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RRROCA REPORTER



MARCH | 2018

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

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INSIDE >>>

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Why get a RRROCA Membership?

By Muoi Leong (former Director of Membership), with modifications from Joanna Tija, Membership Chair

The Rocky Ridge Royal Oak Community Association (RRROCA) is 100% run by volunteers and provides several benefits:

- Plans/funds annual activities and events such as Stampede Breakfast, Easter Egg Hunt, Community Clean-up, Parade of Garage Sales, Park 'n Plays, etc.
- Organizes the Spring Sports programs (soccer, coach-pitch, T-ball) for our children.
- Provides services such as Babysitter Registry and recreational insurance for youth sports programs, financial support for Block Parties, etc.
- Works as a conduit between our city and provincial government, acting as a voice for our community for various issues.
- Has organized and partially funded the development of an outdoor ice rink and will organize the maintenance and upkeep of the ice rink.
- Continuously works to promote community safety – such as making crosswalks more visible and working with the area constable to reduce the community crime rate.
- Communicates with the Ward 1 Councillor, the Member of Legislature of Alberta, and the Members of Parliament.

Please visit our website for information on upcoming events and RRROCA-funded initiatives at <http://rrroca.org>. Members will be eligible to register for Spring Sports programs, Babysitter Registry, Parade of Garage Sales, 3-on-3 Basketball Tournament, and having an opportunity to get financial support for holding block parties on Neighbour Day.

OUR SUCCESS DEPENDS ON YOUR MEMBERSHIP.

Thank you for supporting the Rocky Ridge Royal Oak Community Association!

CONGRATULATIONS TO TATYANA S.!!!

To all others who now have a 2018 RRROCA membership, THANK YOU! Your names will be re-entered for our next month's draw. The earlier you register or renew your RROCA membership, the more chances you will have to win.

Community EASTER EGG HUNT!



Join the North West Family Church & RRROCA for a
COMMUNITY EASTER EGG HUNT
On Saturday, March 31 at 1pm
at the greenspace North of Royal Oak School
on Royal Birkdale Drive
www.nwfamilychurch.com

EMERGENCY CALGARY AND AREA: NUMBERS FOR

- Ambulance, Fire, Police, Hazardous Materials Spills **9-1-1**
- Gas Emergency – ATCO Gas **403-245-7222**
- Electrical Emergency ENMAX Power **403-514-6100**
- All other City services **3-1-1**
- Poison & Drug Information Service **1-800-332-1414**
- Calgary Emergency Management Agency **3-1-1 or calgary.ca/cema**



President's Message

Traffic Safety

By Tessa Sakamoto, RRROCA President

Traffic safety is important in all communities. Recently, I have been made aware of more and more incidents on our roads involving careless or distracted drivers, pedestrians who perhaps aren't as aware as they could be, and inconsiderate actions, especially during school drop offs and pick ups. I just want to take the time to remind you that we are all responsible for the traffic safety in our communities. It is up to us to keep our eyes up, slow down, and be aware of what is happening around us. Give yourself the time you need to get where you need to go. One split second decision could be the difference; make sure it's the right one. It also doesn't hurt to give our children a refresher on traffic safety and how to cross the road: make eye contact with the driver before you start to cross.

Thanks! ~ Tessa



MARK YOUR CALENDARS

March 11: Daylight Savings Time begins

March 12: Commonwealth Day

March 17: St. Patrick's Day

March 30: Good Friday (statutory holiday)

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.

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

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.



**"LIFE IS LIKE RIDING A BICYCLE.
TO KEEP YOUR BALANCE, YOU
MUST KEEP MOVING."**

- ALBERT EINSTEIN



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Royal Oak
VICTORY CHURCH

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.

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10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1

Registration ongoing for Rocky Ridge
Ranch Programs

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office **403.547.6633** or visit
www.rrrrha.ca for details.

www.rrrrha.ca
officeadmin@rrrrha.ca

Program guide available at
www.rrrrha.ca and Facebook

HOURS:

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

☐ New membership ☐ Membership renewal
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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 the 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.

RRROCA Community Connection

Be Part of Royal Oak School's Naturalization Project!

