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# RRROCA REPORTER



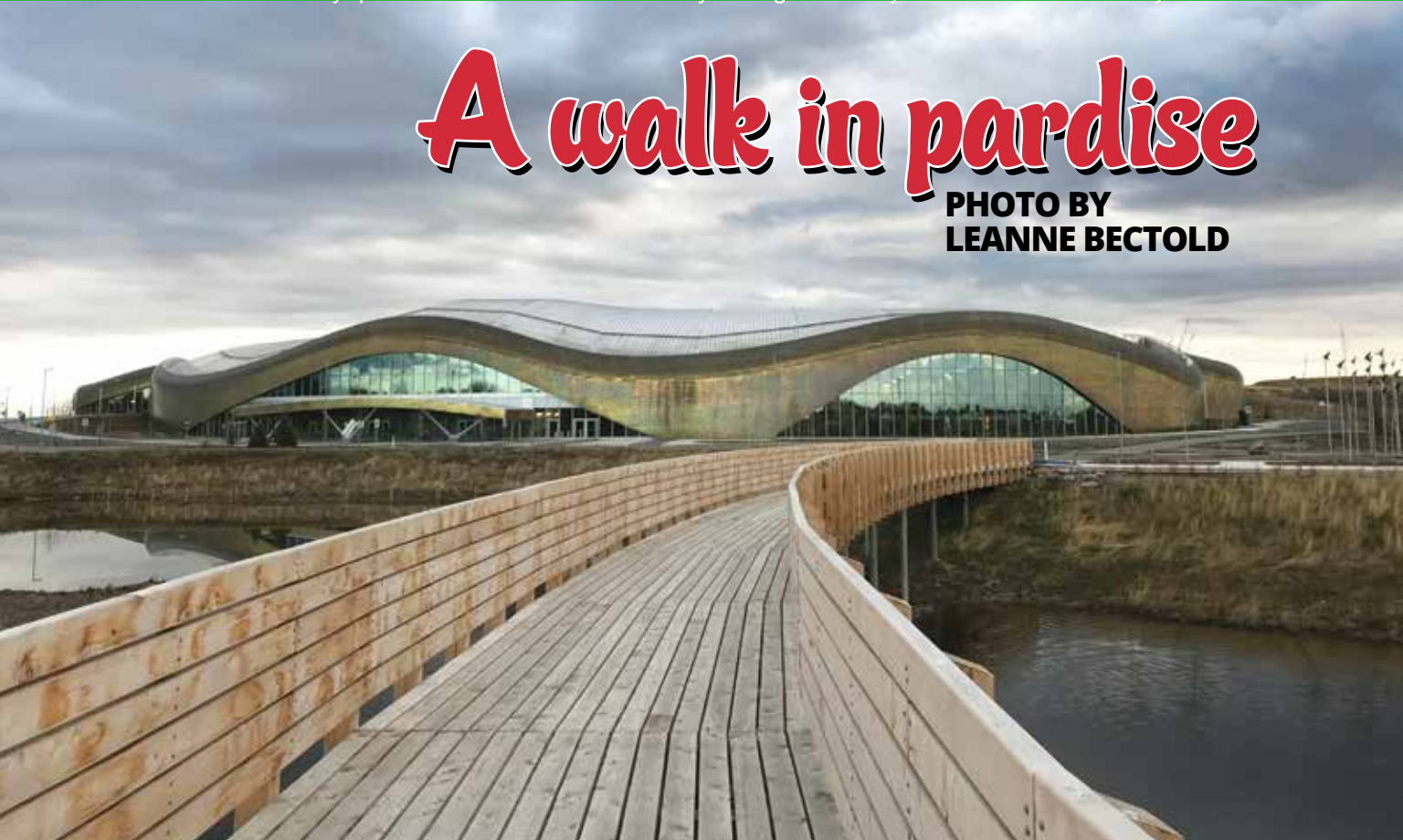
JUNE | 2018

*Join Us!*

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

## A walk in paradise

PHOTO BY  
LEANNE BECTOLD



CIRCULATION | 7100

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



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**BBQ BEER CAN CHICKEN ~ page 10**



## get a RRROCA Membership?

Adapted from Coach Hill/Patterson CA by Joanna Tija, Membership Chair



### WHAT'S THE BIG DEAL?

If you are like most people in our community, you have asked yourself, "What do I need a community membership for?" To save you the trouble of thinking up an excuse, below is a list of the common ones.

