

JULY 2022



# ROCKY RIDGE ROYAL OAK

# VIEW

Your Community Newsletter since 2005

Suburban Journal

*Happy  
Summer*

**Community Stampede  
Breakfast  
July 16,  
9:00 a.m. - 12:00 p.m.**



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403-268-2430  
[ward1@calgary.ca](mailto:ward1@calgary.ca)  
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403-297-7104  
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# Councillor Report

**H**ello Ward 1! Summer is in full swing. The long, warm days mean there is lots of time to get out and enjoy all the wonderful things that Calgary has to offer. One of those things is of course the Calgary Stampede, which is just around the corner. I am looking forward to connecting with constituents at several pancake breakfasts and community events over the 10 days of Stampede.

July is a busy month for City Council and Administration as we tie up loose ends before meetings of Council and committees resume in September. Administration is hard at work developing the 2023-2026 Service Plan and Budgets which will inform city services and taxes for the next four years. When this comes to Council in November, I'll be fighting to ensure that Calgarians see clear value for their money with more predictable property tax bills. I will keep you updated here and online as this work progresses.

The City of Calgary runs a number of free summer programs for adults, kids and families. Find sessions for playing, learning or staying in shape at [Calgary.ca/free](http://Calgary.ca/free).

The City is piloting bikes on CTrains during all operating hours until August 31. Share your feedback on this pilot at [calgarytransit.com/CTrainBikePilot](http://calgarytransit.com/CTrainBikePilot).

Throughout the year, The City runs public engagement on a variety of issues that affect you and your community. You can contribute your feedback and view the results of previous engagements online at [engage.calgary.ca](http://engage.calgary.ca).

**Sonya Sharp, Councillor, Ward 1**

**Want to receive emails about any volunteer opportunities for the community association?**  
Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.



## Volunteer Corner

### Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at [www.rrroca.org](http://www.rrroca.org) for all volunteer opportunities.



### Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

**Time Commitment:** Minimum 10 hours/month, will vary based on scheduled programming

### Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

**Time commitment:** 10-20 hours/month

### Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to implement opportunities of benefits for membership.

**Time commitment:** Approx 10 hours a month

### Safety & Security Chair

The Safety & Security Chair educates and liaises with the community to reduce crime, promote awareness of safety-oriented initiatives, helps to identify needs of the community and work to solve or educate residents in order to encourage behaviours to ensure safety and security. Time commitment: 8-10 hours a month

### Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up.

**Time commitment:** Approximately 2-5 hours/month (not including event attendance)

### 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) annually;
4. the most important: help us to build a thriving community

## Child Writers Wanted!

Do you have a child or teen at home who enjoys writing?

Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general. Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at [communications@rrroca.org](mailto:communications@rrroca.org).



## Tri Bonds

What does each set of these three things have in common?

Picnic  
Card  
Pool

Answer: They are all types of tables

## Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at [rrroca.org](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto:membership@rrroca.org) if you have any questions.

### Benefits of RRROCA Membership

Here are some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at [www.rrroca.org](http://www.rrroca.org) to review the active offerings. \*\*

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team at [membership@rrroca.org](mailto:membership@rrroca.org).

### RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30

☐

New membership

☐

Membership Renewal

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 #: \_\_\_\_\_

Email\*: \_\_\_\_\_

\* Please note e-mail is used to communicate your membership number.

If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**  
P.O. Box 91009, RPO Royal Oak  
Calgary, AB T3G 5W6

## Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



# Watering Wisely and Healthier Yards Go Hand-in-hand

The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

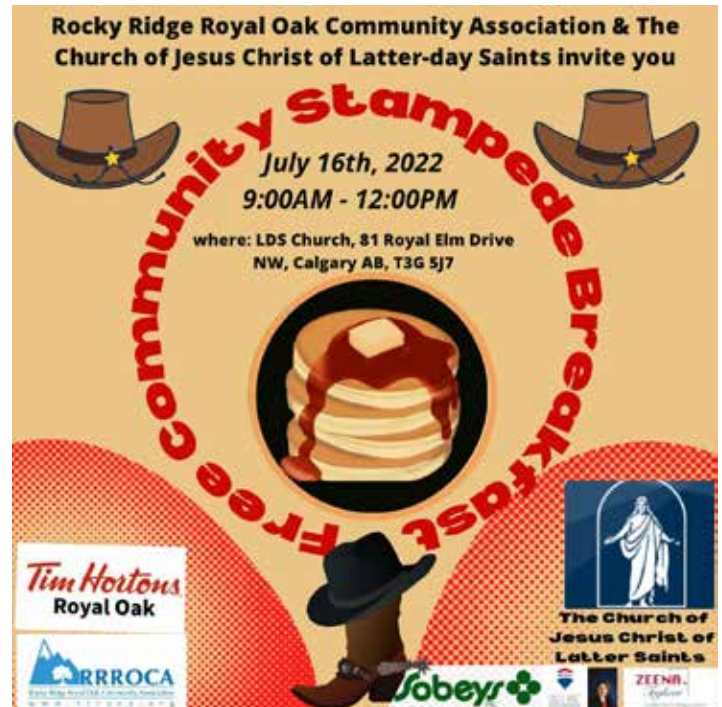
Did you know, Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply? During the summer, Calgary communities may experience an increase in water usage due to outdoor watering activities.

