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APRIL | 2018

# RRROCA REPORTER

*Join Us!*

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



*Frost Trees*  
by Brian Rushfeldt

CIRCULATION | 7600

**ROCKY RIDGE & ROYAL OAK**  
COMMUNITY ASSOCIATION  
403.879.2820 • [www.rrroca.org](http://www.rrroca.org)



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## get a RRROCA Membership?

By Joanna Tija, Membership Chair



**P**lease support your community by purchasing a membership. The benefits you get from a RRROCA Membership far outweigh the cost! 100% of membership fees go directly into program and resource funding as well as future facilities development. The greater our membership base, the more accessible our projects, programs, and initiatives will be for community members! This will also help us continue to deal with municipal and provincial issues that affect your daily life.

Please visit the Membership page on [rrroca.org](http://rrroca.org) to sign up for a membership. Email me at [membership@rrroca.org](mailto:membership@rrroca.org) if you have any questions.

### Did You Know?

Some benefits of a RRROCA Membership include:

- Access to our Babysitter Registry
- Registration for community events and programs, including our Spring Sports Program for children, Parade of Garage Sales, winning one of five \$100 to hold block parties on Neighbour Day, etc.
- Equipment for holding free block parties
- Discounts at Cloverdale Paint, Servus Credit Union, and Stealth Alarms.
- Recreational insurance and Sports Programs offered by RRROCA
- Acceptance by Calgary West Soccer for their program registration\*

\* Please present your receipt for your RRROCA Membership Registration at the time of registration for Calgary West Soccer programs.

### More benefits are coming!

We are working on providing more benefits to our members. If you are business owners who would like to join our 'discounts for members' program, please email Gerard at [sponsorship@rrroca.org](mailto:sponsorship@rrroca.org).

### 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!



### Babysitter Registry

Please contact [babysitting@rrroca.org](mailto:babysitting@rrroca.org) for information.

## 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).





## Vice President's Message

### Lots of events coming up!

By Jenna Mortis, RRROCA Vice President

**A**s a community we have a lot to look forward to in the coming months, including the fact that our community rink now has ice! A big thank you to the wonderful team of volunteers who continue to make this rink a reality in our community: we appreciate you! In addition to enjoying the rink, our community members can look forward to some great events coming up in the spring time.

For more information about what's going on in our community, or to learn more about how you can get involved with RRROCA, visit [www.rrroca.org](http://www.rrroca.org).

-Jenna



## MARK YOUR CALENDARS

**April 1:** Easter Monday

**April 9:** Vimy Ridge Day



### COME & CELEBRATE CATS - APRIL 14-15, 2018

Bring your family and explore the amazing world of cats! See the majestic Maine Coon, the hairless Sphynx, and for the first time in Calgary the unique Lykoi or Werewolf cat. This event is for cat lovers to celebrate cat culture and to raise awareness of local cat rescue organizations. There will also be many vendors selling both human and cat products. You will be purr-fectly enchanted!

**Location:** Village Square Leisure Centre Arena, 2623 56th Street NE, Calgary, AB T1Y 6E7  
**Admission Prices:** \$6 Adults; \$2 for children 6-12 and under 5 Free; \$4 for Seniors 65+ years.  
Cash at door please. For More Information: <http://www.calgarycatshow.com/>

## RRROCA Community Garden

By Tiffany, RRRO Community Garden Steering Committee

*A garden is a friend you can visit anytime* – Author Unknown

Zucchini, peas, herbs, potatoes, carrots, flowers and strawberries – just a few of the things members of the Rocky Ridge Royal Oak Community Garden grew last season!

Everyone from the Rocky Ridge Royal Oak community is welcome to join. For a \$25 fee, you will receive a four-foot by ten-foot cedar garden bed to rent from April to September. The garden is located by the baseball diamond on Royal Oak Drive.

Gardeners and volunteers help keep the garden staying strong and healthy each season with weeding, watering, garden bed maintenance and composting. Past community garden events include orientation, guest speakers, worker bee gatherings and an end of season garden potluck.

### HOW TO REQUEST A PLOT

A few spots are still left for the 2018 season! If you are interested in joining, send an email to the RRRO Garden

Committee at [rrrocommunitygarden@gmail.com](mailto:rrrocommunitygarden@gmail.com). First-come, first-served. Spaces fill up quickly. Registration fees are \$25 per plot. Community gardeners are also asked to present their RRRO Community Association membership number when registering. Happy gardening season!