- I don't use the facility
- I don't have children
- There isn't anything there that interests me
- I'm retired
- The community association doesn't do anything for me, so why should I buy a membership?
- It costs too much (\$/family, \$/individuals and seniors)

If any of these reasons sound familiar to you, you wouldn't believe how familiar they sound to your board of directors and other community volunteers.

Your community association represents you and your community in several areas. Specifically, over the past year, your community association has:

- Handled transportation issues.
- Met with Aldermen to discuss community issues.
- Met with the local MLA to discuss provincial school funding.
- Provided useful information to the community about upcoming events.
- Developed and ran sports programs for the children of the community.
- Developed community resources such as the RRROCA park and ice rink.

### So, WHAT'S THE BIG DEAL, you ask.

Let's put some perspective on your membership. \$30.00 = less than \$3.00 per month

OR

- Less than a coffee and donut at Tim Horton's
- The price of two chocolate bars
- Less than a milkshake
- The same price as a Super 7 lotto ticket (with the extra)
- About the cost of two cans of pop from a vending machine
- About the same price as a pair of shoe laces
- Less than a small popcorn at the movie theatre
- Less than a McDonald's Happy Meal

## 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 mehdiasadaf@hotmail.com



## 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.



## President's Message

By Tessa Sakamoto, RRROCA President

### Busy spring in the community!

**W**ith RRROCA's sports program now approaching the end of its season and preparations well underway for our upcoming events, it's safe to say we've had a busy spring around the community!

The recent Parade of Garage Sales left us with plenty of great finds, sweet deals, and clear basements! Each year we are happy to participate in the Royal Oak Victory Church Family Fun Day as well.

Don't forget about the upcoming RRROCA Stampede Breakfast - we can always use more help for this big event where we serve over 8000 pancakes to community members and flapjack enthusiasts. It's a really fun time - contact [volunteer@rrroca.org](mailto:volunteer@rrroca.org) to get involved!

Sincerely, Tessa Sakamoto



### MARK YOUR CALENDARS

**June 17:** Father's Day

**July 7:** RRROCA's 10th Annual Community Stampede Breakfast

## YOUR CITY SECTION



**THE CITY OF CALGARY'S SPRING & SUMMER RECREATION PROGRAM GUIDE** 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).



### CHECK OUT THESE IMPORTANT UPDATES FROM THE CITY OF CALGARY

The City of Calgary has approved regulations to accommodate the upcoming national legalization of recreational cannabis. Details are available at [Calgary.ca/cannabis](http://Calgary.ca/cannabis)

From June 3-9, The City of Calgary is celebrating seniors by hosting a number of free "try it" fitness classes. [Calgary.ca/SeniorsWeek](http://Calgary.ca/SeniorsWeek)

Canada Day 2018 will be better than ever with a range of free, family-friendly activities across the downtown area and Confederation Park. Check [calgary.ca/CanadaDay](http://calgary.ca/CanadaDay) for updates on performers, events and activities. [Calgary.ca/CanadaDay](http://Calgary.ca/CanadaDay)

This Father's Day, treat your Dad (and the whole family) to free golf at Richmond Green & McCall par 3 on June 17. [Calgary.ca/Golf](http://Calgary.ca/Golf)

Join The City of Calgary's Golf Event nights in June. We have Ladies, Beginner and Family Nights. Get free tips from our Golf Pros. [Calgary.ca/Golf](http://Calgary.ca/Golf)