Following these six simple steps will help you prepare for the weather and build resiliency to drought in our city:

- Water in the early morning – before 7 a.m. or later in the evening.
- Watch the weather forecast and skip watering after a rain or when rain is forecast.
- Keep your lawn at least three inches high. Taller grass shades the soil, requiring less water and staying healthier.
- Add bark, wood chips or mulch to reduce evaporation from your soil.
- Water plants with a soaker hose, drip irrigation or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs and flowers.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for information on how to create a water efficient yard including Watering 101 for plants, shrubs and trees, lawn care and irrigation systems.

*City of Calgary*



## DID YOU KNOW?

RRROCA has partnered with local businesses to bring product/services discounts to their members.

The list continues to grow. Check out current discounts here:

[https://rrroca.org/en/businesses\\_discount/](https://rrroca.org/en/businesses_discount/)







## ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

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

### Office Hours

Updates to office and park hours  
will be available online.

## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

### Office hours:

Monday – Sunday 9:00am – 9:00pm unless  
otherwise indicated.

### Park and Lake news:

The staff and Board would like to remind our members and guests of the following guidelines:

- The Park is open from 9:00am to 9:00pm daily.
- Children under the age of 11 must be supervised in the park at all times.
- There is no lifeguard on duty.
- Children up to 36 months are required to wear a plastic diaper/little swimmers when in the pool.
- Lake equipment will be available for use in 30 minute time slots between the hours of
- 11:00am – 7:00pm daily until August 28th.
- A waiver must be filled out and signed by a parent or guardian (16 years or older) each time lake equipment is used. A piece of ID, park access card, keys (or similar) will be held in the office until the waiver is returned to the office.
- Children under the age of 12 are not permitted to use lake equipment unattended.

### Tennis court bookings:

Use of the tennis courts is by booking only. Please visit <https://rrrha.appointlet.com/> or give us a call to make a reservation outside of tennis lesson times. Please note that the lower court will be blocked for bookings during tennis

**10** Rocky Ridge Royal Oak View

lessons that are scheduled to run July 18-22nd, July 25-29th, and August 8-12th from 9:00am to 12:00pm.

### Booking policy:

- Bookings are limited to a maximum of three one-hour bookings per week (2 weekdays, 1 weekend)
- Bookings can be made 2 weeks in advance, with new timeslots becoming available every other Sunday
- Members must be courteous of each other and abide by their designated timeslots

The above policy is subject to change at any time. We have put this policy in place to ensure that all members have equal opportunity to use the courts. We expect all members to be respectful of each other and staff - failure to do so may result in court privileges being revoked.

### Events at the Ranch:

Stampede BBQ – July 9th, 12:00-3:00pm

We would love to see you at the Ranch as we celebrate the “Greatest Outdoor Show on Earth” with an afternoon BBQ and music. Please RSVP by July 2nd to assist us in our planning. Volunteers Welcome! If you are interested in volunteering for the event, please contact us at [info@rrrha.ca](mailto:info@rrrha.ca).

### Kids Used Clothing and Toy Sale – August 13th 10:00am – 3:00pm

Our original event was postponed due to a conflict with the Parade of Garage Sales, so we opted to reschedule. If you would like to purchase a spot to sell used children's clothing and/or toys, please contact the office. The registration fee is \$30 for a space in the upper hall and \$25 for space in the lower hall. There are limited spots available, and you will receive an email to confirm your registration. Click here for a registration form, and a consent form

### Summer Camps –

RRRHA is hosting a number of summer camps this year. For more information please visit the websites as indicated. Registrations are taken directly through the company offering the camps.

