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SEPTEMBER | 2018

RRROCA REPORTER *Join Us!*

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

Fall is in the air!

MOUNTAIN BLUEBIRD PHOTO BY MIKE SMITH



CIRCULATION | 7100



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>> Dietary Needs Change over time ~ P. 12

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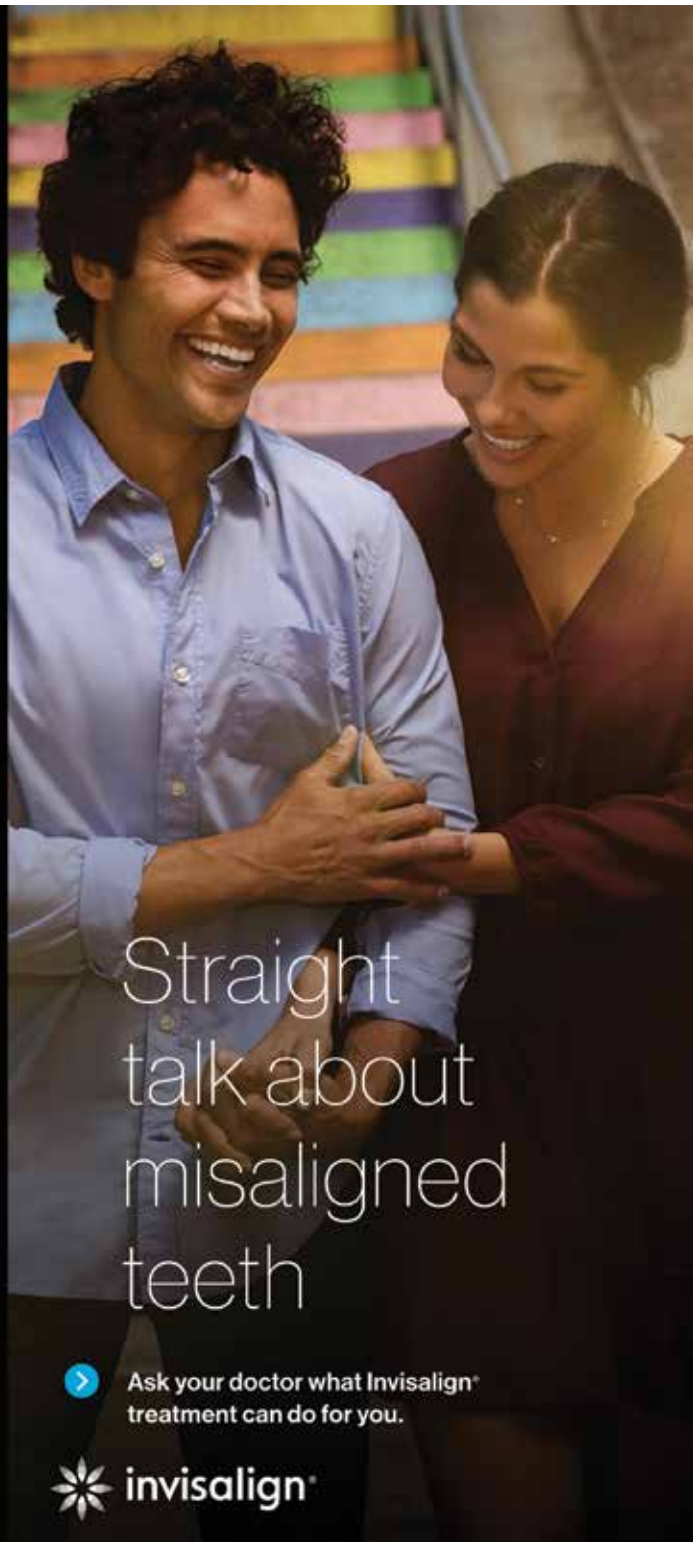
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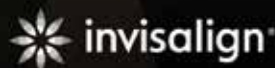
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President's Message

By Jenna Mortis, RRROCA President

Hi Neighbours!

FALL IS IN THE AIR! It's such a beautiful time in our community, and we look forward to the upcoming events, including our Community Clean Up and 3 on 3 Basketball Tournament in RRROCA Community Park! As we head into the cooler weather, we are looking for volunteers to join our great team. If you're interested in being a part of a great team who work together to make our community the best it can be, visit our website, www.RRROCA.org to see what opportunities are currently available!