**FOR CURRENT NEWS AND UPDATES FOLLOW  
THE CITY OF CALGARY ON FACEBOOK AND  
TWITTER. OR VISIT OUR BLOG AT  
[WWW.CALGARYCITYNEWS.COM](http://WWW.CALGARYCITYNEWS.COM).**





## 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

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#### Vice President

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

#### Treasurer

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

#### Secretary

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

#### Communications Chair

VACANT ..... communications@rrroca.org

#### Membership Chair

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#### Parks Chair

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

#### Planning & Development Chair

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

#### Safety Chair

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

#### Schools Chair

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

#### Sponsorship Chair

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

#### Transportation Chair

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

#### Volunteers Chair

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

# Mind's Design

## NEWSLETTER AD SALES

### FOR THE REPORTER:

403.203.9152

NEWSLETTERS@MINDSDESIGN.CA

#### COMMUNITY CONTACTS

##### MP, Calgary Rocky Ridge

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

##### MLA, Calgary Northwest

Sandra Jansen ..... calgary.northwest@assembly.ab.ca

##### Councillor, Ward 1

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



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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- Relaxed Atmosphere
- Relevant Style



## 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](mailto: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 _____	
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 7100 residents and local businesses.

**SUBMISSIONS** - Please direct editorial enquiries to [newsletter@rrroca.org](mailto:newsletter@rrroca.org) and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or [info@mindsdesign.ca](mailto: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.

## 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)



#### City Spending Updates

**T**he City of Calgary has been working hard to deliver value for citizens. Although the current economic downturn has been difficult, the City continues to be financially stable and fiscally responsible. City Manager Jeff Fielding has led the way by reducing the operating budget by over \$409 M, a decrease of 20%.

I think it's a great disservice when individuals within Council and some media sources report that the City continually spends and doesn't react to the economic downturn. This is a myth. I find it disappointing when inaccurate information is presented to Calgarians.

The 2017 Corporate Annual Report shows how the City delivered value for citizens by quickly switching its focus from accommodating rapid growth to supporting the economy, keeping Calgarians working, and reducing the cost of local government, by:

- Managing our costs and making our organization as efficient as possible
- Strategically managing our infrastructure projects and investments
- Ensuring we provide services that are of value to citizens and collectively strive to make life better every day for Calgarians.

Despite the changing economic environment, the City's 2017 consolidated financial statements continued to reflect a strong financial picture of a municipality investing in infrastructure to facilitate economic growth, stimulate job creation, prepare for growth and build a more resilient city.

I strongly encourage you to read the Annual Report, which can be found at [www.Calgary.ca/ward1](http://www.Calgary.ca/ward1). The report is part of the City's commitment to provide effective governance, increased accountability, transparency, and a well-run City. It provides a comprehensive view of the 2017 consolidated financial statements consistent with Canadian best practices applicable to municipalities.

## RRROCA Sponsorship Update

By Gerard Lynch, RRROCA Sponsorship Chair



**O**ur year of community events has kicked off successfully with the Easter Egg Hunt in March and the start of the Sports Program in April. Thanks to all our sponsors for assisting with those events.

**Watch out for our next events:** Neighbour Day on Saturday June 16, and on July 7 we will hold our annual Stampede Breakfast at the North West Family Church by the Tuscany LRT station.

This is traditionally a very big event, with over 4,000 people expected to be in attendance. There are still some sponsorship opportunities available for this event – if you are interested, please check out our website at [www.rrroca.org](http://www.rrroca.org) or contact me at [sponsorship@rrroca.org](mailto:sponsorship@rrroca.org).



Who doesn't enjoy a summer picnic by the lake, river or mountains? An evening out can be the best way to connect with friends, get your kids out in nature and escape the daily grind.

To keep your favourite spot scenic this season, consider packing a litter-free picnic. Saying no to styrofoam plates, plastic drink bottles and paper napkins can prevent litter.

