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FEBRUARY | 2018

# RRROCA REPORTER

*Join Us!*

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

## WARMER TOGETHER

photo by Brian Rushfeldt



CIRCULATION | 7600

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## The Teenage Driver

By Durotolu Aro,  
RRROCA Transportation Chair

**M**y teenage sons just got their Learners Licenses. Concerned about their safety, I sought lesser-known facts that would keep them safe.

We know the obvious: obey all signs, don't drink and drive, avoid drug use prior to driving (illegal or prescription), and use seatbelts; but what else do we need to consider?

- **All teenage drivers are risky drivers.** Logical decisions are made with the prefrontal cortex of the brain, which isn't fully developed until age 22-27. No matter how disciplined, coordinated, or cool-headed a teenager may be, neurology is not on their side. This affects how quickly and accurately a teenager will be able to analyze driving situations.
- **GPS.** The first use of GPS should not be a night when lost, late, and trying to beat a deadline. Navigation by GPS should be part of regular driver training.
- **Two sets of teenage eyes are worse than one.** A teenager driving a car full of teenagers is more likely to be involved in an accident than a teenager driving alone. As a result, I instructed my teens to never get in a car driven by another teenager except when I have given express permission.
- **Curfews.** There is nothing worse than a teenager speeding home on a dark, rainy night to beat a curfew. A teenager persistently getting home just barely before curfew is a red flag. He or she could be speeding to get home on time.
- **Purposeful vs. Recreational Driving.** Purposeful driving has a set destination, route, and purpose: Drive to school and back via Country Hills Blvd. Recreational driving has no set destination, route, or purpose: Drive from a game to Tim Horton's, then Peter's house to show off the medal, to the mall to check if a shirt is on sale, to the gas station to fuel up the car, then home. The risk of an accident triples during recreational driving.
- **Refreshers.** With time, teens may pick up bad habits from parents, friends, and other drivers. Refresher training every 1-2 years will help reduce the probability of picking up these bad habits.
- **Car sharing with parents.** A teen sharing a car with parents is more constrained and accountable compared to one who owns a car or drives a dedicated car. A teen that owns/controls a car tends to do more recreational driving and is more prone to accidents.

**Source:** *Not So Fast: Parenting Your Teen through the Dangers of Driving*, by Tim Hollister.

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## President's Message

### Exciting Developments!

By Tessa Sakamoto, RRROCA President

**W**hat an exciting start to 2018 for our community! The opening of the Shane

Homes YMCA at Rocky Ridge is a welcome addition to our area. By the time you get this newsletter, I hope that we will have a good start on ice making at the RRROCA Park ice rink. This is a project that has been on the top of our priority list for a good 4 years. I can't wait to lace up my skates and go for a couple laps! The hard work of many volunteers has brought this project to fruition. If you'd like to lend a hand with maintenance or can provide any donation or sponsorship to help with maintenance, please reach out to me at [president@rrroca.org](mailto:president@rrroca.org).

Thanks! ~ Tessa

**Happy Family Day**



### MARK YOUR CALENDARS

- **February 14:** Valentine's Day
- **February 19:** Family Day

"First best is falling in love. Second best is being in love. Least best is falling out of love. But any of it is better than never having been in love."

Maya Angelou





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## Parks Update

By Aaron Dirk, RRROCA Parks Chair



We are just waiting on the final stages of our electrical supply before we will have a fully operational skating rink! We expect to have skate-able ice by the end of January so hopefully by the time you are reading this, operations will be in full swing, and many of you have already been out for a skate. Many thanks to our volunteers who have been feverishly shoveling the snow off the surface to keep it ready for first ice. We are always looking for more volunteers. Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) if you are interested. We are also still looking for items to help in our tool shed, including peg boards, chairs, shop broom & dust pan, garbage bin, etc. For donation pick up, ice rental enquiries, or any issues, please contact me at [parks@rrroca.org](mailto:parks@rrroca.org).

See you at the rink!

“LOVE IS THE MASTER KEY WHICH OPENS THE GATES OF HAPPINESS.” ~ OLIVER WENDELL HOLMES

## 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](mailto: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.

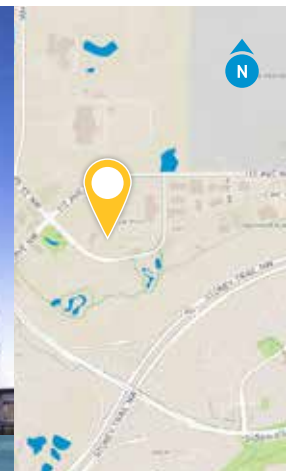
### SUBMISSION DEADLINES:

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](mailto:info@mindsdesign.ca).

