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RRROCA REPORTER

NOVEMBER | 2018

Join Us!

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

Johnston Canyon Falls

PHOTO BY GORDON HUNSAKER



RENEW YOUR MEMBERSHIP TODAY! ~ P. 3

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COMMUNITY ASSOCIATION
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RRROCA Membership

**Purchase
or renew
your
membership
TODAY!**

Buy RRROCA Membership 2019 now to support your community!

Early Bird price: \$25 (purchase on Oct 1 - Dec 31, 2018)

Regular price: \$30 (purchase on/after Jan 1, 2019)

Benefits of membership

- Access to Babysitter Registry
- Register community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of five \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding block party for free
- Receive discounts at Cloverdale Paint, Servus Credit Union, and Stealth Alarms*
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration*
- More benefits are coming!

* Please present the receipt of RRROCA Membership Registration upon purchase or registration.

If you have further questions, please send me an email at: membership@rrroca.org



Annual General Meeting (AGM)

Monday, November 26, 6:30pm
Royal Vista Multi-Use Facility

You are invited to attend our AGM on the 26th of November. Come share your thoughts on matters that affect your community. Together we have accomplished much this year; we would like to share these accomplishments with you. We will also vote to elect our 2019 Board of Directors.

If you would like to attend, kindly RSVP to secretary@rrroca.org. If you are not able to attend or you are unsure, we would be grateful if you complete a proxy and return to secretary@rrroca.org.

To download the proxy form and meeting agenda visit www.rrroca.org

DAVE SPENCER

AGM CHAIR

Rocky Ridge Royal Oak Community Association

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

PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6
(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

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Patience Fagbenro secretary@rrroca.org

Communications Chair

Immanuel Nwachukwu
..... 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

Tatyana Sandroyan programs@rrroca.org

Programs Co-Chair

VACANT programs@rrroca.org

Mind's Design

NEWSLETTER AD SALES FOR THE REPORTER:

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
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
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- 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
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

| | |
|-------------|-------|
| 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.

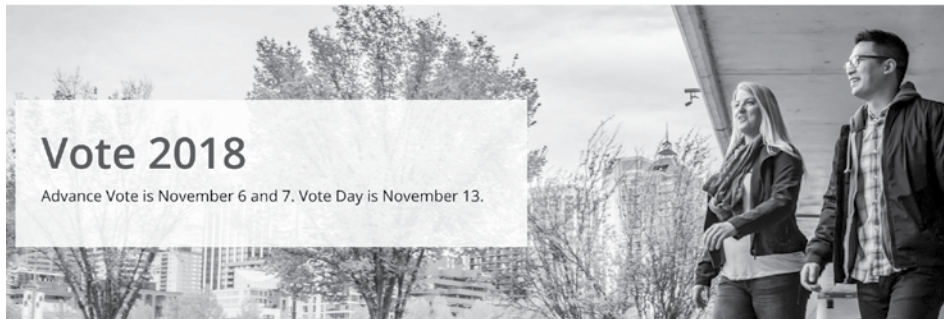
SUBMISSIONS - Please direct editorial enquiries to newsletter@rrroca.org and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

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



~ WWW.CALGARY.CA/VOTE2018

Hello Ward I:

Vote of the Electors 2018 (Olympic Plebiscite)

Thank you to all the residents of Ward I who have contacted my office to provide me with their feedback on the Olympic Bid proposal. Your opinion is important to me and I am carefully keeping track of your response. I also strongly encourage everyone to come out and vote on Plebiscite Day, Tuesday, November 13, 2018.

Council approved a Vote of the Electors in respect to Calgary hosting the 2026 Olympic and Paralympic Winter Games. I can only speak for myself when I say I will honour the plebiscite results.

The question on the ballot will be:

Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

☐ I am for Calgary hosting

☐ I am against Calgary hosting

Mail-in ballot request

You may request a Mail-in Ballot if you are unable to vote during the Advance Vote or on Vote Day because:

- of physical incapacity; or
- you are absent from the city; or
- you are working Vote Day as a vote worker or volunteering/working on a campaign.

Mail-in ballot request will opened October 1, 2018.

Mail-in Ballots must be received by the Elections & Census Office no later than 4 p.m. on Vote Day (November 13, 2018).

- **Advance Vote is November 6 – 7, 2018**
- **Vote Day is November 13, 2018**

For more frequently asked questions, please visit www.Calgary.ca/vote2018.

Calgary



JUMP INTO FALL WITH THE CITY'S RECREATION PROGRAM GUIDE

The City of Calgary's Fall Recreation Program Guide offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often. Registered programs include swimming, skating, fitness, arts, golf, sailing and sports. With dozens of facilities located throughout the city, there are many convenient locations for you and your family. Registration is now open.

visit: calgary.ca/register. To learn more and find a program that's right for you,



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We collect gently used clothing, household items & recyclable bottles to raise funds for people with cerebral palsy & other disabilities.

Visit www.donatotcpalberta.com or call 888-477-8030 for donation locations throughout the city or to book a free pick-up!



We **NEED** volunteers!



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..

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 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

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

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

DID YOU KNOW?

Volunteering for RRROCA as a Board or a Committee member will:

1. Gain valuable volunteering experience and essential work skills;
2. Know the first-hand community news;
3. Get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;
4. The most important: help us to build a thriving community!





CELEBRATE National Child Day 2018!

National Child Day is celebrated annually in Canada on

November 20th in recognition of our country's commitment to upholding the rights of children.

In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. The 2018 theme is a child's right to identity.

Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, one free from adversities, raises healthier and more engaged citizens. Affirming their uniqueness and identity is the birthright of every child. The identity of a child is their assertion to exist in society; as both an individual, differentiated from their peers and society, and as a part of that group. Identity integrates any child into a society and allows them to benefit from



essential social services.