BACK TO SCHOOL SAFETY TIPS FOR FAMILIES

Lorna Selig, , *Personal Safety and Self Defense Facilitator*

The start of the new school year brings about many emotions, fears, and excitements for families. Make sure your children start the year off right with these strategies for personal safety.

Teaching your child about safety is not intended to scare them, but rather prepare them so they are alert, confident and able to manage an unfamiliar situation. Think of it this way; which spelling test is your child better prepared for... the one they have studied for or the one they have not?

1. Ensure your child walks to school or the bus with someone else. Safety in numbers still rings true!
2. Walk the route to school or the bus with your child a few times before school starts. Help your child identify places they could go if they need help.
3. Make sure your child knows your full name and phone number and theirs.
4. Do not put your child's name on their backpack. Instead, put their name and phone number inside, where its not visible to the public.
5. Teach your child to walk with confidence; head up, looking around for people or situations that maybe risky. Making eye contact also implies confidence.
6. Discuss intuition and instinct. Remind your child that they can stay out of harms way by noticing these 'Chilly Willies or Creepy Vibes' and leaving the area to seek help from a trusted adult.
7. Teach your children the "Safety Cheer": NO, GO, YELL, TELL. Practice it with them and remind them to shout it loudly to let people know they need help.
8. Create a Family Password with your children. If someone tries to entice your child to go with them, have your child ask for the family password. If the person does not know the password, instruct your child to not go with them, but to run back into the school or to find help immediately.
9. Arrange for a SafeNeighbor. Near your home or school who can be a safe person for your child.
10. Along with the exciting activities they will be eager to share with you, teach your child to always communicate any unsafe or worrisome events that may have happened in their day.

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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 Kathy Chase 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 kathy.chase1@gmail.com





RRROCA Contacts

Rocky Ridge Royal Oak Community Association

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(403) 879-2820 • communications@rrroca.org • www.rrroca.org

President

Jenna Mortis president@rrroca.org

Vice President

VACANT vp@rrroca.org

Treasurer

Ambreen Sulman treasurer@rrroca.org

Secretary

Patience Fagbenro secretary@rrroca.org

Communications Chair

VACANT communications@rrroca.org

Membership Chair

Joanna Tija membership@rrroca.org

Parks Chair

VACANT 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 Chair

VACANT programs@rrroca.org

Programs Co-Chair

VACANT programs@rrroca.org

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403.203.9152

NEWSLETTERSALES@MINDSDESIGN.CA

COMMUNITY CONTACTS

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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
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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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Visit www.rrroca.org for information about RRROCA

Rocky Ridge Ranch Homeowners Association

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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
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

☐ 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

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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 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 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 1

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



Hello Ward 1:

The City of Calgary Recreation is happy to announce that a new skatepark was awarded to Bowness, and it will be located in Queen Elizabeth Park at 4324 77 St. N.W. The City would like to acknowledge the support from the Bowness Community Association, the Bowness Legion #238, the local branch of the Boys & Girls Club of Calgary and Councillor Ward Sutherland. Ward is pleased that he was able to help bring this much anticipated community amenity to the youth of Bowness.

Being sensitive to the location and its significance in the community, The City engaged the Local Legion #238 and received their endorsement of the skatepark. The design of the skatepark will complement the historic relevance of Queen Elizabeth Park and have design elements that honour our veterans. It will also incorporate what was heard during The City's 2014 and 2016 participatory design sessions.

Construction of the Bowness skate spot will begin in late September or early October 2018. This park will take 12 weeks to construct and is anticipated to be complete and open to the public by January of 2019. Seasonal deficiency work, such as landscaping, will be completed at this site in the spring of 2019.

City liaisons will continue to work with the community stakeholder groups to support the development of the park, the public art program delivery, and are planning for grand opening

ceremonies to be held in 2019.

We want to thank the community volunteers and supporters for their time and effort to bring this project into the Bowness Community.