By Carla Knipe, Rocky Ridge Resident and Volunteer

Royal Oak School staff and parent volunteers are working hard to create a special hub within the school grounds. It will be a place where the community can gather and where children can explore nature and play outdoors. The goal of the school's naturalization project is to create a "living classroom." Completion is estimated to be in May 2018. There are so many possibilities for what the space could look like, such as a labyrinth, an alphabet trail, or an area where people can sit and enjoy nature. As the name implies, the project will include native species of plants as well as features that are in harmony with the landscape. Hopefully this will also encourage local wildlife to visit! A future stage may be a garden where children can grow flowers, fruits, and vegetables.

This natural space will be tied in with the Alberta K-3 curriculum and build on what the students of ROS have learned through their visits to the nearby wetlands. The overall aim is to counter the increasing problem of Nature Deficit Disorder, a concept detailed in the book "Last Child in the Woods" by Richard Louv. A side effect of our hectic modern lives is that people of all ages—but especially children—are spending less and less time outdoors, which can have an adverse effect on stress levels and overall wellbeing. Nature Deficit Disorder is expected to be an even bigger issue in the future. Royal Oak School would love this naturalization project to be part of its community legacy that gets local children turned on to nature for years to come, and to also become an amenity that ties the Royal Oak "community corridor" with the other parks and green spaces in the area, as well as the new community rink.

Taking this project from a vision to reality requires many helping hands and community input from individuals as well as the local business community. Do you love to garden? Are you knowledgeable about local flora and fauna, and want to share this with children? Do you have some ideas to contribute to the project?

Could you help with the hands-on work of building it? If so, this project would be exciting to get involved with! Once the naturalization area has been built, volunteers would be needed to help maintain the area, especially during the summer. If this project is something you would like to get involved with, please contact Lynn Sparks at Royal Oak School (403-777-6279) or email natureatROS@gmail.com.



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“LUCKY AND PROUD.”


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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.

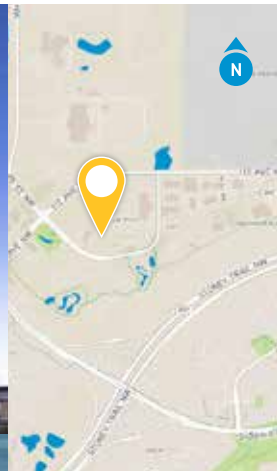
FOR LEASE
The Link at Royal Vista
19 Royal Vista Link NW




Tired of the commute? Work next to where you live!

Located in Northwest Calgary, the most under serviced office and medical quadrant, The Link at Royal Vista is a new development by MartinVest Corporation. The Link features modern design finishes and easy accessibility to major traffic routes such as Stoney Trail and Country Hills Boulevard. It is medically zoned and ready for tenant fixturing.

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Be the BUNNY!

Easter brings with it some of our fondest childhood memories of painting and hunting for eggs, binge eating delicious candy, and of course being visited by Eaters' furry mascot.

The Easter Bunny has been a childhood favorite for not only bringing colorful eggs and candy to kids, but also for symbolizing the spirit of love and giving during the holiday season. Now, anyone can embody the Easter Bunny's spirit by bringing that warmth to families in shelters. Humanity In Practice is collecting Easter goodies and craft kits. Anyone can participate by creating a goodie bag or craft kit complete with supplies and instructions, and dropping them off to one of 5 drop off locations. The treats and kits will be gathered and donated through HIP's 'Hippo' program which brings holiday treats and creative play ideas to children living in Calgary shelters or transitional housing.

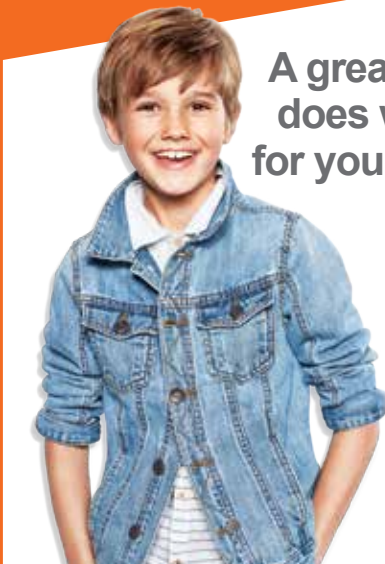
You don't need a fuzzy costume to be the bunny this Easter! A simple act of kindness can make a huge difference in a child's life. To find out how to participate, visit www.behip.ca or contact hip@shaw.ca



