

JANUARY 2015

ROYAL OAK

SUBURBAN JOURNAL

New Year's
RESOLUTIONS

AGM
Highlights

New People,
FRESH Ideas



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President's Message



Happy New Year everyone!

We are so excited to be starting off a fresh new year! What are your New Year resolutions? We have a few.

David is continuing to work hard on with Joe Magliocca and Ward Sutherland on our traffic issues and we have had increased Police presence at the intersection of 112th Ave and Country Hills Blvd. David and I will continue to work with CPS into the summer to ensure that presence continues with the trucks and gravel industry pick up again in the summer.

We are looking for some people who enjoy coordinating. We need 5 new people who have 10 hours a month to volunteer to help out with our traffic and safety committees so we can get some new initiatives off the ground.

We also need a Director of Communications, a Treasurer, Planning and Development, a VP and as I am planning to step down in June, we need a new President. If you are interested in any of these please email volunteer@rrroca.org and talk with Frances.

Sports registration will be happening in the next month so please watch our Facebook page, twitter and website for more information. Last year we had a record-breaking year with 540 kids registered in our programs. Soccer is for ages 3-12 and Baseball is for ages 5-8. We are recruiting volunteers for the program right now. As you can imagine organizing 540+ families takes a lot of hands. If your child is playing this year and you have 4 hours a week to volunteer please email Tessa at sports@rrroca.org.

We have an exciting opportunity as well. We need a committee to discuss and steer a building project. We now have the money and the land to build either a rink or a building. We need a committee of people who would

continued on next page

Rocky Ridge Royal Oak Community Association

403-771-8979
communications@rrroca.org
www.rrroca.org

RRROCA Board of Directors

President.....Pamela Dais-Nichol
1st V.P.VACANT
2nd V.P., Director of TransportationDavid Klym
Treasurer.....VACANT
Secretary.....Loretta Kao Mo
Director of SportsTessa Sakamoto
Director of Social MediaFatima Khawaja
Director of Membership.....Nicole Savoie
Sponsorship Director.....Karen Abbott
Volunteer Director.....Frances Kalu
Events Director.....Lorraine Reed-Loewen
Director of ParksVACANT
Director of School's.....VACANT
Director of Communications.....VACANT
Director of Planning and DevelopmentVACANT
Community Newsletter Editor and Liason.....
.....Carla Knipe

Elected Officials

Alderman: Joe Magliocca
403-268-2430
joe.magliocca@calgary.ca

MLA: Sandra Jansen
403-297-7104
calgary.northwest@assembly.ab.ca

Community Liason Officer:

Constable Roy Moe #2231 403-567-6745
roy.moe@calgarypolice.ca

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President's Message *continued*

be willing to help move this long-standing goal into reality.

Along the same lines, the Bears paw Historical Society is actively seeking a group of people from our community who would help see the Eamon's Building restored into the LRT parking lot. I believe this would be a 10 hour a month commitment. If you are interested in this committee please contact me, president@rrroca.org.

As you can tell we are looking for new people and fresh ideas. I and the other board members get asked, "how do you find the time for all this?". We are all employed, have young families and volunteer. The answer is yes, it involves sacrificing some of your free time and family time, but for me the pay off comes in seeing the fruit of my labour. I will always remember the first time I saw 100 kids and all their parents playing on the soccer field. I almost drove off the road I was so excited and humbled. I knew that it was my efforts and sacrifice that allowed that to happen. The first Stampede Breakfast I organized, I sat back and saw the mother feeding her baby her first pancake, the couple who decided to dance to the music, kids running everywhere and all the smiles. You cannot put a price on that feeling of belonging to something bigger than yourself. Of knowing that your work is what is the root cause of all those smiles. Now with the traffic issue I have the opportunity to be part of a solution. I can see how I am not powerless and my voice counts. That is why I volunteer and why that sacrifice is worth it to me.

So I hope you will join us in working toward these goals, at least by purchasing a membership. We have a new membership fee to make it easier and simpler. We are now charging \$30/year for all members. There is no longer a different fee for new or renewing members.

Pam Nichol



Beavers, Cubs and Scouts

Happy New Year!

242 Rocky Ridge Royal Oak (RRRO) Beavers, Cubs and Scouts will resume from Tuesday January 13, 2015 with many great activities planned for the new year such as camping, skating, tobogganing, a movie night, a sleepover at the Zoo, a field trip to Spaceport at the airport, and a visit from a Citizenship Judge to learn about the process to become a Canadian citizen.



We are also proud that one of our Scouts is planning to attend the 2015 World Jamboree in Japan and is working towards raising the funds necessary to achieve this goal.

Scouts Canada programs are a place for fun, adventure and challenge. They bring youth, leaders and volunteers from across the country and from around the world together for the ultimate Scouting experience. Scouts will share friendship, training and adventure while experiencing various personal growth and development.

Scouts Canada will be accepting youths and volunteers in new sections for Beavers (5-7 years old) and Cubs (8-10 years old) in the Northwest Area of Calgary. The location is Foothills Alliance Church at 333 Edgepark Boulevard NW. This recruitment will be held on Tuesday, January 13th at 6:30pm. Registration is \$93.

If you are willing to receive further correspondence regarding this, please do not hesitate to contact Ugie Ifese, Scouts Canada Area Support Manager, at uifesi@scouts.ca or 403 801 5057.

