money you shell out for an upgraded seat is well worth the better service, additional menu and entertainment options, priority boarding and a more comfortable flight.

QUALITY SHOWERHEAD. Consider splurging on a deluxe showerhead with massage options for a spa-like experience every day. You can also add a water filter for softer skin and hair.

~ newscanada.com

RRROCA Community Connection

66th Guides Start to the 2017/2018 Guiding Year

By Jenny H. of the 66th Calgary Guides

September is always a busy time of year for anyone connected to the Girl Guides of Canada. Not only is September the start of a new guiding year, it's often the start of many new friendships, the time of year when plans begin to fall into place for the fun guiding year ahead, and when we try to have a tent camping trip before the snow flies.

Tent camping is one of the many great things Girl Guides get to experience. Although the leaders may be involved in booking the dates and location of camps, the girls are largely responsible for what happens when we get to camp. From planning what they eat to choosing whether we have a theme for the camp, the girls are encouraged to develop their planning skills and work together as a team. In the past, we have had the Amazing Race Camp, Harry Potter Camp, and Medieval Camp, to name a few examples.

This past September, the 66th Guides got the chance to head out to camp at the end of the month. The weeks beforehand were filled with the usual planning activities, and as we had just welcomed many new members to the Guiding Unit, the 2nd and 3rd year guides spent time teaching them how to put up tents and explaining which items they would need to bring with them to camp. A trip to Bass Pro was organized for all the 1st year girls to show them examples of essential tent camping items; this was followed by a scavenger hunt.

Our fall camp was a fun time for all. The weekend featured whipping up the batter for cooking pancakes on the propane stoves for our Saturday breakfast (the homemade pancake mix quantities were worked out by the girls), setting up the tents on our sunny campsite, heading out for a nature walk, a quick snack break to eat the cookies that the girls had helped make, sitting around the campfire to roast wieners for lunch, and helping to wash the dishes, tent camping style.



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Community Civic Chat

Ward Sutherland, Councillor Ward I

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Responsible Dog Ownership in Royal Oak

I have been recently advised that there have been several off-leash dog incidents in the green space between the Royal Oak School and the W.O. Mitchel School. Apparently, dog attacks have occurred, a student's safety was put into jeopardy, and a lockdown was executed when a dog entered one of the schools.

Please be a responsible dog owner. This green space is not an off-leash area, neither officially nor unofficially. The constant disregard for dog leash bylaws has direct safety implications on our community members. Responsible dog ownership is an important part of avoiding dog-related disputes with your neighbours and leads to having a happy, healthy dog. Being a responsible dog owner means complying with Calgary's dog-related bylaws – please ensure that you lead by example.

Please see <http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Dogs.aspx> for the City of Calgary's bylaws on this topic.

Project and developments

I want to express my heartfelt thanks to the residents in Ward I for re-electing me. I am humbled that you have placed your trust in me to represent you for a second term. Serving my constituents and the City of Calgary is an honour that I revere. I am grateful for the support from my wife, family, friends, volunteers and campaign supporters. It is because of your belief in me that I find myself in this privileged position.

I would also like to acknowledge the other candidates for running – Chris, Cole, Coral and Cam. I thank each of you for sharing your ideas, commitment and passion for our communities. I hope to continue seeing your engagement in the communities in Ward I.

Now that I am back in office, my focus is on addressing pressing city matters, such as the current economy, the 2018 budget, and property taxes. I am excited to work with both the new and the returning council members. While the City and City Council face many challenges ahead, please know that we are listening, and we will be working collaboratively to find solutions for all Calgarians.

With the holidays approaching, I would like to take this time to wish you a Merry Christmas, Happy Hanukkah, Happy Holidays and a Happy New Year. Whichever holiday you celebrate, I sincerely wish you a safe and happy time with your friends and family. I look forward to hearing from you and seeing you in the New Year!

Warm Regards,
Ward Sutherland

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OFF-LEASH AMBASSADOR PROGRAM Volunteer Recruitment

The Off-Leash Ambassador program is an innovative approach with a volunteer-based, citizen-led initiative to promote responsible pet ownership in Calgary's 150 off-leash parks.

Volunteers in the program will:

- Promote responsible pet ownership, positive pet interactions and safety in off-leash areas through the provision of information and demonstrations;
- Answer questions regarding Calgary's bylaws in off-leash areas;
- Act as positive role models in off-leash parks in terms of adhering with Calgary's bylaws;
- Provide an avenue for citizens to express concerns and pass along concerns to City staff; and
- Promote the work of Calgary Community Standards and the services available at the Animal Services Centre, such as animal adoption and licensing.

Ambassadors will receive training to familiarize themselves with bylaws, canine body language, as well as tactics to communicate with the public. Visit us at: calgary.ca/offleashvolunteer.

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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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