To view the concept drawings for the new skatepark, visit Councillor Ward Sutherland's website at www.Calgary.ca/ward1



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Rocky Ridge - Royal Oak

KARATE

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Rocky Ridge at Shane Homes YMCA at Rocky Ridge (5:30 PM – 7:00 PM)
Royal Oak at Royal Oak School (6:30 PM – 8:00 PM)

403-232-0228

Visit Our Website or Call For More Details

www.acku.org

RRROCA Volunteer Corner

We **NEED** volunteers!

I am sad to say goodbye to Volunteer Corner as I will step down from the Interim Volunteers Chair. I am always amazed by our volunteers, especially our board and committee members, that all of them are dedicated volunteers who contribute their countless hours and energy to build a better community for Royal Oak and Rocky Ridge residents. Volunteers are always important to RRROCA. Many of our board members will move on after serving the board for several years. We need new blood to join us. If you have a few hours of spare time in a month and are interested to help for the community you are living, why not consider volunteering for RRROCA? There is flexibility in time to volunteer for RRROCA and board meeting is always close to home. You will also learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions.

We are also hosting Community Clean Up event on Sept 23 (Sunday) at 9 a.m. – 2 p.m. Please email volunteerlead@rrroca.org if you are interested to volunteer.

President

The President leads and provides direction to the Board of Directors and the Community Association, sets and accomplishes goals while ensuring that the Mission, Vision and Values of the Community Association are upheld.

Time commitment: 10-20 hrs/month

Vice President

Vice President provides leadership in the absence of the President, and to assist and work closely with the President to provide direction to the Board of Directors.

Time commitment: 10 hrs/month

Communications Chair

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

Time commitment: 10 hrs/month



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

Parks Chair

The Parks Chair will be responsible for parks and recreation in the community. He/she will liaise between the community and the board on issues related to parks within the community. He/she will volunteer closely with the Parks Lead to oversee the sports facility at RRROCA park, train and coordinate ice rink volunteers in the winter.

Time commitment: varies/month

Sponsorship Co-Chair

The Sponsorship Co-Chair will approach and maintain relations with sponsors for RRROCA events and programs.

Time commitment: 10 hrs/month

Programs Co-Chair

The Programs Co-chair will provide the opportunity for the communities' diverse residents to participate in sports program and activities.

Time commitment: varies/month

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FREE ESTIMATES

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!



Community Cleanup

Sunday September 23, 2018
9am–2pm

London Drugs Parking Lot
#500-8888 Country Hills Blvd NW

Drop off any of the items listed for proper recycling

- Electronics (TVs, VCRs, printers, computers, monitors, etc)
- Small appliances
- Furniture
- Non-food related styrofoam
- Disposable cameras
- Inkjet and laser cartridges
- Batteries • Plastic bags
- Smoke alarms
- CFL light bulbs, fluorescent tubes (up to 4-ft)



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City of Calgary will be collecting organic waste and items that do not fit in waste & recycling carts. Other recycling partners and local charities will be accepting a variety of household items like clothing, towels, bedding, housewares, dishes, cutlery, pots & pans, cooking utensils, children's car seats (\$10 levy), scrap metal and plenty more! For a full list of items accepted and restricted items visit: greendeal.ca/events



What's the
GREEN DEAL? 



Tap into your
creative
Side

with The City of Calgary



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.

The City 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 preschool dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. Registration is now open.

To tap into your inner artist and see which program is right for you, visit calgary.ca/register.



Visit www.rrroca.org for information about RRROCA

Introducing the new RRROCA membership lead!

Linda Nwachukwu is joining us as the new Membership Lead. Linda and I will work together to improve the RRROCA membership. We hope to provide more benefits to our members. Meanwhile, please support your community association by purchasing RRROCA membership. We will start selling 2019 RRROCA memberships on October 1st. Please visit our website to know more about the benefits of purchasing RRROCA membership.

~Joanna



Hello everyone,

It is a pleasure and great privilege to introduce myself as the new Membership Lead for RRROCA. Having lived in this wonderful community for six years, I'm very excited for the opportunity to give back to a community that has played such a special role in my family's life.

My husband and I were drawn to the communities of Rocky Ridge and Royal Oak, because of the strong sense of family and community that is felt here.

This area has proven to be an amazing place to raise our two children. It has been wonderful getting to know members of this great community-- from neighbors, to community partners and local businesses.