We would like to wish all our Scout members, their families, our volunteers and the communities of Rocky Ridge and Royal Oak a Happy, Peaceful and Prosperous 2015 and we thank you for your continued help and support.

Shazia Awan-Qureshi
242 RRRO Group Committee Secretary

2015 Spring Sports Program

Registration

Registration for the 2015 Spring Sports Program starts February 1 and closes on March 13. It is available online only - a link can be found on rrroca.org under Sports. Register early to avoid disappointment! We have implemented a new software system that will better suit our needs and you will need to set up a new account. RRROCA Programs are available for registration to those who have a RRROCA Membership. If you do not already have one, it will be automatically applied during the registration process. Memberships are \$30 annually per household. Registration is open to non-residents as well, as long as a RRROCA Membership is purchased.

Schedule

Programs run for 8 weeks starting on Saturday, April 25 and ending Monday, June 22, 2015. To be eligible to register, players must be born before March 31, 2012.

Program	Birth Year	Day	Time	Cost
T-Ball	2009/2010	Wednesday	6:30pm - 7:30pm	\$65
Coach Pitch 1	2008/2009	Tuesday	6:30pm - 7:30pm	\$65
Coach Pitch 2	2007/2008	Monday	6:30pm - 7:30pm	\$65
U04 Soccer	2011	Saturday	9:15am - 10:00am	\$50
U05 Soccer	2010	Saturday	10:15am - 11:15am	\$65
U06 Soccer	2009	Thursday	6:30pm - 7:30pm	\$65
U08 Soccer	2007/2008	Wednesday	6:30pm - 7:30pm	\$65
U10 Soccer	2005/2006	Tuesday	6:30pm - 7:30pm	\$65
U12 Soccer	2003/2004	Monday	6:30pm - 7:30pm	\$65

Volunteer

Our program would not be able to run without the help of people like you! Should you choose not to volunteer, a \$50 fee is applied to your registration. If you would like to volunteer, you will be prompted to choose the capacity during the registration process. Opportunities currently available include:

- A director or committee position on the RRROCA Board of Directors - A variety of positions available, please email if you are interested or would like more information.
- Age Group Coordinator - Required before registration starts. Please email for more info.

The following positions will be available only when registration starts.

- Team Creator - Compile all players in an age group and create teams.

- Field Marshal - Check field playability once weekly.
- Coach
- Team Manager
- Community Events - A variety of events and dates available.

For more information regarding these volunteer opportunities, or if you have any questions regarding the sports program, please email me at sports@rrroca.org.

*Tessa Sakamoto
Director of Sports*

Did You Know?

RRROCA's Soccer and Ball Programs are eligible for the Child Fitness Tax Credit. Tax Receipts for the 2014 season will be emailed out in January.

Letters to the Editor

I am writing to you about an on-going issue. We are very angry that people in the community think they can just throw their unwanted trash in any dumpster they see. We are building a couple of homes but we are not volume builders just a family business. The culprits must be aware that this costs us money. Over the past year we found over 30 dumps; everything from furniture to old BBQs to toxic materials. All of these occur at night to avoid getting caught and getting fined.

The dump is too far? Too inconvenient when our dumpster is free. Perhaps our irresponsible neighbours should also know that we try to sort waste for recycling and composting and their junk makes more work. Nobody would think of throwing junk over the fence into their neighbour's yard but it's ok if the neighbour is a few blocks away.

Dave Spencer

Thank you so much for installing the little free library near the tot lot on Royal Oak Drive. I visit it every week, while walking my dogs, to see what's new and what might catch my attention. I've borrowed and returned several times now! I find using the little free library so much less intimidating and time-consuming than going to the public library. Good luck with keeping this new initiative active.

Sandi Sullivan



Meet Your New Board Members

We have had some fantastic people come forward to fulfill some of our crucial Board positions. Here are their photos and bios so you can get to know them a little better!

Lorraine Reed-Loewen **Director of Events**

My name is Lorraine Reed-Loewen and I am pleased to accept the Director of Events position. My family and I are originally from Winnipeg, MB and we have lived in Calgary for over three years. We chose the community of Royal Oak as it reminded us of back home. My husband Peter and daughter Whitney love living in the beautiful city of Calgary and everything it has to offer. I am an outdoor enthusiast and have been a hot yoga student for over five years. I have always had a passion for helping people which has led me to volunteer my time for over 30 years. During this time I have served on a variety of board and executive positions. I am looking forward to working with the RRROCA board and hope to see many of you at next year's exciting events.



Nicole Savoie **Director of Membership**

Hi, my name is Nicole Savoie and I am currently a stay at home mom with two wonderful young children. When I'm not busy with the kids I am an Architectural Technologist in the Retail department of a local firm. My sense of community is bolstered by the many young families in Royal Oak and I am pleased to contribute to RRROCA!



Karen Abbott **Sponsorship Director**

Karen Abbott is the new sponsorship director for RRROCA. She has lived in Royal Oak with her family for the past 14 years. Karen brings over 30 years of experience working with non-profit organizations in various roles. She currently has a health care consulting company that focuses



on education and primary care. Karen says, "she is excited to be part of the RRROCA board and part of the team helping to make the community a great place to live". Karen can be reached at sponsorship@rrroca.org.

Frances Kalu **Director of Volunteers**

I have volunteered with RRROCA for about a year now, and I am quite happy to join the Board of Directors. My family and I have lived in the community for four years, and we have enjoyed all that the community has to offer from the parks, to the wetlands, pathways, community garden, soccer, movie nights, Easter egg hunts and now our very own train station!



