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# RRROCA RRROCA MAY | 2018 Rocky Ridge Royal Oak Community Association rroca

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

# Winter rabbits

CIRCULATION | 7600

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



**INSIDE >>>** Family Fun Day! ~ page 3 Parade of Garage Sales ~ page 7 Local Photographers Page ~ page 11

# get a RRROCA Membership?

#### By Joanna Tija, Membership Chair



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 to sign up for a membership. Email me at 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 prizes 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\*

RRROCA

\* 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.

## **DID YOU KNOW?**

Volunteering for RRROCA as a Board Member or a Committee Lead will allow you to:

I. 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!



## **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 bublication 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 |PEGs (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

## **Dear Community Association Volunteers**

n recognition of National Volunteer Week, I wanted to take a moment to recognize the outstanding work of volunteers in our communities. Something amazing I have learned about our community as I have lived here, is that we are much more than a community as defined by our boundaries and

street names. Our community is made up of amazing people, neighbours, businesses, partners and volunteers. The work and positive changes that we as a Community Association have seen or been a part of in the past year were possible because of the efforts of many volunteers innumerable hours of volunteer work. Many of these positions have been in an official capacity, and many have been people who just stepped in to lend a hand. These volunteers are invaluable to all of us as they better our community as a whole.

Thank you, on behalf of not only the Rocky Ridge Royal Oak Community Association, but also all residents of our communities. We are better because of the work you do, the time you commit, and your decision to make where we live thrive. Your work contributes to the positive and collaborative identity that is Rocky Ridge and Royal Oak and encourages others to be engaged as well. You are making a difference in our community, and for that I am ever so grateful. I can say it again and again, but it will never be enough. Thank you.

Sincerely, Tessa Sakamoto



#### MARK YOUR CALENDARS

May 13: Mother's Day

May 25-27: Parade of Garage Sales

May 26: Family Fun Day!

June 17: Father's Day



#### **RRROCA** Contacts



## **Rocky Ridge Royal Oak Community Association**

PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6 (403) 879-2820 • communications@rrroca.org • www.rrroca.org

#### President

Tessa Sakamoto..... president@rrroca.org Vice President Jenna Mortis ...... vp@rrroca.org Treasurer

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

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

**Communications Chair** Abby Guthrie.......communications@rrroca.org

Membership Chair Joanna Tija.....membership@rrroca.org

Parks Chair Aaron Dirk ......parks@rrroca.org

Planning & Development Chair Dave Spencer ......planning@rrroca.org

Safety Chair Jessica Asuquo ......safety@rrroca.org

Schools Chair Marcie Hawranik .....schools@rrroca.org

#### **Sponsorship Chair**

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

Transportation Chair Durotolu Aro .....transportation@rrroca.org

Volunteers Chair 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 NEWSLETTERSALES@MINDSDESIGN.CA

#### **COMMUNITY CONTACTS**

MP, Calgary Rocky Ridge
Pat Kelly.c1@parl.gc.ca

MLA, Calgary Northwest Sandra Jansen......calgary.northwest@assembly.ab.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.

> - Casual Dress - Relaxed Atmosphere - Relevant Style

## Visit 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 for details.

www.rrrha.ca www.rrrha.ca officeadmin@rrrha.ca

Program guide available at www.rrrha.ca and Facebook

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

OFFICIAL COMMUNITY NEWSLETTER May 2018

New membership	Membership renewal
Memberships are annual and are v	valid January 1 to December 3
New/Renewal mem	berships \$30.00

Last Name		
First Name		
Address		
Postal Code	Phone	
E-mail*		

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 buisnesses.

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.

### **Community Civic Chat**

## Ward Sutherland, Councillor Ward I

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



#### **Secondary Suites**

The Council meeting of March 12, 2018 regarding secondary suite engagement was extensive, with over 900 hundred written submissions received and many citizens coming to Council to give their perspective on secondary suites becoming discretionary. I have always been supportive of secondary suites - in terms of needs and where appropriate; however, I have never supported blanket zoning of secondary suites, which is why I voted against this motion. Council voted 9-6 to make secondary suites a discretionary use across certain parts of the city.