#### Simple tips to a litter-free picnic

- Bring cloth napkins and tablecloth instead of paper.
- Skip the single-use plastic bottles and bring your drinks in a bulk container.
- Go packaging-free with summer desserts such as watermelons or fresh berries.
- Engage your kids in cleanup competition while you picnic. Make it fun with some prizes.

*All cleanups matter,  
large or small!*

~newscanada.com



## Babysitter Registry

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

# Volunteer for the RRROCA Stampede Breakfast!

By Joanna Tija, Acting Volunteers Chair

Our biggest event, the Annual RRROCA Stampede Breakfast, is coming soon: July 7, 2018! We serve a few thousand people each year and need over 100 volunteers to make it happen! We are still short of volunteers. If you can volunteer for a couple hours at Stampede Breakfast, please email Steve at [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

Thank you to all our volunteers for Family Fun Day! The event was a great success. Special thanks to Caleb Scholes, who has taken many great photos at our events.

We are also looking for a Volunteers Chair and two Program Co-Chairs. Please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you are interested.

## BOARD

### Communications Chair

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

**Time commitment:** 10 hrs/month

### Volunteers Chair

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

**Time commitment:** varies/month

### Programs Co-Chair

The Programs Chair provides opportunities for the community's diverse residents to participate in programming and activities. The Programs Chair will train and develop volunteers while overseeing the sports programs.

**Time commitment:** varies/month

## COMMITTEE

### Membership Lead

This position will assist the Membership Chair at the RRROCA table during events, help answer members' emails, set up membership cards, work with the RRROCA board in communicating with members, and may eventually succeed the Membership Chair.

**Time Commitment:** 2-5 hrs/month

Want to receive emails about volunteer opportunities for the community association?

Please email  
[volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org)  
to let us know!

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## 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!



## RRROCA Community Connects

# Join us for RRROCA's 10th Annual Stampede Breakfast!

By Dan Toma,  
RRROCA Events Chair

Bring your family to  
RRROCA's Annual  
Stampede Breakfast!



**Date:**  
Saturday,  
July 7, 2018  
**Time:**  
8:00 a.m. –  
11:00 a.m.

**Where:** The parking lot  
of the North West Family  
Church - 10307 Eamon Rd  
NW – by the Tuscany  
CTrain station

**Hosted by:**  
RRROCA (Rocky Ridge  
Royal Oak Community  
Association) and NWFC  
(North West Family Church)

**Entertainment:**  
Jack Jackson Band

This event will be loads of  
fun for the whole family.  
Enjoy a serving of pancakes  
or sausages, listen to the live  
western music, and maybe  
try dancing! Take a shot at  
the family photo booth. Kids  
can have fun at the Kiddie  
Corral, get a ride on the  
bouncy castles, engage with  
the mascots, or participate  
in the clown balloon contest.

We'll use compostable  
foodware to make the  
event 100% green. Wear  
your best western gear and  
join us!

Mark your calendar for  
Saturday, July 7, 2018,  
between 8:00 a.m. to  
11:00 a.m.

ROCKY RIDGE ROYAL OAK COMMUNITY ASSOCIATION INVITES YOU TO THE

# 2018 COMMUNITY STAMPEDE BREAKFAST!

AT THE  
**NORTH WEST FAMILY CHURCH**  
(beside the Tuscany LRT Station)

**SATURDAY  
JULY 7<sup>TH</sup>, 2018 8AM-11AM**

Visit [www.rrroca.org](http://www.rrroca.org) for details

## FREE BREAKFAST

**kiddie corral, photo-ops, live music  
& loads of fun for the whole family!**

This is a 100% Green Event; compostable foodware will be provided.