Not sure what your kids will get up to when school's out for the summer? Let The City of Calgary help your kids beat summertime boredom with one of our quality instructed day camp programs. From visual and performing arts based programs at our Arts Centres to sailing, golf and swim & fun recreational programs, The City of Calgary can help you keep your kids happy and active during the summer months. Offering a variety of fun, physically active and educational day camp programs at dozens of locations, The City of Calgary offers something for all interests and abilities, at very affordable rates, close to home. To see which program may be right for your child, visit Calgary.ca/recreation

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THE PROCESS... *we help make it easier!*

Renovating your kitchen can be an experience of a lifetime and a positive one if you have the right start. However daunting as it may seem at first, the apprehension about following through with a kitchen renovation can definitely be removed from the equation. Once you are seriously sure that you are moving forward, the first person you should speak to is your Design Consultant, who has been through the process with many other clients and can educate you on what to expect and where you need to start.

At that point, you can set your sights on what you need to do next, enabling you to set an approximate end date. There will definitely be bumps in the road, but if you are prepared to go with the flow and just look to solving the problem at hand, it will go a lot easier. Your Design Consultant at Merit kitchens is there to answer any questions you might have.

Whether you are hiring a contractor or coordinating the renovation yourself, you will still need to be aware of the process. Here are a few tips to get you started:

1. **Meeting with your Design Consultant** – Visualize what your dream kitchens looks like to you. Bring pictures that

you've seen online and keep in mind that not only is it important to have a beautifully designed kitchen, but it's also just as important to have great function.

2. **Have a Site Measure Completed** – Your Design Consultant will need to complete a site measure to get the perfect fit for your kitchen cabinetry. This also allows you to have a discussion about your thoughts while you both are actually in the space.
3. **Meet at the Showroom** – After your site measure, your Design Consultant is ready to 'put pen to paper'. Based on all of your thoughts and ideas, your kitchen design begins to come to life. At this point, a quote for budgeting purposes is also created. Your Design Consultant will set up a time with you to review your kitchen drawings and costs.
4. **Final sign-off** – Once your Design Consultant has captured all of the items that you are wishing for, they will ask you to come into the showroom for a final sign-off meeting. This involves reviewing the 3 dimensional layout of your new kitchen, all colour choices, cabinet door style and hardware.

Visit our Merit Kitchens showroom for a FREE consultation.

www.meritdesigncalgary.com

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*Beauty on the Inside. And Out.*

Burns and Scalds

Each year, Alberta Health Services, EMS, continues to respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

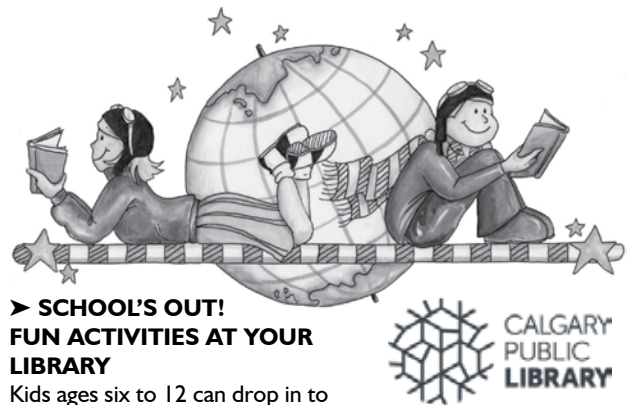
First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked down, causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1



► SCHOOL'S OUT! FUN ACTIVITIES AT YOUR LIBRARY

Kids ages six to 12 can drop in to the Library anytime on PD Days for games, crafts, and other fun activities. No registration is required. Learn where and when this program is offered by searching "School's Out All Day" at calgarylibrary.ca/programs or downloading or picking up a copy of our program guide Library Connect.

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► SPOTLIGHT ON MEMBER BENEFITS: CHANGES TO UNPAID FINES

To ensure the people who need the Library the most have access to as many services as possible, Calgary Public Library recently changed its policy related to unpaid fines. Previously, anyone with more than \$10 in unpaid fines was blocked from many Library services and resources. Those barriers have been removed; now, regardless of your fine amount, you'll still be able to book rooms, access the E-Library, register for programs, and use Wi-Fi, Chromebooks, and printers. Learn about more membership benefits at calgarylibrary.ca/membership-benefits.