At the core of respecting a child's right to identity is having their voice heard, believed, and valued in their community. Whether children and youth are at school, at home, on a team, with friends, or online, fostering a community that values their identity involves creating positive relationships with caring peers and adults. We respect a child's right to identity by:

- recognising their name and surname
- respecting their nationality, by both blood and birth
- acknowledging their birth date, gender expression, and the inborn and learned traits that make them unique.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children.

Please visit www.nationalchildday.ca for more ideas and to learn more.



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



Thursday, November 22nd at 4pm
Please join us in celebrating our
"African Night"

A part of our monthly *Around the World* visits.
Please call and ask for Kim who will give you a tour
and then join in on all the festivities.

Saturday, December 1st is our Toy
Drive/Community Christmas Party

Candy and Hors D'oeuvres for all!
Come meet Santa and take a sleigh ride throughout the
neighborhood!

All toys will be donated the Salvation Army!

www.RockyRidgeRetirement.com
403.930.4848

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RRROCA Recipe of the Month

Potatoes Romanoff by Terri Gilson

If you are looking for a quick and easy potluck or holiday side dish that can be made ahead and everyone will love, this Potatoes Romanoff is the perfect dish! I think this dish is so popular because it's classic comfort food; creamy, potatoey, melty cheese deliciousness. And although it's not exactly light, I use the low-fat cheese, low-fat sour cream and low-fat cream of mushroom soup to lighten it up a little. And in the end, it's still worth every single calorie!

This Easy Potatoes Romanoff Recipe is not only classic comfort food, it's the ultimate potluck dish. Made with frozen hash browns, low-fat sour cream, cheddar cheese and mushroom soup, it's a little lighter than the usual, but delivers on taste! It can also be made in a slow cooker.

Course Side Dish

Cuisine American, Canadian, North American

Prep Time 10 minutes

Cook Time 1 hour 15 minutes

Total Time 1 hour 25 minutes

Servings 20 people

Calories 165 kcal

INGREDIENTS

- 8 cups frozen hash browns
- 2 cups low- fat sour cream
- 2 -10 oz low - fat cans of mushroom soup
- 2 cup low- fat sharp cheddar cheese grated
- 2 small onions finely chopped
- 1/2 cup butter

GARNISH

- Sprig of fresh dill optional

INSTRUCTIONS

1. Cook finely chopped onions in 1/2 cup butter in microwave for 2 minutes.
2. Mix all remaining ingredients together, then add onion with butter and combine.
3. Cook (uncovered) at 350 degrees F for 1.25 hours.

Slow Cooker:

Follow same directions and cook in slow cooker/crock pot (covered) for 3 hours on high or 6 hours on low.



NUTRITION FACTS

Potatoes Romanoff

Amount Per Serving (0.25 cup)

Calories 165Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Cholesterol 22mg 7%

Sodium 145mg 6%

Potassium 311mg 9%

Total Carbohydrates 17g 6%

Dietary Fiber 1g 4%

Protein 5g 10%

Vitamin A 4.8%

Vitamin C 9.6%

Calcium 9.2%

Iron 5.1%

* Percent Daily Values are based on a 2000 calorie diet.



RRROCA Community Connects

Cannabis Stores Near You?

With legalization of marijuana came business interests to open cannabis stores in our neighbourhood. An application for a store at the Royal Oak plaza was rejected by the Development Authority. However, the proposer is appealing that decision.

An open session is scheduled for January 22, 2019, and we want to present our community members' position on this matter. So we are asking you to share your opinion.

Please visit www.rrroca.org to participate via a short questionnaire. Thank you.

Immanuel Nwachukwu
Communications Chair - RRROCA



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

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

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

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Fall Vibes

PHOTO BY CHELSEA MARSOLAIS



Cuteness in my yard

**PHOTO BY
KERRY BENNETT**

Johnston Canyon Falls

**PHOTOS BY
GORDON HUNSAKER**



Healy Pass

PHOTOS BY CAROLE WESTLAKE



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!

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.

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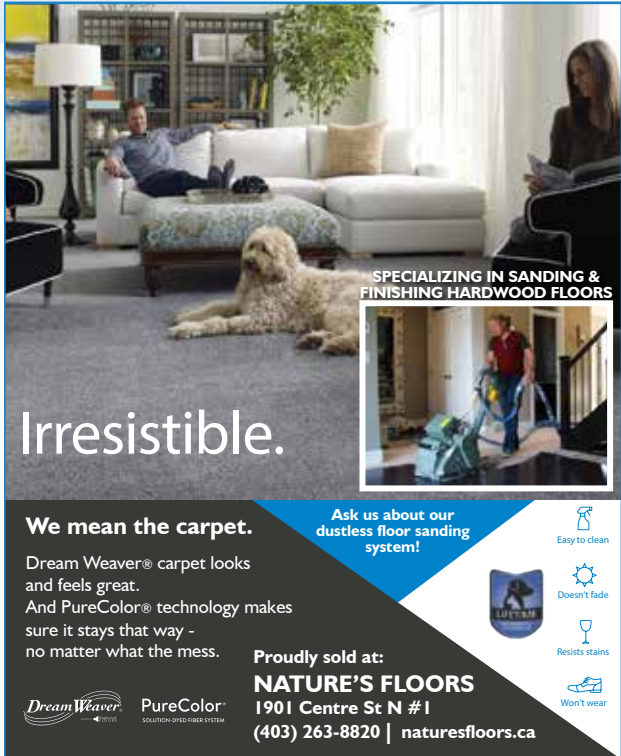
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