What's going to happen now that City Council has approved a plan to reform secondary suite application process? What does this mean for you? Now, instead of applying to Council, home owners will file a development permit with the planning department. Applications will be reviewed by planning staff and a decision will be made based on its planning merits and whether it follows the requirements for secondary suites. Community associations and neighbours are also given the opportunity to provide comments during the review process, and a decision on a discretionary development permit may be appealed.

The new Bylaw now makes secondary suites discretionary in all RC1 areas. The good news is, with this new Bylaw, there will be a mandatory secondary suite registry. This will create better controls and ensure these suites are safe. Additionally, it will give our Bylaws the ability to deal with illegal and unsafe secondary suites, and we have established fines to reinforce and address these issues.

Unsure if your property is affected by these land use changes? Visit www.Calgary.ca and enter your address to find your land use district. I encourage you to read the details on my website at www.calgary.ca/wardI.

Have you checked out my new interactive monthly e-newsletter? Sign up at www.WardSutherland.com.



## Rocky Ridge/Royal Oak Photographers

By Mary Fleet, RRROCA Reporter Newsletter Editor



**THANK YOU** to everyone who responded to my recent call for photos! I received so many that I can't publish them all in this issue, but I will get through them in the coming months.

If you haven't submitted any photos in the recent past (or ever) but you'd like to, please send them my way (newsletter@rrroca.org) whenever you get the chance. Please keep in mind that although there IS a deadline for things like articles, there is no reason why photo submissions can't be sent early or even slightly late (who knows – might still make it in!).

I strongly value an eye for creativity. Be different, be bold, and please avoid sunsets and rainbows!

#### NATIONAL PARAMEDIC SERVICES WEEK MAY 27 – JUNE 2, 2018

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service.

#### THE YEAR'S NATIONAL THEME IS, PARAMEDICS: HEALTH. COMMUNITY. YOU.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patents before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the AHS system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Visit AHS EMS Twitter (@ahs\_ems), Facebook (@ albertahealthservicesEMS) and ahs.ca/ems about events happening in your community.

#### **RRROCA Volunteer Corner**

## Volunteers are the lifeblood of a community

#### **RRROCA** Joanna Tija, former Volunteers Chair

Without the support of volunteers, it isn't possible for us to run any community events or programs. THANK YOU to all who have contributed their precious time to help build up our vibrant community!

Our biggest event, the Stampede Breakfast, is coming soon (July 7, 2018)! We serve food to a few thousand people each year; because of this, we need over 100 volunteers to make it happen. If you are willing to volunteer for a couple of hours at the Stampede Breakfast, please email Steve at volunteerlead@ rrroca.org.

We are also looking for a Volunteers Chair and a Social Media Lead. Please email volunteer@rrroca.org if you are interested.

#### > BOARD

#### **Volunteers Chair**

The Volunteers Chair oversees the volunteer needs by recruiting and managing volunteers and liaises with members of the Board to understand their volunteer needs while working toward fulfilling those needs. The individual in this role will also ensure the welfare of volunteers.

Time commitment: varies/month

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

Please email volunteerlead@rrroca.org to let us know!



2017 Stampede Breakfast volunteers

## COMMITTEE Social Media Lead

The Social Media Lead implements and maintains social media (Facebook and Twitter) initiatives, which are used in external communications, as directed by the Communications Chair and/or President.

Time commitment: 5 hrs per month



#### **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

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## **RRROCA** Community Connects

## **Spring Sports Program**

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

We're off to a great start with the Spring Sports Program! Thank you to all the volunteers who made the start of the Spring Sports Program a success. Special thanks to **Team Creators** Tatyana and Colin; **Schedulers** Rachel and Nancy; and **Photo Day Coordinator** Ouida.

**PARENTS**! Please continue to check the website for updates on your child's program at **www.rrroca.org**, under Sport > Spring Sports

## Parade of Garage Sales

By Vincent, RRROCA Events Lead

The 4th Annual Rocky Ridge/Royal Oak Community Parade of Garage Sales is set for May 25, 26, and 27, 2018.

Please register at www.rrroca.org – remember, registration closes on May 21, at 9:00 p.m.