RRROCA Community Connection

Girl Guide Camps

By Lauren Porrier, 60th Girl Guides Unit

The 60th Guides meet every Wednesday at the Ranchlands Community Center. We have a large group – 27 girls and 4 leaders! This makes for exciting meetings and lots of opportunities for new friendships! We are a camping-focused unit and have tons of fun planning our next weekend.

So far this Guiding year, we've been on two camping trips. The first camp was out at Camp Evergreen, near Sundre. Our Guides had the chance to experience a wide range of activities they had never tried before, including the following highlights: the 10-meter climbing wall, high ropes and zipline course, and horseback riding. The girls really stepped out of their comfort zones and learned a lot about themselves through team building exercises. This camp was an amazing way to start off the Guiding year, and we look forward to going back next year.

Our second camp was this past weekend out at Camp Jubilee. Our theme was "Art Camp." We arranged for a local artist to spend Saturday teaching the girls how to paint. All 11 girls were captivated throughout the process and channelled their artistic skills into exceptional masterpieces!

We believe camping is an integral part to Guiding, as it teaches the girls important life skills. Even as leaders, we always learn something new each weekend! We have at least three more camps planned for the rest of the year and are looking forward to tent camping out at IASG in May.

If you wish to volunteer or register your daughter in Girl Guides, please email Aurora at wichewakn@hotmail.com



Celebrate with your Neighbours

NEIGHBOUR DAY

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate our strong community spirit in Calgary. This year **Neighbour Day** will be held on **Saturday, June 16**.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. Now it has evolved into an annual celebration of what makes Calgary such a great city – namely our strong and caring communities.

Neighbour Day continues to grow each year. Last year, The City saw a large increase in the amount of permitted events from the previous year.

This year, The City is once again waiving its fees for block party permits and greenspace bookings for approved Neighbour Day events that take place on June 16.

The City wants all Calgarians to celebrate and are encouraging as many people as possible to host a local community event.

Visit calgary.ca/NeighbourDay for more information.

Calgary



Community Civic Chat

Ward Sutherland, Councillor Ward 1

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



Hello,

Route 158 was changed to service the new Shane Homes YMCA at Rocky Ridge. The bus route will be routed through the recreation centre site itself with a new stop opened up at the northwest end of the building. This change will help better connect users of the Shane Homes YMCA at Rocky Ridge with convenient transit service.

Now that recycling is widely available at home and work, The City of Calgary collects less than one-quarter of what they once did through their Community Recycling Depot (CRD) network. After careful review, The City has decided to close nine of their locations. In Ward 1, the Varsity Community Recycling Depot on Varley Drive NW closure will be completed by mid-February. The nearby locations available are Market Mall at 3625 Shaganappi Tr NW and North Hill on 1901 16 Ave NW.

The Dale Hodges Park is a new City park space that will also provide water treatment for stormwater going into the Bow River. Most of the site development was completed in 2017. Fine grading and seeding of the laydown areas will be completed, weather permitting, in the spring of 2018. The water infrastructure will be commissioned during the winter of 2018.

The City of Calgary will communicate with the public and impacted businesses about the

Varsity Fire Station #17 Redevelopment. For updates on this project, please call 311.

The construction of Tuscany Fire Station is aimed to be completed by the end of June 2018.

For more information on the above updates, visit my website at Calgary.ca/ward1 or sign up for the Ward 1 Report www.WardSutherland.com



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Delta Calgary South



Rev. Bruce R. Elvis Sheasby

On June 23, 1990, my father, E. Gordon Sheasby, wrote me a letter acknowledging my decision to study theology. He wrote "I sincerely hope you will find satisfaction for yourself in this line of study. Remember, idealists are often rewarded with frustration, as ideals are very honourable, but to translate them into meaningful positive contributions to society or satisfaction to one's self, one has to have in mind a practical application which is realistically doable. Good luck..."

28 years later, I have a response to my Dad in *Inspirational Core Values*. (I believe he now listens from another dimension.) If you can imagine an upright triangle with Practicality represented on the bottom left corner and *Spirituality* on the bottom right corner, then consider - as you move to the top from the right - you reach what I call Your Grace Land; and, if you move up from

Inspirational Core Values are Practical

"Inspirational Core Values have practical applications which are realistically doable" Rev. Bruce R.E. Sheasby

the left you reach what I call *Inspirational Core Values*. Depending upon your perspective, either Divine Grace or Inspirational Core Values or, both of them together, can be the bridge between the Practical and the Spiritual for you!