Being part of the team that makes some of these events happen has been great, as the director of volunteers I recruit volunteers, liaise with directors to understand their volunteer needs and ensure that when you volunteer, you are comfortable in your role. Apart from managing the home front, I spend the rest of my time at the University of Calgary as a doctorate student at the Werklund School of Education, and working part-time as a Curriculum Specialist at the Cumming School of Medicine.

Do enjoy the holidays and an exciting New Year!

Fatima Khawaja **Social Media Director**

My husband and I had heard nothing but rave reviews about Rocky Ridge from whoever we spoke to - close proximity to the mountains, the great views, friendly neighbours and amenities near by. We moved here three years ago and loved living here so much that we decided to purchase our family home right here! We've experienced a real sense of community, be it from neighbours pitching in to help push your car when it's stuck in snow, to the warm welcome I received from the current board when I signed up to be the Social Media Director for RRROCA.



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New Board Members *continued*

When I'm not working full time as a Communications Advisor or running after my one-year old daughter, I enjoy meeting new people, binge-watching my favorite TV shows and curling up with a good book.

I'm always on the look-out for interesting photos of Rocky Ridge & Royal Oak, and am thinking of starting a Photo of the Week segment on Facebook and Twitter to display fun photos around the community (with credit given, of course). If you would like to see a photo taken by you featured on social media, please email them to socialmedia@rrroca.org

Why I Volunteer

Judy Stasiak

Ladies Group and Ladies Book Clubs Coordinator

I knew very few people in our community and had not lived in Calgary long when I heard that RRROCA was looking for volunteers for the Events Committee. They had the need for volunteers to help with small projects that required just a few hours, as well as larger projects that would need more time, so I knew that I could find somewhere to help. RRROCA offers a lot of family events, great children's sports programs and fun adult fitness classes, so starting the ladies group and the ladies book clubs seemed to be a great addition to RRROCA. Whether you have no kids, young kids or grown kids these groups are a great way for ladies of all ages to come together, and socialize. The amount of time that I give varies each month, but the reward at the end of an event is hearing someone say "This was a great way to meet you ladies. I'm so glad that I did this [event]."

I believe that any way that one can "give back" in the world is important—whether it be financially or with your time. Many people feel like they just don't have the time "to give back," but what they don't realize is that whether you have 5 hours or 50 hours, whether you can help once a week or once a year—every little bit helps. I have found that the way to make volunteering enjoyable, is to NOT volunteer for something that needs 20 hours a week when you realistically only have 2 hours of free time to give.

The key to volunteering is to make it beneficial to the organization while making it enjoyable to you. It is something that I have done for a long time, because I feel that volunteering is an good way to "give back" to your community. It can be a lot of fun and is a great way to meet people.

You can find information on the upcoming RRROCA Ladies Group events and Book Clubs on the RRROCA website or facebook page (information is posted once dates/details are confirmed). If you have questions, email Judy at LadiesGroup@RRROCA.org.

New Year's Resolutions

Now is the time of year for New Year's resolutions; a time for looking ahead and setting some goals. While a lot of personal goals tend to be along the lines of fitness or financial health, the RRROCA Board is also looking ahead to setting some of its own goals for 2015 and beyond. A part of that is establishing a "vision" for our community—a picture of what kind of community we all want to live in. For us, vision is not just a buzzword, it's something that really shapes what we are all about as an organisation.

We are mulling over questions like, what do we want to see happen here? How can it be attained? How can we get others engaged in that process? We'd like *you* to tell us as well. What makes you feel like you're an active community member? But, conversely, if you aren't, why don't you feel that you are involved and what would get you more interested in participating? What is your "ideal picture" that you have of Royal Oak and Rocky Ridge?

Recently we asked this question on our Facebook page and here are some interesting responses (we are letting the respondents remain anonymous!). But, not just at New Year's, please don't be shy in letting us know your opinions throughout the year. Let us know your thoughts in a Facebook post, a Letter to the Editor in the newsletter, or an email to us. We really do thrive on hearing from residents.

"It would be nice to have a Basketball Court at Royal Oak Dr. field and tennis courts too, open to everyone in both Rocky Ridge and Royal Oak."

"Greater traffic flow in an out of the community."

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New Year's Resolutions *continued*

"More attentive drivers! I cannot believe the number of times someone has nearly hit me as a pedestrian and in my vehicle—in my own community!"

"People picking up after their dogs, controlling them on their leashes and keeping our green spaces tidy."

"Royal Oak people being allowed access at the Ranch Centre."

"That all of our local children can attend local schools and don't have to be bussed out of the community. For our provincial government and CBE to work together to properly fund new schools."

"A rerouting of heavy truck traffic away from the intersection that is the bane of our collective existence."

"More beautifying of green spaces including the boulevards that have been choked out by dandelions and weeds or reduced to dirt due to re-salting and winter debris."

And here are a few from the RRROCA Board members:

My wish for next year is that an event for youths would finally happen in the community!

- Frances

My vision paints a picture of a community where residents take advantage of our wonderful pedestrian pathways, with a desire to walk more.

I see residents embracing our development idiosyncrasies, and advancing forward by protecting our ecology through the partnership with the Children & Nature Network (www.childrenandnature.org), which is a movement promoting children being outside playing in natural areas, within their community.