As the Membership Lead, I have a vision of helping to grow the membership of RRROCA, while also collaborating with community partners and businesses, to enhance the benefits enjoyed by our collective membership. Are you an official member of RRROCA? Maybe you're contemplating joining? I welcome your feedback and inquiries.

Your voice is important to us. Your insight and contributions are highly valued. I invite you to watch this space, in upcoming newsletters, for additional opportunities for ongoing engagement. I look forward to having meaningful dialogue with all of you, and pledge my help in ensuring membership and participation in this wonderful volunteer based association is one that is rewarding and valuable for all.

~ Linda

the Gutter Doctor

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Community Civic Chat

Pat Kelly, MP for Rocky Ridge

Suite 202, 400 Crowfoot Crescent NW
Calgary AB T3G 5H6
T: 403-282-7980 W: patkellymp.ca

A message from Pat Kelly



I am committed to assisting constituents when dealing with federal departments and agencies. Examples include Canada Revenue Agency, Department of Veterans

Affairs, Citizenship and Immigration, Employment Insurance, and the Canadian Pension Plan.

If your concern is with a federal agency, first try to resolve the problem with the department yourself. Contact them with your issue, and once you have received a response, contact my office if you would like my staff to advocate for you.

My office provides Canadian flags (large and small) and lapel pins to constituents, schools, and community groups. There is a limited supply, but usually enough to fill reasonable requests.

If you or a local organization you are connected with would like to extend an invitation to an event, please contact my Calgary office with the details, and I will attend if my schedule allows.

Some of the issues we have been dealing with in Ottawa this session include the Trans Mountain Expansion Project, Budget 2018, Democratic Reform, NAFTA, Illegal Border Crossers, and concerns around what the Carbon Tax will actually cost Canadians.

Please feel welcome to contact me with concerns related to federal policy any time. The feedback I receive from constituents is highly valued, and helps me to gauge how constituents in the riding feel about matters which are under federal jurisdiction.



3 on 3 COMMUNITY BASKETBALL TOURNAMENT

SATURDAY SEPTEMBER 15th, 2018

RRROCA Park, 9001 Royal Oak Way NW

PROGRAM:

10:00am	Opening
10:05am	Games Start
12:00pm	First round of games ends
12:30pm	Second round of games end
1:00pm	Quarter finals end
1:30pm	Semi finals end
2:00pm	Final game ends
2:15pm	Prize ceremony
2:30pm	Closing remarks

RULES:

- 3 Divisions: Ages 8 - 11, 12 - 15, 16+
- Minimum 4 games guaranteed per team
- Each game is 20 minutes
- One member of the team must be a RRROCA member
- No Entrance fee
- Maximum 16 teams allowed
- To register for this event, visit the RRROCA member portal

Want to volunteer for this event?

We need coaches, referees & trainers during the game breaks. Please get in touch with volunteerlead@rrroca.org

FAMILY ACTIVITIES

HOT AIR BALLOON
JUMP HOUSES
REFRESHMENTS

EACH TEAM WILL GET A BALL!

PRIZES FOR TOP 3 FINISHING TEAMS!



"Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter."

~ Carol Bishop Hipps

Local PHOTOGRAPHERS

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

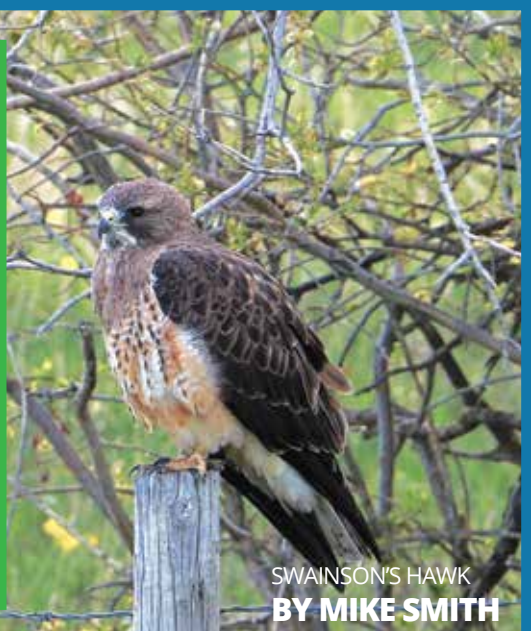
BIRDS OF ROCKY RIDGE ROYAL OAK
SUBMITTED



LUNCH TIME!
BY YASH KAPADIA



SWAINSON'S HAWK
BY MIKE SMITH



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!