In his book, *Northern Tigers – Building Ethical Canadian Corporate Champions*, my father's former boss Dick Haskayne (the highly successful and ethical businessman, and renowned philanthropist) points out that, while so many corporate entities have values and ethics statements in their mandates, sadly, too many fall short of their own standards. Mr. Haskayne notes that "strategy is one thing, execution another". Often, it is not enough to ask people to simply "do the right thing", and a bottom-line of making money without an ethical and value-embued framework can be disastrous.

Working from what I consider to be six foundations are 18 *Inspirational Core Values* with practical applications to assist in overcoming obstacles by bridging different interests and motivating success, both internally and externally, which can lead to positive societal contributions and meaningful change. The foundations and values are: (i) Be honest! Truth is connected to *Authenticity, Purpose and Synergy*; (ii) Do the right thing!

Ethics is connected to *Respect, Helpfulness and Passion*; (iii) Believe in what you are doing! Strength is connected to *Tenacity, Prosperity and Transformation*; (iv) Have a clear conscience! Peace relates to *Wellness, Meaning and Bridge Building*; (v) Be optimistic! Hope relates to *Vision, Enlightenment and Growth*; and (vi) Have Fun! Joy relates to *Creation, Adventure and Generosity*.

Exercise an openness to Inspirational Core Values

1. Consider a roadblock you are facing.
2. Review the *Inspirational Core Values* (above) and choose at least one to focus upon to overcome an obstacle, and at least one to motivate fulfilment.
3. Join us this Sunday at 10:30 at the Delta Calgary South for *Your Grace Land* where we focus on a positive faith and living with *Inspirational Core Values*.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land – Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com

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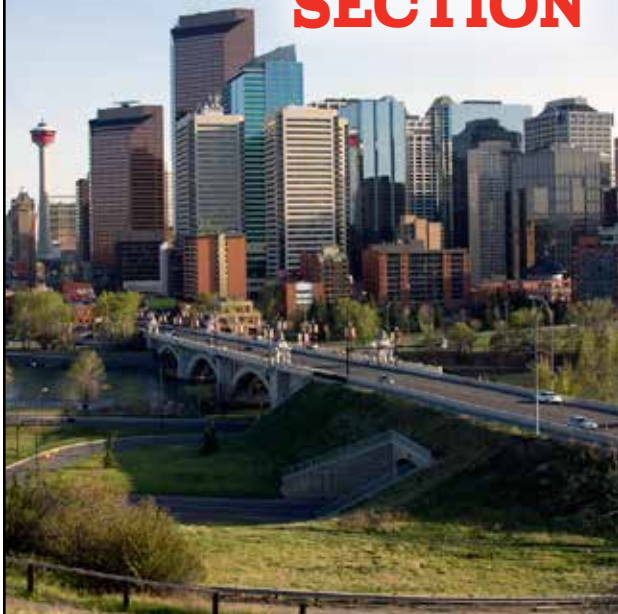
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CHECK OUT THESE IMPORTANT UPDATES FROM THE CITY OF CALGARY

Be a Snow Angel. When you clear your walk - clear a neighbour's at the same time. It helps people get around and makes a community proud! Calgary.ca/SnowAngels

The City of Calgary can help keep your kids active and busy this summer, close to home. Visit Calgary.ca/DayCamps to learn more and register. Calgary.ca/DayCamps

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Visit Calgary.ca/Recreation or call 311 to find a facility near you. Calgary.ca/Recreation

The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26. Calgary.ca/Register

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- twitter.com/cityofcalgary
- calgarycitynews.com

RRROCA Volunteer Corner Heartfelt thank you to our volunteers!



By Joanna Tija, Former RRROCA Volunteers Chair



Spring is almost here, and we have many events scheduled for the community. If you have some spare time to volunteer with us at our events or join us as a board or committee member, please email us at volunteer@rrroca.org. We are looking to fill the board and committee positions as below.

BOARD - Volunteers Chair

The Volunteers Chair oversees the volunteer needs by recruiting and managing volunteers, liaising with members of the Board to understand their volunteer needs and works towards fulfilling those needs, as well as ensuring the welfare of volunteers.

Time commitment: varies/month

COMMITTEE - Community Development Lead

The Community Development Lead is a new volunteer position. The individual holding this position will work closely with Treasurer and other Chairs, to plan and manage community development, including fundraising activities.