proudly supported by

Calgary RRROCA North West Family Church



# DAD'S WORDSEARCH

X Q Y S U O R E N E G A N J J L O C V R  
 Q U C U V M L A V H A B U C T W V V F Q  
 Z S T G G B W T L U A S F O R P O N Q R  
 X L T B R G S M A R T P H A O P G Y V E  
 J B R A V E E V M I L J P R R G N I S K  
 O S S H C P W G M Y M I S Y E T I S J R  
 N Z P R P G N O R T S S R A H X N E O O  
 A F O F R X V N L L P A T I E N T K F W  
 D P C L X U V C L O F D C C H O U S I D  
 V K V P N M U G Z P V P A C Z Z W D N R  
 E C O U R A G E O U S I R V I J U L A  
 N I T V P U P B S A G H N V M F W B R H  
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 O G I D Y J N I N Z P W Z Q E Y W O X F  
 U J W A Q P G K I H G Y C I A G C A B P  
 S S L D Z C B V I Q D L L N J W T F C Q  
 O S W X B D T C T K M W N E L H Q K K G  
 W W G X C V T Z L B H W O X R Y W Y X V

**CAN YOU FIND:** Advernturous, Brave, Loyal, Patient, Courageous, Smart, Funny, Strong, Generous, Happy, Hard Worker, Hero, Kind, Loving



## JOIN THE ULTIMATE SUMMER CHALLENGE!

This summer, join Calgary Public Library for over 500 free programs — plus a chance at awesome prizes! Kids, families, and teens can register for Ultimate Summer Challenge at [calgarylibrary.ca/summer](http://calgarylibrary.ca/summer) or at any Library starting May 15. Spend July and August reading as much as you can, tracking your reading and Library time on your challenge map, and visiting libraries for amazing programs. Everyone who registers will be entered to win cool prizes, like Library Boss For A Day or an iPad. See you at the Library!

## LISTEN TO MUSIC FOR FREE!

Your Calgary Public Library card gives you access to more than 100 eResources, including Freegal, a music service with nearly 13 million songs. Library users get five free downloads per week and three hours of streaming per day. Access Freegal at [calgarylibrary.ca/freegal](http://calgarylibrary.ca/freegal) or use Freegal's mobile app to download or stream songs. Happy listening!



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### **Transitions in your Senior Years**

**Tuesday, June 12th at 7:00 p.m.**

*Transition is the space between what's behind us and what's next. Whether you are looking to make a move to a Retirement Community or supporting someone who is, learn what it takes to doing it well.*

**RSVP  
Today!**

### **Dealing With Loss**

**Tuesday, June 19th at 7:00 p.m.**

*Loss and grief are two things that all of us experience but none of us enjoy. Learn to understand the process of grieving and using it to start creating your best life.*

*Join us as Teresa Merryfield, a trained coach and workshop facilitator, shares tools and strategies in helping Seniors cope with these seasons of life. RSVP today as seats are limited!*

**[www.RockyRidgeRetirement.com](http://www.RockyRidgeRetirement.com)**  
**403.930.4848**

10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1  
**Experience Vibrant Seniors Living**

### BBQ Beer Can Chicken

By Terri Gilson, Resident & Volunteer Contributor



For reasons I cannot explain, sticking half a can of beer up the butt of a chicken makes it super tender, juicy, and totally awesome! This Beer Can Chicken with Molasses Beer BBQ Sauce is the perfect Father's Day meal.

Pair this moist and juicy chicken with a

bold and tangy Molasses Beer BBQ sauce, that has 45 glorious minutes to work its magic, and the result is pure delicious! This recipe is delicious, healthy, and Weight Watchers friendly too, as all the fat drips off the chicken into the pan. I actually got the original recipe out of my Weight Watchers magazine back in 2003, as Beer Can Chicken was very popular around that time. I haven't seen it for a while, so I decided to resurrect it. Trust me, you (and Dad) will be glad I did. So, if you are looking for easy and healthy BBQ/grilling recipes for Father's Day, try this one!