## 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

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VACANT ..... communications@rrroca.org

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#### Parks Chair

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

#### Planning & Development Chair

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

#### Safety Chair

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#### Schools Chair

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

#### Sponsorship Chair

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

#### Transportation Chair

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

#### Volunteers Chair

VACANT ..... volunteers@rrroca.org

#### Events Chair

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

#### Programs Co-Chair

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

#### Programs Co-Chair

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

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#### 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



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](http://www.rovc.ca).

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Visit [www.rrroca.org](http://www.rrroca.org) for information about RRROCA

#### 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](http://www.rrrha.ca) for details.

[www.rrrha.ca](http://www.rrrha.ca)  
officeadmin@rrrha.ca

Program guide available at  
[www.rrrha.ca](http://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 purposes only and will never be given to third parties

Last Name	_____
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Address	_____
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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  
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**SUBMISSIONS** - Please direct  
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rrroca.org and ad enquiries to  
Bobbie-Jo Bergner at 403.203.9152  
or info@mindsdesign.ca.

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publisher.

## Community Civic Chat

### Ward Sutherland, Councillor Ward 1

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



#### Welcome to April!

**B**y the time this article is published, spring hopefully will have arrived. I'd like to take this time to raise an important question about The City's Snow and Ice Program (SNIC). At the time of writing, the amount of snowfall in February has been higher than any other February in the past 5 years. There were two snow bans as a result of multiple heavy back-to-back snow falls. On secondary and neighbourhood roads, under current practices, The City cuts down impassable spots, levels out ruts, and sands and salts the driving lanes. It does not include:

- Plowing entire street widths, from curb to curb
- Plowing down to bare pavement
- Plowing entire street widths, from curb to curb
- Plowing down to bare pavement
- Removing snow

There was much discussion on whether the City should start plowing residential streets and removing windrows. A one-time snow removal city-wide would cost 15 million dollars. A single snow removal is equivalent to a one-percent tax increase. This is primarily related to



hauling all the materials away and some environmental costs. A general rule of thumb is that snow removal is 10 ten times the cost of snow clearing due to how labour intensive it is as well as the storage infrastructure needed to accommodate it. Currently, Calgarians get significant value for their snow clearing budget as we have the lowest costs per lane km in the country for a major winter city.

What are your thoughts? Do you want snow removal? If so, the question becomes how much are you willing to spend?

Want to see more municipal and community updates?

Sign up for my monthly e-newsletter at [www.WardSutherland.com](http://www.WardSutherland.com).



**H**ead injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

#### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;

- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

#### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

#### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



# National Volunteer Week

RRROCA Joanna Tija, Acting Volunteers Chair

**N**ational Volunteer Week (April 15-21) is when we can all take time to recognize volunteers and celebrate the power of volunteerism in our community. The theme for National Volunteer Week 2018 is Celebrating the Value of Volunteering - Building CONFIDENCE, COMPETENCE, CONNECTIONS and COMMUNITY. We would like to acknowledge the incredible efforts of volunteers and say **THANK YOU!!!** You have helped make our community more caring and vibrant!



Thank you to all volunteers who have helped us at Easter Egg Hunt. We had a blast!

Our biggest event, the Stampede Breakfast, is coming soon on July 7, 2018. During this event, we serve a few thousands of people every year. We need over 100 volunteers to make it happen! If you can volunteer for a couple of hours at Stampede Breakfast, please email Steve at [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

We are also looking for a Volunteers Chair to join the board. Please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you are interested.

### BOARD

#### Volunteers Chair

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



*Rocky Ridge Royal Oak volunteers at the 2017 Stampede Breakfast.*

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## 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](mailto:mehdisadaf@hotmail.com)





### Rocky Ridge Royal Oak Adult Co-ed Slo-Pitch Night

By Aaron Dirk, RRROCA Parks Chair



Come join us for a drop-in slo-pitch for anyone 18 years or older! This event will take place at the same diamond in Rocky Ridge/Royal Oak every week on Monday nights from April 30 to June 18, 2018.

Exercise is good for you – especially if it's outside (plus, slo-pitch is fun).

To participate, you will need a RRROCA

Membership plus a marginal fee to cover the cost of the diamond (roughly \$5-\$10 per person).

If you're interested, please contact me at [parcs@rrroca.org](mailto:parcs@rrroca.org). See you on the diamond!



### Census 2018



Complete your census online! Watch the mail for your access code and visit [calgary.ca/census](http://calgary.ca/census) from April 1 to 19. The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 20, 2018.