### FOR LEASE

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## RRROCA Volunteer Corner

### Heartfelt thank you to our volunteers!

By Joanna Tija, RRROCA Volunteers Chair



**W**e can never thank our volunteers enough for their warm dedication to our community. Volunteers are the lifeblood of the community. We couldn't organize our events successfully without your support!

We are desperately looking for an Events Co-Chair and two Events Leads to organize our events. If you are interested in helping, please email me at [volunteer@rrroca.org](mailto:volunteer@rrroca.org).

We are also looking for ice rink volunteers to maintain our new ice rink!

Please email Steve Branter at [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up for volunteer roles.

#### BOARD

##### 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*

#### LEAD

##### 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

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*

## Community Civic Chat

### Ward Sutherland, Councillor Ward 1

Phone: 403.268.2430 • Email: [ward01@calgary.ca](mailto:ward01@calgary.ca)  
Website: [www.Calgary.ca/ward1](http://www.Calgary.ca/ward1)



#### Hello Neighbours!

Did you know that in November and December 2017, 210 vehicles that had been left running were stolen? The Calgary Police Service has started an initiative - Operation Cold Start – to educate citizens about the risks of leaving their vehicles unattended while warming them up. CPS Officers are on the lookout for vehicles that are left running and unattended. When such vehicles are found, officers take the opportunity to educate citizens about how quickly a vehicle can be stolen and why stolen vehicles pose a risk to the public. Offenders who take these vehicles have little regard for public safety and put the public and officers at serious risk, as stolen vehicles are often used to commit other crimes such as robberies, break and enters, and drug-related offenses.

#### Citizens who warm up their vehicle on a cold day should remember to:

- Never leave a vehicle with a keyed ignition running and unattended.
- Never leave vehicles with keyless ignitions or push-button starts running and unattended.
- Never leave children or pets in a running or unattended vehicle.
- Never leave spare keys or garage door openers in your vehicle. Always lock the door leading from a garage into a residence.
- Do not leave valuables, including identity documents and bank cards, in a vehicle under any circumstances.

- Use a remote starter whenever possible and keep your vehicle locked.
- Use a steering wheel lock to deter thieves.

Want more news on what's going on in Ward 1? Sign up for my monthly reports at [www.WardSutherland.com](http://www.WardSutherland.com)

I'm pleased to note that my City of Calgary website has updated all latest Ward 1 developments and projects. Visit my Development and Project web page to read the most recent information. If you need help navigating through the site, contact my staff for assistance.

It's back to business for me at City Hall. Please know that I'm working hard to ensure quality services for Calgarians at the best value under this economic environment.

## RRROCA Volunteer Corner

### Volunteer of the Month: Johnny Mo

By Joanna Tija, RRROCA Volunteers Chair



**T**his month, we are recognizing the contributions of Johnny Mo, who has been in the role of IT Lead with RRROCA since 2013. Johnny has devoted hundreds of hours (about 30 hrs/month on average) to protect RRROCA from daily hacker attacks. Here is the interview with Johnny (J).

**Q: Why do you volunteer for RRROCA?**

**J:** I wanted to help in a meaningful way, and this is what I'm good at.

**Q: Is there any other background information you'd like to share?**

**J:** I've been doing IT work since the late 1970s and have been Chief Information Officer in the 2000s.

**Q: How has your experience been while volunteering for RRROCA?**

**J:** RRROCA is very close to home and it feels like I'm working with neighbours.

**Q: What have you accomplished?**

**J:** There have been many accomplishments, but what comes to mind is the IT policy, security mandates, backend support, eliminating spam, getting better prices with web hosting services, keeping IT costs at a minimum, and the protection of the intellectual property of RRROCA. The IT backend guys/gals are usually the unsung heroes in any organization. When something breaks or goes wrong, everyone is all over them, and the pressure is immense; however, when everything is going smoothly, no one notices them. A perfect example is the Equifax, Uber, Yahoo, etc. security breaches where personal information was stolen. People start asking, how could this happen, and why? I prefer to utilize the proactive approach rather than the reactive approach, because at that point it is too late.

**Q: What have you learned through volunteering for RRROCA?**

**J:** That every board has different dynamics and that team work and cooperation is a must. The amount of work can overwhelm one person and that is why there is such a strong need for more volunteers, to help share the workload. I'm grateful of the communication team and our current President Tessa for assisting when/where they can.

**Q: What are your future goals?**

**J:** For RRROCA, that Tessa be our President for the next decade. For myself: To be a CIO again.

**Q: Any other experience you would like to share?**

**J:** RRROCA runs a good community soccer program and I hope we continue this. I applaud the volunteers that help run this program.