Eventually, I see RRROCA hosting a Jane Jacobs Walk (www.janejacobswalk.org) that showcases our pathways and the community's natural habitat, as pedestrians meander amongst the open spaces, ravines, and wetlands.

Maybe one day, a good pair of footwear will be more important than an extra tank of gas.

I'd like to use membership funds to help turn our potential parcel of community land into a landscape ecosystem in partnership with the university, province and city...

The concept being to plant an array of trees, shrubs and other perennials to see what thrives... in essence, to have the parcel of land turned into a park for residents to enjoy, and the city to test species that could ultimately be used for their future community developments, and tree replacement program, when trees die, etc. This could also brand Rocky Ridge / Royal Oak as a habitat-friendly community, and perhaps benefit the new middle school, encouraging students to take interest in Environmental Stewardship careers, and pave the way for these young minds to better the planet with a grass roots background in Eco Sustainability.

David

I would like to add an edible forest so residents could come and pick fresh fruit for homemade pies or to add to the picnics they are having there...

I would also like to see us have a movie night that doesn't get rained out! Fingers crossed for 2015... and 20 more people join the board on various committees so we can get lots of fun and interesting initiatives going, like poker nights, Pace car, couple's night and an EMS/CPS/ RCMP and armed forces parade, and maybe CPO in the park.

I also want to see the gravel truck issue come to a resolution.

And world peace... Lol!

Pam

I would love to see our "twin communities" be known in the city as the friendliest neighbourhood in Calgary where the concept of neighbourliness is a way of life. Where no one says "I'm bored" because there's just too much to do for all ages. I would love to see the newsletter become the best in Calgary, where I have to turn contributions away every month because there are just too many. Finally, my wish for the Little Free Libraries is that they will always be full of wonderful books and they will become tiny community centres enjoyed by many.

Carla

More social get togethers, like the Stampede breakfast. Valentine's, Canada Day, Halloween etc... It's great meeting your neighbours in a fun setting.

Fatima

RRROCA AGM Highlights

Our AGM was held at the Royal Oak Victory Church on November 19th. Several local businesses held a mini trade-fair before the meeting, complete with freebies for the attendees. Although attendance at the meeting was sparser than last year, the RRROCA Board enjoyed meeting and chatting with community members.

The RRROCA Board has much to be proud of this year, such as increased financial standing, increased sports participation and more events and programs than ever before and the Directors really felt satisfied at seeing the results of their hard work. All of the Directors continue to innovate with the goal of encouraging Royal Oak and Rocky Ridge residents to be active community members. However, more events and programs will not happen without the support of residents purchasing memberships and also volunteering. More volunteers stepped up this year but the Board will require some key roles in the near future.

Events

Many favourite events returned this year, such as the NWChurch Easter egg hunt (of which RRROCA co-sponsored), the Family Fun Day at the Victory Church, Parade of Garage Sales, the 2nd Annual Movie Night, and the Stampede Breakfast. The Rocky Ridge Ranch Homeowners Association provided the Ranch Centre as the new venue and collaborated with RRROCA with the planning running of the breakfast. Our breakfast led by example in Calgary because went “green” for the second year. The breakfast achieved an 89% reduction in waste and attendance was up by 700. Also new this year was the Stampede marketplace and the “Stampede Rowdy”, an adults only event during the evening which was well attended for a first year.

A new Director, Lorraine Reed-Loewen will lead events planning beginning in the new year.

Ladies Night Out/Book Clubs

These addressed a need in the community for more recreation for adults. Judi Stasiak volunteered to organize these events that began in April with a Croc-a-Doodle paint night. Other events were a mani-pedi pamper night, lip-balm making, cupcake decorating class, and December cookie exchange. There are

currently three book clubs but there is demand for more sessions. The program is hoping to expand to couple's events and men's nights but require someone to run them.

Treasury

RRROCA was incorporated on June 5, 1997 in Alberta as a non-profit organization and is exempt from income tax under the Canadian home tax act. Financials are prepared in accordance with Canadian accounting standards for not-for-profit organizations. RRROCA operates two ledgers; one general operating account and a restricted account for development of special projects and certain operational expenses. Both ledgers are maintained and recorded independently.

Many strong growth initiatives have led to significant growth in Surplus. Of particular mention is the increase in revenues from Membership, Programming and Donations/Fundraising. Increased focus on diligence in programming costs offset by increased expenses related to increased activities led to an overall increase in cost but net surplus increased from 2013. In 2014, the Treasurer has installed computer software for accounting purposes, supported a credit card processing system and Sports Programming software, discontinued Paypal processing, and supported significant increase in sustainable activity. In 2014, additional resources will facilitate an increase in Programming as well as targeting stable sponsorship support. In 2015, there are no Casino events planned. We will work on refinement of accounting processes as well as policies and procedures. It should be noted that our financial success is the result of work of community leaders, many of who joined us in 2014. Their impact was marked and immediate. We are always looking for more leaders and more ideas to ensure a healthy organization.

Sponsorship

A key way to defer the cost of RRROCA programs while also highlighting local businesses. There were 40 different sponsors this year. A new Director, Karen Abbott, stepped forward to take Sponsorship forward.