DIETARY NEEDS CHANGE WITH AGING

One of the things that most intrigues the staff-associates at The Manor Village Life Centers is learning the life-stories of our Residents.

One such person is Emily – a lovely person in her mid-80s. Living alone, she had lost weight and become depressed and forgetful because of loneliness and lack of sleep due to indigestion and stomach cramps.

This spring, she decided to make the move to The Manor Village at Rocky Ridge. Emily's doctor was concerned about the results of her recent bloodwork, which confirmed our observation that she was finding it difficult to digest her meals. Her children were so worried, we ordered a Nutrigenomic Saliva Test. This simple test enabled us to understand which foods and chemicals Emily's digestive system is able to metabolize.

The test results showed that she was unable to metabolize red meats and indicated signs of her being gluten intolerant. With this in mind, the Manor Village Chef planned a new diet for Emily including a fresh fruit cocktail before her main meal and gluten-lite ingredients.

Emily is now engaged with her new friends. Her family comments that Emily is looking so much healthier and happier – attending exercise classes and socializing around the entertainment she enjoys with her neighbours. In addition, Emily's memory loss has greatly improved with her new diet and exercise programs, and she has learned to de-stress with the Mindful-Meditation programs after each exercise class. She is sleeping peacefully, waking rested and ready for the day! Every time her children visit, often staying for dinner with their mom, they thank Chef Bruce and the staff at the Manor Village – "They have saved the life of our wonderful Mother."

If you or your family have noticed changes in your health or memory – please do not ignore the symptoms! Chronic health conditions and memory loss with aging are not necessarily a result of growing older – they can be mitigated with lifestyle changes and many are preventable if changes are started early enough.



Emily

The Manor Village Life Centers is associated with The Academy of Aging, a Canadian non-profit society that can help you prevent Memory Loss with Aging, while preserving lifelong health. To learn more, call Helen at 587-392-2403 (helenp@themanorvillage.com). If you feel it might be time to make a move – we have beautiful suites available for lease. Book your tour today at The Manor Village Rocky Ridge and enjoy a complimentary lunch 403.239.6400 or visit www.themanorvillage.com

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YOUR CITY SECTION

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Check out these important updates from The City of Calgary

When cannabis is legalized on October 17, it will be illegal in Calgary to consume non-medical cannabis in any form in public places, except for designated cannabis consumption areas.	calgary.ca/cannabis
The Calgary Fire Department reminds Calgarians that disposing of smoking material in flower planters, peat moss, your lawn or garden is a dangerous choice.	calgary.ca/smokingdisposal
Help us refresh the 2007 Centre City Plan and tell us what you would like to see and do more of in downtown Calgary. Online engagement starts in September.	calgary.ca/centreplan
Our project team is ready to share the proposed land use rezoning and reveal the streetscape's concept design for the 33 and 34 Avenues S.W. main street corridor.	engage.calgary.ca/33Ave
The new cemetery app makes it easier to find your way around The City's five cemeteries and indoor mausoleum.	maps.calgary.ca
Do you know The City of Calgary and Calgary Police Service host annual meetings about traffic safety in each ward?	calgary.ca/wardsafety
The Shepard Landfill summer hours will continue until October 28.	calgary.ca/landfill
Save yourself a trip to the landfill. City-supported Community Cleanups are running throughout the summer and early fall.	calgary.ca/cleanup
Southland Leisure Centre will be partially closed from August 30 - September 30, 2018 for annual maintenance and upgrades.	calgary.ca/leisurecentres
The Calgary Soccer Centre's main building is closed from July 16 - September 27, 2018 for dasherboard replacement. Fields in the Annex and outdoors remain open.	calgary.ca/recreationprojects
The City of Calgary offers hundreds of artistic and creative programs for all ages, interests and abilities.	calgary.ca/register
The City's Fall Recreation Program Guide has hundreds of fun and affordable activities to help your family get more active. Registration is now open.	calgary.ca/register
After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised programs across Calgary.	calgary.ca/afterschool

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.

Your Community CLASSIFIED ADS!!!

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