Time commitment: varies

Meeting your fitness goals is closer than you think



With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. Visit Calgary.ca/recreation or call 311 to find a facility near you.

RRROCA Volunteer Corner

Volunteer of the Month: Durotolu Aro

By Joanna Tija, Former RRROCA Volunteers Chair



This month we are recognizing the volunteer contributions of Durotolu Aro. Tolu has been the Transportation Chair (formerly called Director of Transportation) for 2.5 years. He has helped us resolving several traffic problems. Below are a few examples of his involvement:

- Traffic camera at 112 Avenue – Country Hills intersection which discourages trucks from breaking the red light
- Parking at the LRT station
- Installation of pedestrian signs at high risk intersections
- Request from resident to remove bus trap at Rock Lake Drive
- Request to reclassify Rockyvalley Drive

On top of these achievements, he also submitted 3-4 articles to the newsletters every year. Mary Fleet, our Newsletter Editor, nominated him for keeping the newsletter interesting.

Here is the interview with Tolu (T).

Q: Why do you volunteer for RRROCA?

T: Reading through the monthly newsletters, I noticed there were so many activities that were organized by local RRROCA volunteers, such as the Stampede Breakfast, Family day, garage sale, community clean-up day, and local sports programs. In one of the editions, there were lots of opening for volunteers, so I decided to try it out. I picked this role because of its technical nature.

Q: How has your experience been volunteering for RRROCA?

T: The board is very mature and professional. There are no arguments or infighting. Meetings start on time, and in most cases are done in less than 80% of the allocated time. Surprisingly, the city sends experts to the meetings to help, and the councillors (or his/her representative) attend most of the meetings.

I have also received thank-you messages from many residents; that is very fulfilling. I would like to thank those community members and those who have helped me formulate solutions.

Q: What have you learned through volunteering for RRROCA?

T: A lot of people care for the community in which they live. I get emails and calls from concerned residents when they see something out of place. The City of Calgary does not have all the solutions; sometimes, it needs ideas from the community.

Q: Any future goals?

T: 1) Optimization of parking at the LRT station, and 2) effect of the sale of the plot of land near the LRT station on the community.

Words from the Author

We thank Tolu for his tremendous efforts in improving the traffic in this community! He always asks good questions at board meetings and steps in when help is needed. Thank you, Tolu!



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!



This year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.

ST. PATRICK'S DAY WORDSEARCH

S	T	P	A	T	I	R	S	H	G	D	R	T	Y
S	L	N	C	H	B	R	W	O	R	S	N	L	E
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M	D	I	U	N	F	N	O	U	H	O	D	R	W
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O	W	H	P	O	T	O	F	G	O	L	D	C	R
C	B	A	T	M	B	W	N	D	A	M	T	H	D
K	O	Y	E	L	K	P	O	J	I	G	D	A	I
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P	O	T	A	T	O	W	L	P	C	E	H	N	J
A	I	R	B	R	E	Z	O	S	L	E	O	P	I
T	M	Y	I	R	E	L	A	N	D	N	Z	W	E
R	X	B	O	V	O	F	G	A	E	Y	U	R	E
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C	B	A	T	T	R	I	P	E	T	N	Q	M	A
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Can you find: **SHAMROCK, LEPRECHAUN, SAINT, SNAKES, IRELAND, IRISH POT OF GOLD POTATO, RAINBOW, PATRICK, JIG**

Tap into your
creative side
this spring
with **Calgary
Recreation**



Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist. This spring, The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opened February 26. To tap into your inner artist and see which program is right for you, visit Calgary.ca/recreation.

EARLY SPRING WALK

WITH WAYNE MEIKLE

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park It is because of our members, volunteers and donors that the Friends have accomplished so much. Join us to have your voice heard, and meet our board and staff at the Annual General Meeting. Enjoy a special presentation from Michelle Mueller about our 25th Anniversary Survey results!

MARCH 24, 2018 1- 2PM

FOR MORE INFO VISIT FRIENDSOFFISHCREEK.ORG





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Is someone from your household already a member? Visit any YMCA location so you and other household members can begin receiving the +One Membership reduced rate today!



ymcacalgary.org/plusone



Don't forget that members receive discounts on programs, camps and personal training. Our Spring Program Guide and Summer Camp Guide is now online!

Visit YMCAcalgary.org/programs to view our guides or to register.