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RRROCA AGM Highlights *continued*

Parks

Royal Oak and Rocky Ridge were chosen by the City of Calgary to take part in the NeighbourWoods program, a first for this area. It required a lot of organization before the trees were delivered. A key aspect was collaborating with organizations such as Royal Oak School, educating residents on the importance of this program and getting volunteer help. We planted 219 vs 100 trees as the goal set by the City—was the best community of the ten communities selected for 2014. As a result, we were interviewed by the Calgary Herald and chosen as a “trainer” community to help next year’s program. A goal for RRROCA this year is to find other ways to enhance our green areas and help residents enjoy getting outdoors. The rink has been put on hold, mainly due to a lack of a solid volunteer base to maintain the rink long term. If the community is still interested in it, residents need to pull together and make a concerted effort to see the project through.

Transportation

This is one of the biggest and most challenging issues facing our community. The Transportation committee, led by Director David Klym, works “behind the scenes” toward solutions.

Parking near Royal Oak School is a problem, as well as the rush-hour commuter traffic to both schools and workplaces. However, the largest and most serious problem is the intersection at Country Hills Blvd and 112th St. Gravel truck traffic has existed for a long time but there is increasing conflict between industrial, retail and residential traffic. A solution would be a designated industrial truck route but this requires much collaboration between many parties.

A big step forward this year was meeting with City officials who were empathetic to our community’s situation and steps have been taken to move forward towards a solution. During the Autumn onwards, policing has increased at our intersection where infractions such as running red lights and illegal U-turns have been enforced. However, this is just the beginning of what will be required go solve the problem. Residents MUST take the initiative to communicate to their elected officials in order to make their voices heard. This is a crucial piece of the process

that has been missing in the past. For more detailed information, please see the rrroca.org website.

Engagement/Newsletter

All the Directors have made Community Engagement their focus this year. Consequently, the portfolio of Community Engagement Director will be dissolved as a separate entity in 2015.

The newsletter is the best communication tool the community has, moreso than social media. It is also vital for local businesses, especially small ones, to advertise which grows the local economy. Advertising space enables the newsletter to remain subscription free.

A survey during the summer pointed to ways the newsletter can be improved. There are many possibilities for growth but the Editor cannot do this alone. The key is to encourage others to submit content on a regular basis. Also, the newsletter needs more local businesses to advertise, even if it is just a small ad.

A new and improved newsletter will be launching in March, 2015—stay tuned for details or email journal@rrroca.org for more information.

Another unique communication and community-building tool has been the Little Free Libraries. Thank you to everyone who supported the project!

Sport And Fitness

We are running the community fitness classes again in 2015 but are feeling the effects of increased competition from other gyms and studios in the area. However, the youth sports program is growing! It has doubled in size from 2012, from 275 children to 531 in 2014! 2015 will see the growth managed, our volunteer program improved, our software upgraded, our sponsorship increased. After we do this, there are more possibilities for growth, including an adult recreational sports program.

Volunteers

A focus for RRROCA this year has been to increase the number of volunteers for program and events and maintain a database for them. Volunteers are crucial to the success of RRROCA programs but encouraging

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AGM Highlights *continued*

people to help has been a challenge. The Stampede Breakfast requires 100 volunteers, the Family Fun Day requires 20 volunteers from RRROCA (in addition to the church's many volunteers), plus volunteers are needed for our Movie Night, Community Cleanup etc. In 2015, our Volunteer Director Frances Kalu will work to improve communication with our volunteers and also how they can be appreciated—after all, we cannot do our great work without them!

Membership

Membership in RRROCA is the main gesture of support toward your community! Currently, there are 255 members from Rocky Ridge, 454 from Royal Oak, and 40 members from other communities for a total of 749 RRROCA members. We are working to increase membership as it is lower than the Calgary average. We will also be working to increase incentives for membership, such as community Business Directory and Discounts for Members program. The babysitter registry is one such membership incentive. There is high demand for it in the community; we have 104 participating families but only 16 registered sitters. We need to increase the number of babysitters!

RRROCA is Offering Winter Fitness Classes!

RRROCA Zumba with Helen! (Mondays) What is ZUMBA®?

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Zumba is often referred to as "exercise in disguise" because it is so much fun! My objective is to get people away from the everyday stresses of life even for just one hour to let go, feel the music, and have fun dancing, sweating and get a really good workout! Anyone, male or female from age 13-50 can enjoy Zumba and all fitness levels are welcome. Although you follow the instructor, you can really go at your own pace and make it your own!

Located at My Gym Royal Oak
10 classes
Mondays, 7:30pm - 8:30pm
Jan 5 - Mar 16 (no class on Feb. 16)
\$90.00 RRROCA members
\$120.00 nonmembers

RRROCA Zumba with Erika! (Tuesdays) What is ZUMBA®?

Zumba® fitness is an effective total body work-out that mixes high-intensity and low-intensity moves to Latin and World Rhythm's. No previous dance experience required. Burn calories and have fun with this "exercise in disguise".

Located at My Gym Royal Oak
11 classes
Tuesdays, 7:00pm - 8:00pm
Jan 6 - Mar 17
\$99.00 RRROCA members
\$129.00 nonmembers

RRROCA Vinyasa Flow Yoga with Bobbi (Thursdays)

This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale.

Located at My Gym Royal Oak
11 classes
Thursdays, 7:00pm - 8:00pm
Jan 8 - Mar 19
\$99.00 RRROCA members
\$129.00 nonmembers



Bonus

RRROCA has teamed up with My Gym Children's Fitness Centre Royal Oak to offer participants a very special promotion! Participants who sign up for any RRROCA Fitness Class will receive a discounted \$20 lifetime membership to My Gym PLUS the first 2 weeks of classes for FREE (with a minimum 12 week enrollment) for children's classes!