#### Words from the Author

Johnny is a real unsung hero for RRROCA. We thank Johnny for volunteering for RRROCA over 4 years!



### 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 or one sport registration for free (up to \$65) every year;
4. Most importantly: help us build a thriving community!

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Program guide available at  
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### Raspberry Tiramisu Cream Cutie Pies

By Terri Gilson, Resident & Volunteer Contributor



If you are looking for a quick, easy and delicious Valentine's Day Dessert for your cutie pie(s), these "Raspberry Tiramisu Cream Cutie Pies" are perfect! Because Valentine's Day falls on a Wednesday this year, you may be a little shorter on time than usual. This dreamy, creamy mini dessert uses store-bought tart shells and can be whipped up in 20 minutes flat, although it tastes like it took

hours to make. And if you are looking for additional recipe ideas for 2, all my recipes have adjustable servings. Visit me at <https://foodmeanderings.com>, click on "servings," choose your desired serving size, and the recipes will automatically adjust for you. Happy Valentine's Day!

**Course:** Dessert

**Cuisine:** Italian

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 12 tarts

#### Ingredients

- 3/4 cup seedless raspberry jam
- 1 tbsp. Kahlua
- 2/3 cup cold whipping cream
- 1/2 cup mascarpone cheese
- 1 1/2 tbsp. brewed vanilla coffee or substitute regular coffee and 1/4 tsp vanilla extract, room temperature
- 12 tart shells (I use store-bought Tenderflake brand tart shells)

#### Garnish:

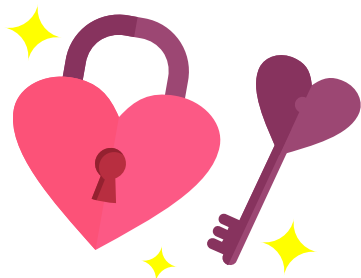
- Shaved chocolate or chocolate sprinkles
- Fresh Raspberries

#### Instructions

1. Preheat oven to 375°F (or follow tart shell directions on box). Blind bake tart shells, according to package directions (about 10 minutes). Allow to cool.
2. Beat seedless raspberry jam with mascarpone cheese. Beat in Kahlua and coffee until combined.



3. In a separate bowl, beat whipping cream until stiff peaks form.
4. Fold the whipped cream mixture into the raspberry mixture and stir until combined.
5. Fill cooled tart shells to the top with about 2-3 tablespoons of the raspberry tiramisu cream mixture.
6. Garnish with fresh raspberries and shaved chocolate or sprinkles.



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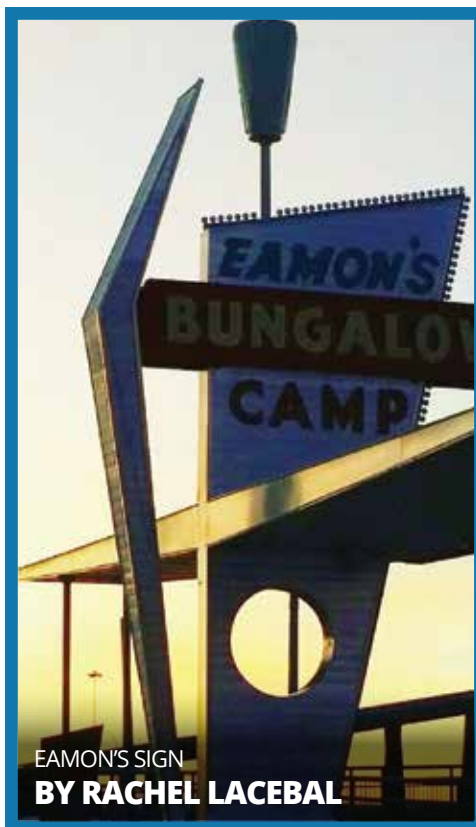
## Local PHOTOGRAPHERS

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



STANDING TALL

**BY YASH KAPADIA**



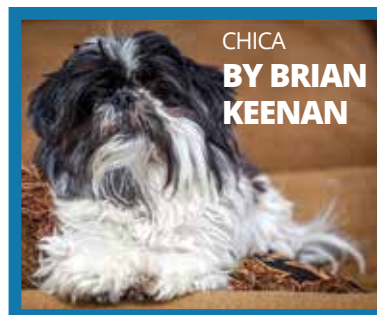
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The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature and in the newsletter. **Think seasonal:** send us your Stampede photos for July, or your street decked out for December, for 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](mailto:newsletter@rrroca.org). Who knows, you just might see your photo(s) in print!