### Pedalheads:

<https://www.pedalheads.com/Pedalheads/locations/Alberta/calgary-rocky-ridge>

Teddy Tennis: Session details available online at [www.rrrha.ca](http://www.rrrha.ca)

July 18 - 22nd: U8 9:00-10:30am

U12 10:30-12:00pm

July 25 - 29th: U8 9:00-10:30am  
U12 10:30-12:00pm

August 8 - 12th: U8 9:00-10:30am  
U12 10:30-12:00pm

### **Sportball:**

<https://www.sportball.ca/calgary/multi-sport/>

### **Fall Programs:**

Please watch our website for details pertaining to our Fall Program schedule. Online registration will be available by mid-August.

Rental Spaces for Programs and instruction: Are you a member or neighbour that has a skill you would like to share? Would having a convenient space to host your classes or programs be beneficial to your business? Come check out the Ranch halls and let us know if you would like to discuss the available options!

### **Community News:**

RRRHA fields numerous emails and phone calls regarding off-leash dogs and feces that is not picked up throughout the community. If everyone does their part, we can ensure that all of our neighbours can enjoy being on the pathways and trails that are so highly valued. A map of off-leash areas can be found here: <https://maps.calgary.ca/OffLeashDogAreas/>

RRRHA would also like to remind our members and neighbours that the Textile Recycling bins located in the parking lot at the Ranch are NOT for garbage disposal, or disposal of household items. We have had tires, appliances, mattresses and more left outside these types of items are not collectable through this program. Additionally, many of the senior residents next door have complained that their view is obstructed due to the items that have been left.

**Please visit our website at [www.rrrha.ca](http://www.rrrha.ca) for updates regarding the pool and fall programs. Registration will be available online by mid-August.**

**Join us on Facebook through our members page!**

## **Reducing Food Waste**

Roughly \$31 billion in food is wasted in Canada each year. Almost half of all food waste takes place at the household level.

Here are some ways to waste less and get the most from your food.



- Plan a menu for a few days or for a week.
- Use your menu to make a grocery list. Having a grocery list makes it easier to buy only what you need, which can help reduce food waste.

If you do have extra food in the fridge, try some of these ideas to put it to use.

### **Vegetables and fruits**

- Add zucchini, mushrooms or spinach to a pasta salad or use as a pizza topping.
- Mix mashed sweet potato or yams into biscuits, buns, muffins, or pancakes.
- Add tomatoes or peppers to a sandwich or wrap.
- Add fruit to cereal, cottage cheese, yogurt, salad or a smoothie.
- Freeze overripe bananas to use in loaves, muffins or smoothies.

### **Grain foods**

- Add cooked barley, couscous, rice, or quinoa to a casserole, salad, soup, or stir-fry.
- Make breadcrumbs or croutons from dried (stale) bread. Use crumbs to coat chicken or fish. Add croutons to a salad, casserole, or soup.
- Use leftover cooked pasta in a casserole, salad or soup.

### **Protein foods**

- Freeze small containers of yogurt to have as a frozen snack.
- Add milk, yogurt or tofu to a smoothie.
- Add beans, boiled eggs, chickpeas, fish, poultry, lentils, nuts or seeds to a salad.
- Add ground meat, poultry or tuna to pasta.

For more ideas, visit [ahs.ca](http://ahs.ca) and search Reduce Food Waste.

*Alberta Health Services*

# Home Security

## Bike Index

As the weather gets nicer and more people begin to spend time outdoors, we know members of the community will start to participate in summer activities, including biking. As we see every year, there are always numerous bike thefts that occur annually, and we want to remind Calgarians to protect their bikes by registering with Bike Index.

Bike Index is a free, voluntary program, and is the most widely used bike registration service in the world with 990 community partners, and tens of thousands of daily searches. It helps people recover their bike if stolen and allows anyone to search found bikes' serial numbers if they suspect they may have been stolen.

Bike Index does not replace the need for citizens to report their stolen property to CPS, however it is an added method to report and recover stolen bikes. Our officers can use Bike Index as an investigative tool to support the recovery of stolen bikes.

### Registering a bike

To signup, bike owners register their bike's serial number. If stolen, they can login and make note that their bike is missing. In the event it is recovered by police, or looked up by an unsuspecting buyer, its status on Bike Index will appear as stolen and alert those searching that serial number. Bike users may also want to place a sticker on their bike to let potential thieves know it is registered with the program. Bike Index stickers are available at district offices for members of the community to pick up.

There are currently more than 15,900 local users registered with Bike Index. Visit the Bike Index webpage at <https://bikeindex.org/> or the app for more information and registration instructions.

*Calgary Police Service*



# Stay Back, Stay Safe

## When Collection Trucks are at Work

It's important to be careful around collection trucks to keep you, your family and our drivers safe. Here are some tips to help you stay safe:

Always stay at least 10 metres away from a collection truck. Remember, if you can't see the driver, the driver can't see you.