Type in the link to REGISTER!

<https://www.compusim.com/rrroca/programs/>



St. Sylvester

Bonne Année et Bonne Santé! Happy 2015 from the staff and students of École St. Sylvester School. We hope everyone enjoyed a peaceful and rejuvenating Christmas break.

Many charitable projects were accomplished during the Advent season. We are so very proud of the generosity of our students as they collected articles and compiled them into kits for Calgary Drop in Centre's Fill a Sock-Fill a Need Program. We also like to extend a big thank you to all the families who supported the School Council's major fundraiser by purchasing poinsettias.

January doesn't show any sign of slowing down for us! Students can show their spirit by coming to school on January 9 with the craziest and wackiest hairstyle!! We also have many field trips planned this month, with the Grade 2 heading to Fort Calgary, and the kindergartens will be partaking a fieldtrip to Mount Pleasant Art Center.

We are excited to have Trickster come to our school during the week of January 19 – 23, with presentations in both afternoon and evening. The theme of the residency is Water.

We will be celebrating St. Sylvester Day on January 30 with the St. Sylvester Day Liturgy.

Registration for kindergarten and grade 1 is ongoing throughout the year with the Calgary Catholic School District. All parents who are interested in French immersion are encouraged to register their children at our wonderful school. All families are encouraged to enquire by phoning 403-500-2063.

Tanya Wttewaall

West Valley Softball

Registration begins January 5th for the upcoming 2015 season. West Valley is the designated softball program for children in your community wishing to play softball. West Valley offers a Learn To Play program for children born between 2007 – 2010 and a softball program for those born 1996- 2007. The softball season runs late April to mid- July.

For more information check out the West Valley website www.westvalleysoftball.com, email ssca2@shaw.ca or call 403-288-2616. West Valley happily accepts KidSport funding. Call for more information.

Partners in Crime Prevention Workshop

Organized Retail Crime

Have you ever wondered about the too good to be true deal that you see on Kijiji or Ebay? Did you know that for every \$100 you spend on merchandise that \$20 of it goes into loss prevention measures related to theft?

Organized retail crime (ORC) is 'professional' shoplifting done by organized groups of people. Did you know that ORC is the fastest growing method of how criminal enterprises generate revenue to continue illicit activities in North America. Want to learn more?

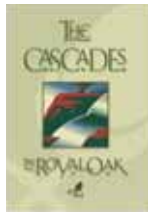
Partners in Crime Prevention Workshop: Organized Retail Crime (ORC)

How does ORC affect you and your community? Learn what you can do as consumer, and what programs are available to you a business owner from Cst. Sampson and Cst. Critchley of the Calgary Police Service Crime Prevention Unit.

Date: Tuesday January 13th, 2015
Location: Bridgeland Riverside Community Association 917 Centre Ave NE
Time: 7pm – 9pm
Cost: FREE for all Calgarians

Register at <https://calgarycommunities.com/workshops-events/>

Federation of Calgary Communities



THE CASCADES

In Royal Oak Residents Association



Photo by Gary Wagner

Snow Clearing on Pathways

Snow removal has started and a number of icy sections have been reported to the board and dealt with or are in the process of being dealt with. Over the last couple of winters an early wet snowfall that freezes in place has caused some concerns.

Contracted snow removal includes all the asphalt pathways within the boundaries of the Cascades. If a PAVED pathway within the area outlined above is not being cleared of snow, please use the contact information below so the contractor can be advised.

Change of President

Jeff Mottle, the President of the Cascades in Royal Oak Residents Association (CRORA), resigned from the board early in November to make more time for his family and his business.

The Board asked Brian Pearson to rejoin the board and take on the role of President. Brian was formerly a board member and past President, who had resigned a year ago to give more time to the Community Association (RRROCA). Brian was voted to the CRORA board and elected as Interim President at a meeting in November.

We would all like to thank Jeff for the excellent work he has done on the board.

Major Board Activities This Year

For the majority of the year it was pretty much status quo with no major initiatives undertaken. There were, however, a couple of smaller initiatives:

- 1) A new garbage bin was installed on the CRORA land on Rocky Ridge road.
- 2) A number of new conifer trees were planted along Rocky Ridge Road. These replace trees that had died over a lot of years. This is significant since the trees benefit, not only Cascades Residents, but also residents of Rocky Ridge and of Royal Oak.

Contact Information

Most of our correspondence with residents, other than talking with neighbours, is through a property management company called First Service Residential. FirstService fields all calls and, if unable to provide an answer, pass the details over to a board member for a response.

The Cascades in Royal Oak Residents Association

C/O FirstService Residential
Suite 810, 839 5 Ave SW
Calgary, AB, T2P 3C8

Phone: 403-299-1810

Fax: 403-299-1813

Our website is still www.cascadesroyaloak.com

IMPORTANT REMINDER

The 2014 Annual General Meeting will be
7 p.m. on Tuesday, January 27, 2015
at the Royal Oak Victory Church.

AGM packages will be sent to every Cascades Resident ahead of this time. Please make an effort to come and support this meeting.