**Course:** main

**Cuisine:** North American

**Prep Time:** 10 minutes

**Cook Time:** 1 hour 30 minutes

**Total Time:** 1 hour 40 minutes

**Servings:** 6 people

*Adapted from Weight Watchers Magazine, 2003*

#### Ingredients

- 1 can beer (I use light beer)
- 1 roaster chicken
- Molasses & Beer BBQ sauce (see recipe below)

#### Molasses & Beer BBQ sauce:

- 1 1/4 cup chili sauce (I use Heinz brand)
- 3/4 cup molasses
- 3/4 cup light beer
- 2 tbsp Dijon mustard
- 1 tbsp chili powder
- 1 tbsp Louisiana hot sauce
- 1 1/4 tbsp lemon juice
- 1/2 tbsp liquid smoke

#### Instructions

**\*\*Make sure you have your propane tank FULL for this one!**

1. Heat grill to medium.
2. Open can of beer with can opener, pour 1/2 the beer from the can into a container and set aside. Place the can into cavity of chicken as shown. \* I like to double the recipe and cook 2

chickens at once. This recipe is so good, we like to have leftovers. You will see what I mean when you try it!

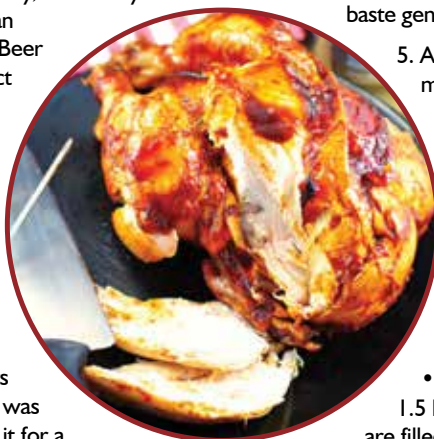
3. Place chicken in a deep aluminum roaster pan and place onto grill. Close BBQ lid and cook for 45 minutes.

4. Combine all BBQ sauce ingredients in sauce pan, then baste generously on chicken.

5. Allow chicken to cook for remaining 45 minutes.

6. Meanwhile, simmer the remaining ingredients in saucepan on stove for 20 minutes, until reduced by half the volume.

7. Remove chicken from BBQ and slice. Serve chicken with remaining BBQ sauce, as desired.



#### Notes

- You'll need to keep the grill going for up to 1.5 hrs; make sure you have extra propane or are filled up!
- Your grill will need to be high enough to close over an upright chicken - test it first!
- It is very difficult to get a nutritional analysis with this recipe. This nutritional analysis assumes that you use ALL the BBQ sauce and that it stays on the chicken. (My family only used about 1/3 of it for 4 of us and much bakes off in a 1.5 hr cooking period) The calorie count and fat content per portion is reduced by using less BBQ sauce as well.