Registrants can pick up Garage Sale signs between 4:30 p.m. to 6:00 p.m. on Wednesday, May 23, at William D. Pratt School (9850 Royal Oak Way NW, in the front parking lot).

#### HOURS:

Friday, May 25: 3:00 p.m. to 8:00 p.m.

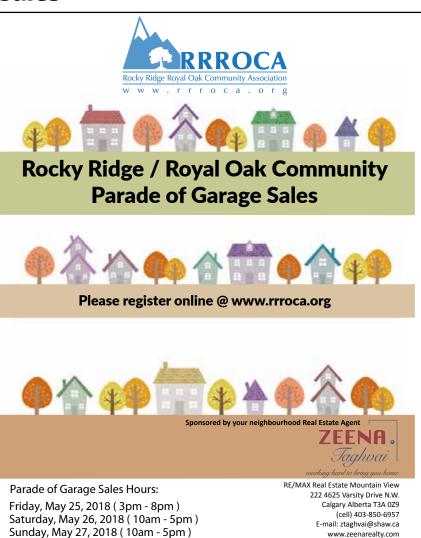
Saturday, May 26, and Sunday, May 27: 10:00 a.m. to 5:00 p.m.

Our event is being sponsored by Zeena Taghvai Real Estate Agent of RE/MAX Real Estate Mountain View. Zeena will provide garage sale signs to registrants and will help us advertise and attract residents and passersby to this event by posting directional signs and advertising throughout both communities.

The map of participating homes will be updated daily on www.rrroca.org until the registration deadline (9:00 pm on May 21, 2018).

If you have any questions, please contact us at events@rrroca.org.

We hope to you see you out shopping in both neighborhoods.





#### **RRROCA Community Connects**

## Wichewakn District Rangers (Unit #36) Initiatives

#### By Unit #36. Wichewakn District Rangers

his has been an eventful year in Girl Guides. In the fall, our unit went to a parkour class to work on the physical activity portion of our program. In December, we went to the Disney on Ice performance at the Saddledome. Our latest activity



Girl Guides of Canada Guides du Canada

was a trip to the Bowness Fire Escape to paint ceramics. We also joined a nearby Pathfinder unit for a weekend bridging trip to Edmonton.

Over the course of this year we have been working on the Bronze level of our duke of Edinburgh award. For this, we need to spend time on 4 portions of the program: volunteer service, skill development, physical activity, and outdoor adventure. We have been having a lot of fun learning and working toward this big award.

The rest of this year holds some exciting events for our unit. We will be attending the year-end District Camp at Camp Jubilee. This year's theme is Magical Mysteries, and we will be running stations for younger girls in Guiding. In June, we are planning a backpacking expedition to complete our Bronze Duke of Edinburgh Award.

Girl Guide Cookies (the Chocolate and Vanilla Sandwich cookies) have just arrived. If you want some and can't find them, drop by the Medicine Shoppe in Hawkwood - they always have some on hand.

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





## ever hear the words, "I'm bored" with Calgary AfterSchoo



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.



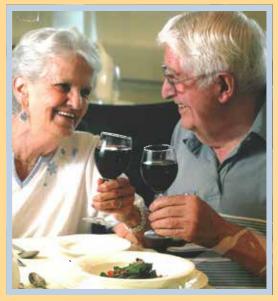
# Your Worry Free Lifestyle Starts Here So Elegant. So Warm. Tour Today Suites Available



At Rocky Ridge Retirement Community, we believe that enjoying life is what Vibrant Seniors Living should be all about.

We offer a comprehensive choice of activities and services because you deserve a little more out of life. We're committed to helping you make every day great!

Make the rest of your life, the best of your life!



## Lights! Cameras! Party!

Friday, May 4th at 2:00 p.m.

Join us as Stan Foster takes us down Memory Lane and sings some of the most popular songs from the Movies.

## Accent II

Friday, May 11th at 2:00 p.m. Join us as this dynamic duo entertains us

with some great music!

### **Open House**

Thursday, May 17th at 7:00 p.m. Join us for Wine & Cheese and learn all about Retirement Living at Rocky Ridge Retirement Community.