Silver Springs Outdoor Pool Fundraising Foundation

We are delighted to announce that we received a grant of \$125,000 from the Province of Alberta through the Community Facility Enhancement Program. With this grant, we have now raised \$305,000 for the rebuilding of the Silver Springs Dive Tank. Three other grant applications are currently pending.

Our April 30, 2015, deadline is approaching quickly, and we ask that you think about ways that you can help us to reach our goal. Does your employer match donations of money or volunteer hours? Do you know anyone who has a connection to an organization interested in promoting sport, keeping kids active, and developing strong communities? Do you know how to run a crowdfunding campaign, or do you know someone who does? Contact us now at ssopff@shaw.ca.

We would like to thank Denny's Restaurant and Springhill Dental for sponsoring our first Breakfast with Santa event on November 15. Over 110 children, young and old, came out to enjoy a pancake breakfast and have their photos taken with Santa in support of the Silver Springs Outdoor Pool and Dive Tank!

Mark your calendars for February 28 and dust off your Adidas! We will be hosting another fundraising event at the end of February that pays homage to the era when our Pool was built. Get fit, have fun, and dive into action!



Councillor Report

Evanston's Second Access – Now Open

In mid November of 2014 The City of Calgary opened the right in/right out ramp (westbound Stoney Trail to northbound 14 Street NW/southbound 14 Street onto westbound Stoney Trail) creating a second point of access for the community of Evanston.

This project was completed a full year ahead of schedule thanks to the participation and coordination between The City of Calgary, Qualico Developers and the Province of Alberta.

While there is some minor work to be completed (permanent signage and additional landscaping in the spring, for example) these ramps opened a full year ahead of schedule. Construction was completed between August and November of 2014. This project was completed within its \$2.6 million budget.

Symons Valley Road Re-opened

Symons Valley Road was completely closed between 144 Avenue N.W. and Sage Meadow Circle from June 16 to November 26, 2014. During this time, crews upgraded Symons Valley Road to accommodate future residential development. The upgrades included improving the road structure to better serve the heavy truck and vehicle traffic that uses this roadway on a daily basis. Because of these upgrades, Symons Valley Road now has a life cycle of approximately 30 years, and is 50 per cent closer to final completion. The road will ultimately be widened to two lanes in each direction. During the closure of Symons Valley Road, all heavy truck traffic was detoured to Shaganappi Trail. Symons Valley Road is currently re-opened to truck traffic. The City of Calgary, Stantec, and Brookfield Residential would like to thank residents and motorists in the area for their patience and support during construction.

www.Calgary.ca/newreccentres

Joe Magliocca, Councillor, Ward 2

DID YOU KNOW??

Your tongue is the fastest healing part of your body.



Be a Good Neighbour, Clear the Snow

Winter has arrived and it's time to be mindful of how the buildup of ice and snow on city sidewalks can post a risk of injury to Calgarians. Older adults, those with mobility issues or parents pushing strollers or walking with young children, may find it treacherous to venture out if neighbours are not diligent about clearing the ice and snow. All of us can help make walking in our communities safe for everyone if we work together and follow the regulations set out in Calgary's Street Bylaw.

Property owners are responsible for clearing all sidewalks adjacent to their property. This means removing all snow and ice down to the bare concrete within 24 hours after the snow stops falling. If, as a property owner, you do not live at the residence, it is important to work with tenants or arrange for a contractor to clear the snow. It's also important to note that if a property is being developed, the developer is often the owner responsible to clean sidewalks around a construction site or empty lot. The property owner is ultimately responsible for snow clearing under the bylaw. For any ice that is difficult to remove, a de-icing mixture is available at fire halls or Roads depots. Please bring your own container.

Remember that snow from private property cannot be put onto the road or boulevard. Large mounds of snow in the street can impede the flow of traffic, limit driver and pedestrian visibility and hinder Blue Cart and Black Bin collection.

Sidewalks also need to be clear of obstructions such as electrical cords. When plugging in your vehicle, make sure you don't place an electrical cord on or over any portion of a street.

Have you considered being a Snow Angel? It can be a challenge for some residents to shovel and clear their sidewalks. The Snow Angel campaign, now in its 10th year in Calgary, encourages citizens to be good neighbours by helping older adults and others in need with their snow removal. All you have to do is adopt someone's sidewalk this winter and keep it clear.

Let's remember that snow, ice and obstructions on our sidewalks can result in serious injuries and can cause those with limited mobility to be confined indoors. Be a good neighbour and clear the snow.

To find out more about snow and ice removal in Calgary visit calgary.ca/snow or contact 311. For information on how to become a Snow Angel, visit Calgary.ca/snowangels.

Animal and Bylaw Services

Crowfoot Library



Programs for Children and Youth:

- **Life in the Sea:** Ages 7-10. Saturday, Jan. 10, 2:30 p.m. – 3:30 p.m. Please register.
- **Snowed Under:** Ages 3-5, independent of caregiver. Sunday, Jan. 18, 2:00 p.m. – 2:30 p.m. Please register.
- **Chess in the Library:** All Ages welcome. Children under 12 must be accompanied by a parent or caregiver. Sunday, Jan. 1:00 p.m. – 4:00 p.m.
- **Drop-in Family Storytime:** Ages 2-5 with parent/caregiver. Wednesdays at 10:30 a.m. – 11:00 a.m. and Saturdays at 11:00 am. – 11:30 a.m.