Pistachio Square Dessert

By Terri Gilson, Resident & Volunteer Contributor



If you are looking for St. Patrick's Day green food, this is a beautiful and tasty green dessert – just in time for your potluck or dinner party! You can make this dessert in less than 30 minutes, although it's best to allow it to sit overnight in the fridge. If you have less time than that, 3-4 hours will do it. This Pistachio Square is also versatile in that you can change up the topping (use shaved

toasted almonds, finely chopped pistachios, another chopped nut or chocolate shavings) and bring it to any potluck any time of year. It's always popular! Happy St. Paddy's Day!

Course: Dessert

Cuisine: North American

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 18

Ingredients

Base

- 1/2 cup butter
- 1/3 cup ground pecans or can substitute ground almonds
- 1 cup flour
- 2 tbsp powdered sugar /icing sugar

Layers

- 1 tsp vanilla
- 2 250g packages of softened cream cheese
- 1 & 2/3 cup powdered sugar/icing sugar
- 3 oz melted white chocolate (Baker's white chocolate squares, NOT white chocolate chips)
- 3 cups whipping cream (if you really want to, you can substitute Cool whip)
- 2 packages of Pistachio instant pudding- 4-serving size, 99g each
- 3 cups cold milk

Garnish

Green sparkling sugar/sprinkles or toasted shaved almonds, ground pistachios or chocolate shavings. (green sparkling sugar available at Michael's Arts & Crafts)

Instructions

1. Preheat oven to 350°F. Spray 9x13 baking pan with non-stick cooking spray.
2. For base: In a food processor, add ground pecans with butter, flour, and 2 Tbsp. icing sugar; blend until it clings



Monthly Food Column

together, and press onto bottom of prepared pan. Bake 12-15 minutes or until lightly brown around edges; cool completely.

3. Beat pudding mixes and milk with an electric mixer for 2 minutes. Set aside and let stand until thickened for 5 minutes.
4. Beat cream cheese, vanilla and icing sugar in medium bowl with electric mixer until well blended. Spread gently over cooled crust.* If the crust cracks a little, don't worry, it's not a big deal.
5. Pour pudding over cream cheese layer.
6. Melt white chocolate in the microwave on 1/2 power for about 40 seconds or until melted. Put back in for 10 second intervals if not melted, stirring between.
7. Beat whipped cream to soft peaks, then add melted white chocolate and beat into stiff peaks.
8. Cover pudding layer with whipped cream by spreading gently, ensuring you keep the layers separate. Refrigerate for 3-4 hours or overnight.

Recipe Notes

This recipe needs to be refrigerated for 3-4 hours or overnight

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

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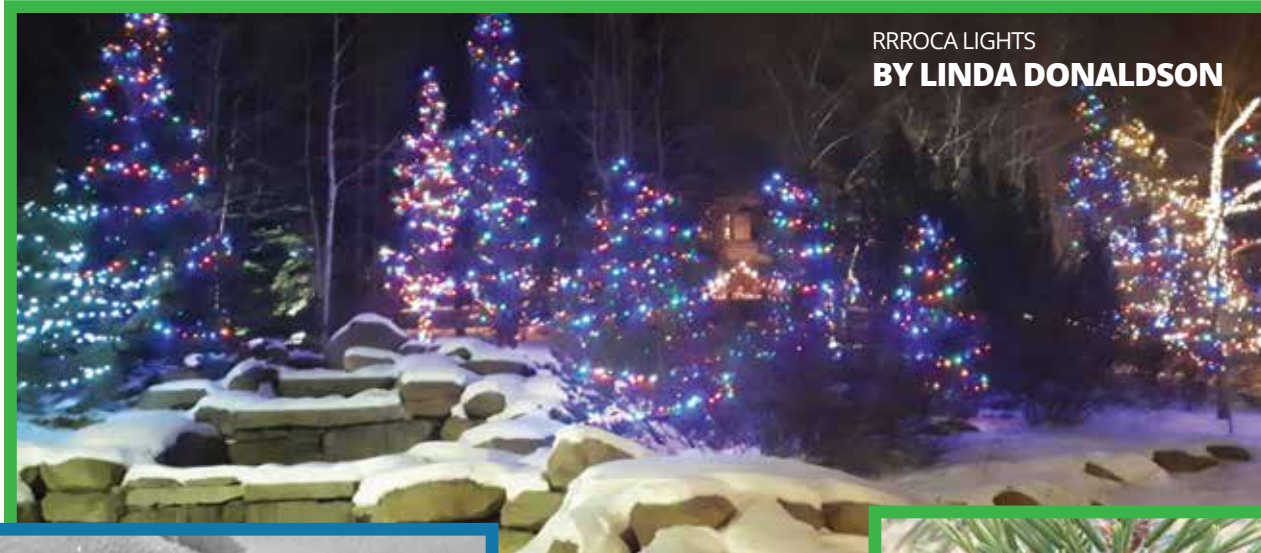
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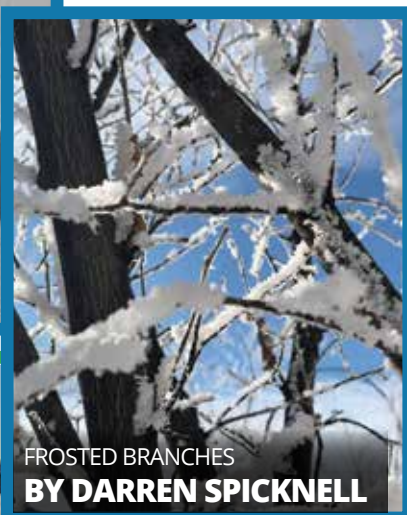
See below to find out how your pictures can
be featured in the RRROCA Reporter