## www.RockyRidgeRetirement.com 403.930.4848

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

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

## **Monthly Food Column**

## **Raspberry Lemon Scones**

#### By Terri Gilson, Resident & Volunteer Contributor



Have you ever made your own scones? If not, then give these Raspberry Lemon Scones a try. They are easier than you may think and so much better than any scone you will ever have at a coffee shop or from any grocery store. And scones are the perfect Mother's Day breakfast or brunch idea. They are easy, portable (for breakfast in bed), and kids can also help make this

recipe for Mom. Happy Mother's Day!

These tender and flaky raspberry lemon scones are made without buttermilk and with frozen raspberries (easier to work and less mess with than fresh). With a hint of licorice, they and are the perfect balance of sweet and tart, make a great breakfast or brunch dish and always at hit at any potluck!

Course: Breakfast, brunch, snack

Prep Time:	15 minutes	Servings:	12 scones
Cook Time:	20 minutes	Calories:	222 kcal
Total Time:	40 minutes		

#### Ingredients

- 2 cups all-purpose flour (plus more as needed)
- 1/4 cup plus 1 tablespoon granulated sugar
- 2 I/2 tsp baking powder
- I tsp grated lemon zest (from I medium lemon)
- I/2 tsp aniseed
- I/2 tsp fennel
- I/2 tsp salt
- I/2 cup unsalted butter
- 3/4 cup plus I tablespoon heavy cream/whipping cream
- I <sup>1</sup>/<sub>2</sub> cup frozen raspberries (kept in the freezer until use)
- <sup>1</sup>/<sub>4</sub> cup powdered sugar/icing sugar

#### Instructions

I. Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with parchment paper and set aside. Lightly flour a large plate; set aside.

2. Combine the measured flour, 1/4 cup of the sugar, the baking powder, lemon zest, anise, fennel, and salt in a large bowl. Whisk to break up any lumps. Using a pastry blender or cheese grater (the easier way, as in photos) and cut the butter into the flour mixture until small, pea-sized pieces remain.

3. Pour in 3/4 cup of the cream. Using your finger, mix until just incorporated and a rough, slightly sticky mound has formed (not all the flour will be incorporated).

4. Turn the dough and loose flour out onto a work surface and knead until most of the flour is incorporated and the dough just holds together (be careful not to overwork it). Lightly flour a rolling pin and the work surface. Using your hands, roughly form the dough into a rectangle, keeping the long edge toward you. Roll the dough into an 8-by-10-inch rectangle (if the dough cracks, push it back together), again keeping the long edge toward you.

5. Remove the raspberries from the freezer, evenly arrange them in a single layer over the lower two-thirds of the rectangle and press them into the dough (it's OK if some break).

6. Starting with the top, berryless third, fold the dough lengthwise into thirds,

7. Press on the layers as you go

8. Fold right over until seam is on the bottom. Use a spatula or pasty scraper if the dough sticks to the work surface).

Slice the dough crosswise (do not saw back and forth) into
 4 equal pieces. Cut each piece diagonally to form 2 triangles.
 Transfer the scones to the floured plate and place in the freezer for
 5 minutes.

10. Remove the scones from the freezer and transfer to the prepared baking sheet, setting them 2 inches apart. Brush a thin layer of the remaining 1 tablespoon whipping cream over the tops of the scones and sprinkle with the remaining 1 tablespoon sugar.

II. Bake until golden brown on the top and bottom, about 20 minutes. Let cool 5 minutes on the baking sheet, then transfer to a wire rack to cool completely.

Garnish: Sprinkle with powdered sugar and enjoy!

**TERRI'S TIP:** Freeze your butter and grate it into the recipe with a cheese grater. It is easier and less messy than using a pastry cutter.

Adapted from: Raspberry Scones recipe, by Amy Wisniewski

Please see https://foodmeanderings.com/raspberry-scones/ for step-by-step photos of this recipe

Nutrition Facts Raspberry Lemon Scones Amount Per Serving				
Calories	222 Calories from Fat 117			
		% Daily Value*		
Total Fat	13g	20%		
Saturated Fat	8g	40%		
Cholesterol	40mg	13%		
Sodium	105mg	4%		
Potassium	138mg	4%		
Total				
Carbohydrates	23g	8%		
Sugars	6g			
Protein	2g	4%		
Vitamin A		9.1%		
Vitamin C		0.4%		
Calcium		6%		
Iron		6%		

\* 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



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!