Programs for Adults:

- **Portable Tablets for Beginners:** Tuesday, Jan. 6, 7:00 p.m. – 8:30 p.m. Please register.
- **eBooks and Library Apps Coaching:** Wednesdays, Jan. 7th, 14th, 21st, and 28th. 2:30 p.m. – 4:00 p.m.
- **Film Night:** Thursday, Jan. 15 6:30 p.m. – 8:30 p.m. Call 403-221-4122 for details.
- **Spanish Conversation Club:** Ages 16 and up. Tuesdays, Jan. 20 – Feb. 24. 6:30 p.m. – 8:00 p.m. Please register.
- **Law at Your Library:** Thursday, Jan. 28, 7:00 p.m. – 8:30 p.m. Please register.
- **Computer Technology Coaching:** Tuesdays, 10:00 a.m. – 11:30 a.m.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.

Treat Loved Ones to Homemade Biscotti

Sometimes the best gifts are edible. This year, spread some holiday cheer to a friend, neighbour, or colleague with a freshly baked batch of crisp and flavourful biscotti. Package these delicious cookies in a decorative tin and attach a handwritten note containing the recipe so recipients can bake them as well. Lightly sweetened with naturally-sourced stevia, no one will guess these thoughtful offerings are only 83 calories per serving.

Lemon Cranberry Biscotti

Yield: 24 servings

Ingredients

- 2 1/4 cups (550 mL) all-purpose flour
- 1 cup (250 mL) Pure Via Granulated sweetener*
- 1 cup (250 mL) dried cranberries
- 2 tbsp (30 ml) grated lemon peel
- 2 tsp (10 ml) baking powder

- 3 large eggs
- 3 tbsp (45 ml) butter, melted
- 2 tbsp (30 ml) fresh lemon juice
- 2 tsp (10 ml) vanilla

Directions

1. Preheat oven to 350°F (180°C).
2. Combine flour, Pure Via, cranberries, lemon peel and baking powder. In a separate bowl, whisk eggs, butter, lemon juice and vanilla until well blended.
3. Pour liquid ingredients over dry ingredients. Stir together using a rubber spatula until a stiff dough is formed. Turn out onto a lightly floured surface and gently knead in any remaining bits of dough. Divide dough in half. Gently form each half into a log 12 x 11/2 inches. Place on a parchment paper covered baking sheet, leaving at least 3 inches between the logs. Flatten the top of each with the palm of your hand until the log is 2-inches wide. Bake 23 to 25 minutes or until the top of the log is firm to the touch.
4. Cool the logs completely on the baking sheet on a wire rack.
5. Reduce oven temperature to 300°F (150°C). Carefully remove the cooled logs to a cutting board. Cut each diagonally into 1/2-inch wide slices. Place on the same baking sheet. Bake 15 to 18 minutes or until slices are dry and light golden in colour. Cool biscotti on baking sheet on a wire rack. Store at room temperature in container with tight fitting lid.

News Canada, www.purevia.ca



7 Foods to Make you Feel Great

With the New Year here, one of the biggest resolutions made is to eat healthy and lose weight. Here are some ideas of food that will make you feel great!

- **Sweet Potatoes:** High in fiber, potassium, and vitamin C.
- **Blueberries:** High in antioxidants, vitamin C, and fiber.
- **Bananas:** High in potassium and vitamin B6.
- **Broccoli:** High in vitamin C and folic acid.
- **Apples:** High in fiber that helps you feel full.
- **Salmon:** High in Omega 3's.
- **Dark Chocolate:** High in antioxidants.



Get Out and Explore **Alberta**

Ice Road to the North

**Fort McMurray to Fort Chipewyan:
approx. 280 km (174 mi)**

Driving the winter road to Alberta's oldest established community (and gateway to Wood Buffalo National Park) is a very cool trip – literally – because the road is made entirely of ice; it's the only land route that connects remote northern communities in the winter months. As soon as it's cold enough, trucks apply water over the muskeg until the surface ice is about six inches thick. The road is then staked to guide drivers on their way north.

From mid-December to mid-March, the ice roads wind through stately boreal forest, over frozen rivers and marshes, and across the icy majesty of the Peace-Athabasca Delta. On ice-fishing derby weekends, your road companions will be dogsleds and ATVs.

- Get directions for the winter road to Fort Chipewyan from Fort McMurray Tourism and head north in your four-wheel drive. Take time to watch for moose, lynx and bobcats along the way.

- Watch for a section of the road near Fort McMurray nicknamed “The Rollercoaster” – you’ll know when you’ve found it!
- In Fort Chipewyan, the Bicentennial Museum offers a fascinating look back at First Nations people through to the arrival of the voyageur fur traders.

Option: Return to Fort McMurray or continue on across the mighty Peace River and through Wood Buffalo National Park to Fort Smith on the Northwest Territories border, 228 km (142 mi).



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Snowshoeing

Marvel at the surprising sensation of treading lightly across the deep snow. The cool stillness of the forest is broken only by the crunch of snowshoes. A light snow begins to fall, frosting the scarves and toques of your companions. This peaceful winter scene is unchanged since the early explorers traversed this very land.

Straddle the Great Divide and get your picture taken with one snowshoe in Alberta and the other in British Columbia. Learn what made those fresh animal tracks. Hop on a helicopter and fly to the backcountry, then snowshoe to an island on a frozen lake for a gourmet lunch.

Sign up for an organized outing or make your own tracks on a family excursion. Just pick up your shoes and go where there's snow. Feel like you're walking on air? You are – almost!

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