## 2018 Spring Sports Program

By Kate Millar and Elena Spronk, RRROCA Programs Co-Chairs

### REGISTRATION

Registration for the 2018 Spring Sports Program starts February 1, 2018, and closes on March 12, 2018. Registration is available online only and a link can be found on the Rocky Ridge Royal Oak Community website ([www.rrroca.org](http://www.rrroca.org)) under 'Sports.' Register early to avoid disappointment. If you have not registered in 2016 and/or 2017, you will need to set up a new account.

Registration for RRROCA Programs is available for households that have a RRROCA membership. If you do not have a RRROCA membership, the membership fee will be automatically applied during the registration process. Memberships are \$30 annually per household. Registration is open to non-residents as well if a RRROCA membership is purchased.

### SCHEDULE

Programs run for 8 weeks, beginning Monday, April 30, and ending on Saturday, June 23, 2018. To be eligible for registration, players must have been born prior to March 31, 2015.

Program	Birth Year	Day	Time	Fees
TBall	2012/2013	Wednesday	6:30-7:30 PM	\$65
Coach Pitch	2010/2011	Tuesday	6:30-7:30 PM	\$65
U04 Soccer	2014	Saturday	9:15-10:00 AM	\$60
U05	2013	Saturday	10:15-11:15 AM	\$65
U06	2012	Thursday	6:30-7:30 PM	\$65
U08	2010/2011	Wednesday	6:30-7:30 PM	\$65
U10	2008/2009	Tuesday	6:30-7:30 PM	\$65
U12	2006/2007	Monday	6:30-7:30 PM	\$65

### FEES

Fees for each program include the costs of a Team Jersey (Shirt, Shorts and Socks) and a Team Photo!

A \$50 Volunteer opt-out fee will be applied to each household at the time of registration if a volunteer position is not filled. The cost of registration will be waived for those with a valid Calgary Recreation Fee Assistance Card. Please contact the Programs Co-Chair for registration assistance.

### VOLUNTEER

Our program would not be able to run without volunteers. If a member of your household fulfills a volunteer commitment for the Sports Program, the \$50 Volunteer opt-out fee will be waived.

There are a few key volunteer positions that we would like to have in place before registration starts. By contacting us now to volunteer, you can guarantee your child's spot in the program and ensure you get the volunteer position you'd like! We are currently recruiting Age Group Coordinators, Coach Coordinator, Equipment Manager, and Volunteer Coordinator. If you are interested in any of these key positions or would like more information, please email [programs@rrroca.org](mailto:programs@rrroca.org). All other volunteer positions are filled during registration.

If you have any other questions, please email us at [programs@rrroca.org](mailto:programs@rrroca.org).

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# Parking and Traffic Violations in School Zones

By Marcie Hawranik, RRROCA Schools Chair



**R**ocky Ridge and Royal Oak residents and parents from our local schools have raised concerns about several parking and traffic violations in our school zones. Schools are community hubs, so it is critically important to ensure the safety of students and staff along with all pedestrians and drivers. Constable Nedham looks after 5 communities in

total. Prior to taking on the CRO role, he worked in Patrol. He is a strong advocate for public safety in our community. Here is an interview with Constable Nedham (**N**).

**Q: Why did you want to become a police officer?**

**N:** I wanted to become a police officer so I could help people.

**Q: What is a typical day for a Constable?**

**N:** As a police officer, there is no typical day, and each day brings new challenges. One day you may be tasked with doing continuity in front of an address or at a hospital. Another day may be a large investigation, responding to calls for service, or Court. Depending on what you do within the service, you may have to assist other units in completing searches or executing warrants.

**Q: What are the most common parking and traffic violations in our school zones and their associated penalties?**

**N:** Here are some traffic violations and their associated penalties:

TRAFFIC VIOLATION	PENALTY
Parking where prohibited (i.e., blocking a driveway, in a cul-de-sac, etc.)	\$50.00
Illegal U-turns	\$155.00
Failing to stop for pedestrians	\$766.00
Speeding in a school zone	\$233.00
Jaywalking	\$78.00

**Q: Who can residents contact with traffic and parking complaints?**

**N:** Residents are encouraged to contact Traffic Enforcement Inquiries at 403-537-7100.

**P.S. Kindergarten Registration is now open and ongoing at Royal Oak School!**

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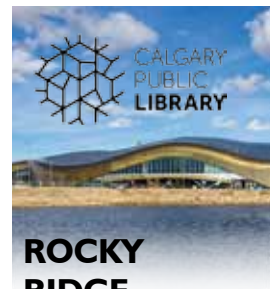
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