## **RRROCA** Community Connects

## **Neighbour Day 2018**

By Jessica Asuquo, Safety and Security Chair



he Rocky Ridge Royal Oak Community Association (RRROCA) wishes to invite all our residents to take part in fun events, activities and group gatherings with their neighbours, on this year's fourth annual city of Calgary Neighbour Day celebration coming up on June 16, 2018.

RRROCA members can apply for a Neighbour Day Grant through the Member Portal

to be entered to win 1 of 5 grants (\$100) to hold a block party on Neighbour Day June 16 (Saturday).

#### \* \* THE GRANT CANNOT BE USED TO PURCHASE ANY ALCOHOLIC DRINKS. \* \*

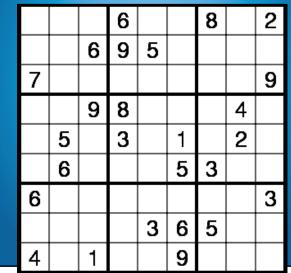
The closing date for application is Sunday, May 27, at 11:59 p.m. Draw will be held on Monday, May 28 at the RRROCA board meeting.

QUESTIONS? Please email safety@rrroca.org.

For the registration guidelines, please visit http://rrroca.org/en/rrroca-events-calgary/

#### SUCOKUE 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.





# Your **Community** CLASSIFIED ADS!!!

COMMUNITY MEMBERS CAN RECEIVE DISCOUNTS! To place your classified ad, contact us at 403.203.9152 or email: newslettersales@mindsdesign.ca today!

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587.228.9371, or e-mail: braabis@shaw.ca Home reno's, re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and  $CO_2$  detectors, breaker panel upgrades & much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service.

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**THE CALGARY UKRAINIAN FESTIVAL** June 2nd & 3rd, 2018. A fun filled exciting day for the whole family! Come experience true Ukrainian hospitality, cuisine, & culture. There's something for everyone! Experience what it is to be Ukrainian. The Acadia Recreation Complex, 240 90th Ave SE.

WHETHERYOU LIVE TOO LONG OR DIE TOO SOON...there's an insured plan that will meet your needs. I would like to hear from you. Please call Sabrina at 403.620.1287 with SteppingStonesFinancial.ca



#### ALL CANADIAN KARATE UNION



Rocky Ridge Shane Homes YMCA at Rocky Ridge

Wednesday 5:30 - 6:00 for children 4-6 years of age 6:00 - 7:00 for everyone 7 years of age and up



# Happy Mother's Day





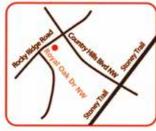
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  - Mouth Guards/Sports Guards
  - Dental Crown and Bridges
  - Laser Dentistry
  - Orthodontics
  - Dental Hygiene







North-East Corner of Royal Oak Drive and Rocky Ridge Road, next to Royal Oak Victory Church and Church of Jesus Christ of Latter-day Saints.



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# MOM'S WORDSEARCH

FRCBYYHCLYLIMAF GSETHOUEVUUOGIM NONSNPGLFKMVMOX IUEOPWSTWMDPTXU VRRMIEHEYODHMEB IFDTCGCWIWEEKKA GRLAUGHTERVHIZY CIORRWOROOESLJ Z YZHSWEETLATMSQP ΗΤСΤЈΕΡΟΖΙΕΟΕQΨ VWMGNIRACHDHSMH VLAICEPSMWAAKNT TIRFODRDSKNIYKT KWETNJXAZTTONNH LPRSLUPTPCJROSG

## **CAN YOU FIND:**

CARING, CHILDREN, DEVOTED, FAMILY, FLOWERS, GIFTS, GIVING, HEART, HOLIDAY, HOME, HONOR, HUGS, KISSES, LAUGHTER, LOVE, MEMORIES, MEMORIES, MOMMY, MOTHER, NURTURE, PARENT, RESPECT, SPECIAL, SWEET, THOUGHTFUL