RRROCA LIGHTS
BY LINDA DONALDSON



NATURE TAKING SHAPE
BY BRIAN RUSHFELDT



FROSTED BRANCHES
BY DARREN SPICKNELL



PINE CONES
BY SANDY KRAUSNICK



WINTER WALK
BY SONYA TRAN

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!



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) 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. All other volunteer positions are filled during registration.

If you have any other questions, please email us at programs@rrroca.org.

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Community Corner

RRROCA's Little Leaders: Ben Rutschke

By Marcie Hawranik, RRROCA Schools Chair



Welcome to the launch of RRROCA's "Little Leaders" column, where we recognize remarkable kids who exemplify leadership and volunteerism and have positively contributed to their communities. The first RRROCA kid that we would like to recognize is Ben Rutschke. Ben is a grade 8 student at William D. Pratt School and

actively contributes to his school, soccer, and neighbourhood communities.

How has he exemplified leadership and contributed to our community?

Ben was nominated by a teacher and selected to attend a leadership camp, the Alberta Pioneer Camp, near Sundre, Alberta. Ben was one out of two kids selected from his class of around 30 kids to attend. The students canoed, rode horses, participated in a scavenger hunt, and learned team building and leadership skills along the way. This experience inspired Ben to incorporate the teamwork and leadership skills that he learned in his daily life.

Ben has also played competitive soccer for around 9 years. He plays soccer roughly 6 days a week (indoor in winter and outdoor in summer). He believes it is important to lead by example on his soccer team.

Ben also takes the initiative and actively contributes to his

neighbourhood by shovelling his neighbours' driveways and sidewalks after it snows.

This winter, one of his neighbours injured their ankle, and Ben made sure that he always shovels their driveway (if needed) before he goes to school.

What is something that he has learned about leadership?

Ben said, "Everyone has the capability to lead, but a lot of people don't use it. We need to inspire people to lead more." Ben also recalled when Theo Fleury visited his school to talk to his Grade 8 class about leadership and he was privileged to lead a group of peers in an exercise teaching effective teamwork after the presentation.

What is his favourite subject at school?

His favourite is gym, but he also enjoys humanities (social studies and language arts). He plans on trying out for the badminton team and would like to be a trainer for the Mini Maverick Badminton Club. Ben has also participated in the yearbook club, recycling club, soccer team, and track team.

What is his favourite thing to do in the community?

Ben enjoys playing sports with friends.

If you know of a remarkable kid in the neighbourhood who has contributed to our community and would like to be recognized in our monthly column, please contact Schools@rrroca.org.



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COMMUNITY BLOOD DRIVE – Friday, March 16th – Royal Oak Victory Church. The need for blood is constant. This is especially true for patients in Canada that have conditions that require regular blood transfusions, such as patients with cancer and blood disorders. The Royal Oak Victory Church is hosting the next community blood drive on Friday, March 16th from 3 pm to 8 pm. Visit blood.ca to book your lifesaving appointment.

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Sudoku: For solution, go to mind's design studio 

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

**Go ahead...and
colour!**