## DOWNSIZING

As Spring approaches, many people consider listing their home and looking for a new place and downsizing. Downsizing can be a tough decision, especially for Seniors, if they've spent many years, even decades in the same house. Below are some suggestions to ease the process of downsizing:

- Start with a floor plan and measurements of your new place, so you know what will fit in your new place.
- Reduce your contents by using a sorting system with colored stickers indicating if your items should go to family/friends, a yard sale, charity, storage or if you are keeping them. Begin sorting in areas of your house that you use the least, so you have less disruption. Also start with the larger items and then work toward the smaller items, so you have a sense of accomplishment.
- Set a certain amount of time aside each day to pace yourself, so it doesn't become an overwhelming task.
- Hire someone to help you pack and move to ease some stress.
- Pack an "Open me first" box with essentials such as bed linens, and other important items such as toiletries, change of clothing, medications, etc.
- Most importantly, be patient! Moving is hard. It's normal to be sad about parting with your house and possessions, however, the goal is not to get rid of everything, just to simplify.

~ Submitted by Rocky Ridge Retirement Community



### Girl Guides: 82nd Pathfinders Initiatives



Girl Guides  
of Canada  
Guides  
du Canada

By Anusha K., Girl Guides 82nd Pathfinders

One of the core elements of focus for the Girl Guides of Canada is volunteering. We partake in several fun activities, trips, and camps. We also spend a lot of time making a difference and helping those in need, especially in the older age groups such as Guides, Pathfinders, and Rangers: these programs put a huge emphasis on giving back to the community. In the past, we have also provided our services to the Calgary Food Bank and The Mustard Seed.

This year so far, the 82 Pathfinder unit has volunteered at both the Calgary Food Bank and The Mustard Seed. At the Food Bank, we generally sort various items into crates to send forward to those in need. It is always a really rewarding experience that leaves your arms a little sore but your heart content, particularly when we receive the final count of how many crates were filled and how many people were helped in such a short amount of time.

At the Mustard Seed, our Pathfinder group served dinner to everyone in attendance. We got to meet and interact with the people at the shelter. It was a very fulfilling and valuable experience, and a lot of fun!

The Girl Guides really enjoy giving back in as many ways as they can. I would love to volunteer at either The Mustard Seed or the Calgary Food Bank again. Both opportunities were very fun and fulfilling, especially knowing that it benefits people in need around the city.

If you wish to volunteer or register your daughter in Girl Guides, please email Aurora at [wichewakn@hotmail.com](mailto:wichewakn@hotmail.com).



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### SAY GOODBYE TO WINTER with Calgary Recreation's Spring & Summer Recreation Program Guide!



..which is now on stands. The City of Calgary offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often this spring and summer. Registered programs include sailing, golf, dance, swimming, summer day camps and more! With dozens of facilities located throughout the city, there are many convenient locations for you and your family to take part in a variety of activities, practically right in your own backyard! Registration is open.. To learn more and find a program that's right for you, visit [Calgary.ca/register](http://Calgary.ca/register).





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### **Chinook Line Dancers**

Friday, April 6th from 2-3 p.m.

*Dance the afternoon away with us!*

**April  
Events!**

### **Is it time to Downsize?**

Wednesday, April 11th from 7-8 p.m.

*Downsizing is never easy! Bring your family and friends and learn from our expert on how to make the transition easier.*

### **Miss Caledonia presented by Lunchbox Theatre & Smile Theatre**

Tuesday, April 24th at 7 p.m.

*Join us as we follow the quest of this Beauty Queen on her pursuit for the Miss Caledonia tiara.*

**[www.RockyRidgeRetirement.com](http://www.RockyRidgeRetirement.com)**

**403.930.4848**

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

**Experience Vibrant Seniors Living**

### Easy Vegan/Gluten-Free Quinoa Salad

By Terri Gilson, Resident & Volunteer Contributor



**S**pring is upon us! In the world of food, spring always signals lighter fare, including fresh herbs, veggies and salads. So, in the spirit of spring, I wanted to share this Easy Vegan Quinoa Salad. This salad is actually a Moroccan variation on Tabouli, which is Lebanese in origin. Although the original version of this recipe was made with couscous, I changed it to quinoa because quinoa is much better for you.

Although couscous looks healthy, it's really a simple carb with a nutritional value similar to white pasta; by contrast, quinoa is not only gluten-free, it's also a complete source of protein with more nutrients and double the fibre of couscous. Couscous is a little faster to make (5 minutes, as opposed to 15), but you can still make this salad in under 30 minutes! This Easy Vegan Quinoa Salad also makes an excellent lunchbox meal!