#### Nutrition Facts BBQ Beer Can Chicken Amount Per Serving

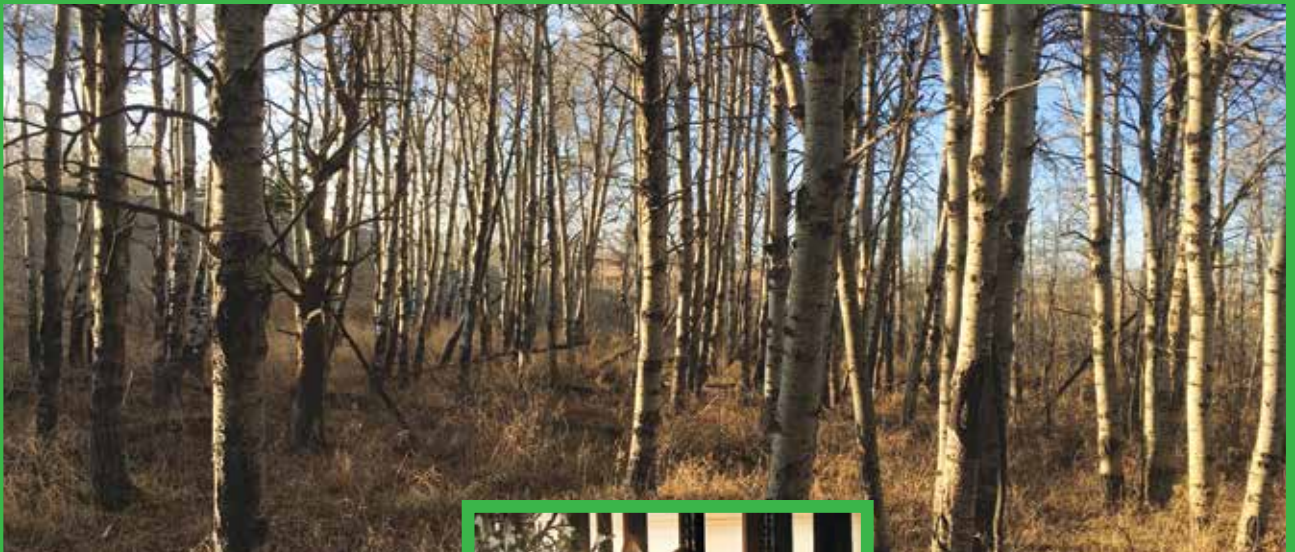
Calories	470	Calories from Fat 144
		% Daily Value*
Total Fat	16g	25%
Saturated Fat	4g	20%
Cholesterol	80mg	27%
Sodium	723mg	30%
Potassium	857mg	24%
Total		
Carbohydrates	57g	19%
Sugars	55g	
Protein	20g	40%
Vitamin A		10.9%
Vitamin C		5.5%
Calcium		10.5%
Iron		18.1%

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



# Local PHOTOGRAPHERS

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



ASPEN WOOD IN EVENING  
**BY BILL KAUFMANN**



SPRING DUCK  
**BY DAYNA BAERG**



EASTER BUNNY  
**BY JANELLE LAW  
DABISZA**

GRAZING MOOSE  
**BY BLAIR TURNER**



DANDELION  
**CHAR KRAUSNICK**

**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!



## 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](http://www.meritdesigncalgary.com)



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

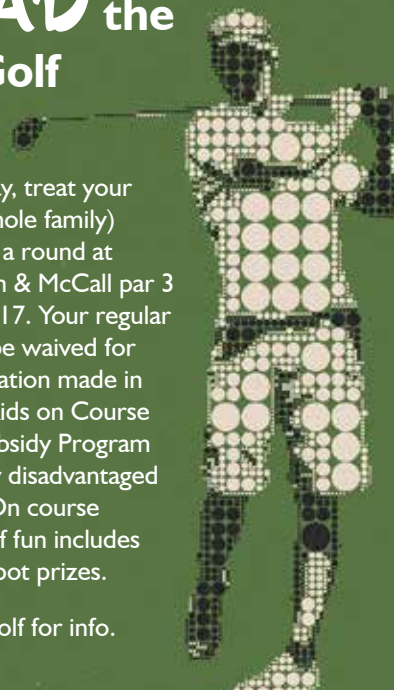
Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

## Give **DAD** the Gift of Golf

This Father's Day, treat your Dad (and the whole family) to free golf with a round at Richmond Green & McCall par 3 on Sunday, June 17. Your regular Green Fee will be waived for a small cash donation made in support of the Kids on Course Junior/Family Subsidy Program for economically disadvantaged youth/families. On course Father's Day golf fun includes giveaways and spot prizes.

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**"IT WAS JUNE, AND THE WORLD SMELLED  
OF ROSES. THE SUNSHINE WAS  
LIKE POWDERED GOLD OVER THE  
GRASSY HILLSIDE."**

**- MAUD HART LOVELACE**

## BE PART OF THE CITY'S ANNUAL CANADA DAY CELEBRATIONS

Canada Day 2018 will be better than ever with a range of free, family-friendly activities across the downtown area and Confederation Park. Check [calgary.ca/CanadaDay](http://calgary.ca/CanadaDay) for updates on performers, events and activities.







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