Please slow down around collection trucks. Make eye contact with the driver before driving in front of or around the truck.

When putting your carts out for pickup, place carts and extra yard waste bags at least 0.5 metres apart. Ensure there is enough space from vehicles, fences and garages.

The collection truck uses a mechanical arm to pick up carts. The arm needs space to reach, grab and lift the carts to empty them. Placing your carts with enough space means your driver will be able to pick them up safely.

Learn more about placing your carts for safe pickup at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).

*City of Calgary*





# Our Sandstone City – The Downtown Commercial Core

## Why Stephen Avenue is Worth Saving

Stephen Avenue, Calgary's heart, stretches from historic City Hall (1911) along 8th Avenue SW and past the Barron Building (1951), Calgary's first skyscraper that established us as the Oil Capital. Now a National Historic Site, the many historic buildings on what is really Calgary's Main Street continue to serve their original purpose.

The avenue was named after banker George Stephen. Stephen was the financial driver behind the creation of the Canadian Pacific Railway and its first president, serving until 1888.

Typical of prairie towns, Calgary's commercial streets developed close to rivers and railways, with the downtown flanked by the Bow River to the north and the CPR to the south. When a fire wiped out the early wooden structures in 1886, the City passed a law that all public buildings be made of brick or locally quarried sandstone. In 1913, the current Hudson's Bay store opened, cementing Stephen Avenue as the city's shopping mecca. The Calgary Tower (1968), the pedestrian mall (1972), municipal building (1985), and Olympic Plaza (1988) ushered in a new era of public use.

Over 100 historic buildings still exist in the core with a significant, continuous cluster between Centre and 1st St



8th Avenue looking east, including: Clarence Block, Tribune Block, Calgary Hardware, Hudson's Bay Dept Store 1891. [ca. 1909-1912]. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.

SW, fronting 8th and 7th Avenues. Sadly, our ill-fated reputation as a city that tears down its heritage to build bigger and newer has put many of these buildings, and the vibrant character of Stephen Avenue, at risk. It attracts tourism, supports local businesses and the burgeoning film industry, provide a pleasant atmosphere for a growing population, and connects us to our storied past.



Stephen Ave Nat Historic Site (CHI May 2022)

Did you know that the now at-risk sandstone building with arched windows at 102 8 Ave SW was once a Hudson's Bay Department Store? Built in 1891, it predates the existing and much larger Bay, one block west. Winnipeg recently announced that its landmark downtown Hudson's Bay store will become a centre for Indigenous reconciliation, transformed into affordable housing, a museum, an art gallery, and restaurants. Calgary can do better conserving and repurposing our dwindling heritage.

**Karen Paul is a Director of the Calgary Heritage Initiative Society.**

For more information about historic places in Calgary visit [www.heritageinspiresyyc.org](http://www.heritageinspiresyyc.org)

HERITAGE *inspires* **YYC.org**



Hudson's Bay 1891 (CHI May 2022)

# 4 Easy-to-Remember Tips for Managing Fatigue

Fatigue is a common symptom that affects people with chronic conditions such as arthritis. It can be hard to manage since it can affect most areas of your life. But there are strategies that can help.

"We've found the 'four Ps' is one of the best techniques to help people cope with fatigue," says Trish Barbato, president and CEO of the Arthritis Society.

## Prioritize

Keep a list of all your activities for one week and arrange it in order of importance. Then determine what you can skip, do differently or delegate. By only taking on your top priorities, you can conserve your energy.

## Plan

If you usually feel better in the mornings, schedule your more demanding activities then. Just don't overdo it.

Something big coming up? Book rest time before and after.

## Pace

Break up your daily activities so you're not overdoing it. There are several ways to do that. You can take regular breaks and alternate activities so you don't put too much strain on one part of your body. You can also give a nod to the "two-hour pain rule" which suggests you overdid it if you feel pain for more than two hours after an activity.

## Posture

Correct posture distributes weight over your larger muscle groups, helping you conserve your energy. To check your posture, align your ears over your shoulders, chin tucked in, shoulders down and back, tummy in, seat tucked under, and knees unlocked. When driving, sit close to the wheel with your knees bent and use a supportive pillow at your lower back.



Learn more tips for managing fatigue at [arthritis.ca](http://arthritis.ca).

News Canada



# Word Search

BARREL	HAT
BOOTS	HORSES
BUCKING	JULY
BULL	MIDWAY
CALGARY	PANCAKES
CHUCKWAGONS	PARADE
CLOWN	RODEO
COWBOY	SADDLE
COWGIRL	STAMPEDE
COWS	STEER
FIREWORKS	WESTERN

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