Cuisine: Moroccan  
Prep Time: 10 minutes  
Cook Time: 15 minutes  
Total Time: 25 minutes  
Servings: 8  
Calories: 186 kcal  
Author: Terri Gilson

#### INGREDIENTS

- 4 cups cooked quinoa
- 1 long English cucumber
- 2 tomatoes, (Roma, preferably)
- 1/3 cup red onion, chopped
- 4 tbsp olive oil
- 4 tbsp white vinegar
- 2 tbsp lemon juice (use freshly squeezed lemon juice)
- 1 tsp salt
- 1 tbsp fresh cilantro, finely chopped
- 2 tbsp fresh mint, finely chopped

Garnish: sprigs of fresh cilantro and fresh mint

#### INSTRUCTIONS

1. Cook Quinoa as directed on package. While quinoa is cooking, chop cucumbers, tomatoes, onions and herbs.
2. Put quinoa in bowl and add olive oil, vinegar, lemon juice, salt and herbs.
3. Stir in cucumber, tomato, onion and herbs. Serve or chill for 30 minutes and serve.



#### RECIPE NOTES

When you make this quinoa vegan salad, fresh herbs are a must!

#### Nutrition Facts

Amount Per Serving (0.5 cups)

Calories		186
Calories from Fat		72
% Daily Value*		
Total Fat	8g	12%
Saturated Fat	1g	5%
Sodium	299mg	12%
Potassium	287mg	8%
Total		
Carbohydrates	22g	7%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	4g	8%
Vitamin A		6.2%
Vitamin C		8.3%
Calcium		2.5%
Iron		8.9%

\* Percent Daily Values are based on a 2,000 calorie diet.

See more of Terri's recipes at  
[www.foodmeanderings.com](http://www.foodmeanderings.com)

*Yummy indeed!*

## Local PHOTOGRAPHERS

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



STRING LIGHTS  
**BY JACKIE OROSZ**

ROCKY RIDGE SUNSET  
**BY LISA STRECKO**



LIGHT PILLARS IN ROYAL OAK  
**BY LINDA DONALDSON**



WINTER WONDERLAND  
**BY JUDY ZHU**



SNOW AND MORE SNOW  
**BY PAT HARDY**

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!



# 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.

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

**"Spring is when life's alive in everything." -Christina Rossetti**



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## Annual walk makes health and safety *personal*

Deaths and injuries in the workplace happen across Canada every single day, and they leave families grieving and struggling to cope. But the annual Steps for Life – Walking for Families of Workplace Tragedy event gives Calgarians a chance to show support for families affected by these tragedies, and prevent future ones.

### Steps for Life Calgary

**Sunday, April 29, 2018**

**Fish Creek Park - Hull's Wood Area**

**Registration begins at 9:00 am**

**Opening Remarks at 10:30 am**

The 5-km walk is the primary fundraiser for Threads of Life, which provides support programs and services to people in the wake of a work-related fatality, life-altering injury or occupational disease.

Rebecca Orr's husband Lance was a rigger on a construction site and was killed when a load of heavy concrete forms slipped from the chains of the crane overhead, crushing him. Rebecca is the spokesperson for Steps for Life in Calgary.

"Since I joined the Threads of Life organization, it has given me the opportunity to share my own story of workplace tragedy," Rebecca says. "By sharing my story I hope to raise awareness of the effect workplace tragedy has on the families left behind. Threads of Life gives us the chance to stand together to raise awareness of the importance of workplace safety and also to support the families so that they are not forgotten."

For more information and to register: [www.stepsforlife.ca](http://www.stepsforlife.ca)

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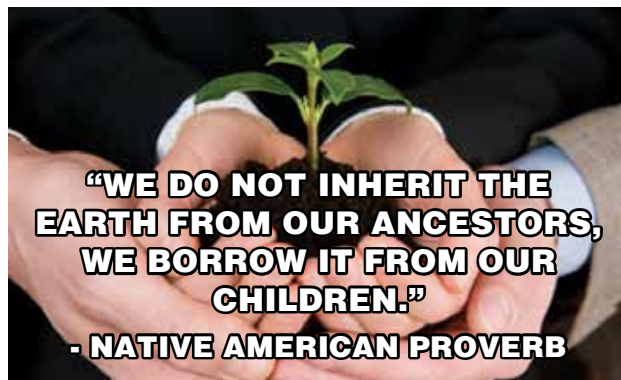
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