

Lake Club COMMUNICATOR



Keep an eye on the website throughout the month for updates regarding the reopening of the Lake Club and community events in line with the Alberta Open for Summer Staged Reopening Plan announced on May 26th.

EDITOR'S NOTE

In the Spring of last year, I planted a vegetable garden for the very first time. The kids were fascinated with the germinating seeds and so excited to watch the sprouts grow into seedlings. When the weather warmed up we transferred the seedlings to the outdoor garden and took turns watering and tending to our garden. We watched and waited, waited and watched, and were all so thrilled when the vegetables appeared! Sweet peas as a treat for whomever was watering at the time; lettuce for a couple of salads; cucumbers that were eaten by the dog just before we could enjoy them; and zucchinis that ended up being tomatoes and vice versa. This year I am planting a little more of some things; a little less of others. I believe I know my zucchini from my tomato seedling and I'm hoping the dog won't hamper my pickled cucumber dreams! At the end of the season, however, it's not the fruit that matters—it's how much you enjoyed the process and what you learned along the way! You'll find some tips on condo gardening on pages 4 and 5. Hopefully you feel inspired to plant a little

something of your own! E-mail your pictures to me (activity.lakeclub@shaw.ca) and we'll share in future newsletters.

I really miss seeing all of your friendly faces in the Lake Club. While the facility remains closed until Stage 2 of the Open for Summer Staged Reopening Plan, we are hopeful that we'll be able to host some outdoor events and fitness programs in these warmer months. We do have a number of covid-safe things 'on standby' that we can quickly schedule when given the green light.

In the meantime, the HOA Board is working behind the scenes on beautifying the median and other outdoor areas within the community. We are also planning a makeover of the Gym which you can read more about overleaf.

I hope you are all keeping well and enjoying the warmer weather. Take care everyone!

Caroline

The Lake Club is located in the parkade level of The Manors at 450 Rocky Vista Gardens NW.

Website

www.thelakesatrockyridge.com

Lake Club Manager: Caroline Pulford

(587) 349-1338 / activity.lakeclub@shaw.ca

HOA Board

lakesatrhoa@gmail.com

BOARD REPORT

In April and May, the HOA Board worked with the Lake Club Manager to organize some needed repairs and improvements to the Lake Club facilities, while they are closed due to pandemic. These include repairs to the floor and painting the walls in the fitness centre. We are also working on a major improvement of the median and the rock gardens at the East entrance, as well as refurbishing the platform and benches in the park. The waterfall will be installed and operational from June 1 to September 15, daily from 9am to 7pm. Watch for these improvements to be implemented this spring/summer.

We all miss the social activities that we enjoyed before the pandemic but plans are in place for some outdoor events this summer.

We appreciate everyone's patience and support as the Lake Club facilities have been closed so we can keep everyone safe. If you have any concerns, suggestions or comments regarding the HOA, please send them to lakesatrrhoa@gmail.com or leave a message at The Lake Club Office or phone 587-349-1338.

Your HOA Board of Directors



The median, pictured above, is the center island at the entrance to the community on Rocky Vista Dr between the Georgetown and Brownstone communities. The Board is currently working on a major improvement to the median.

GYM UPGRADE



Our gym is getting a makeover with a fresh coat of paint, additional mirrors to reflect the light and some inspirational artwork and workout charts to liven up the space!

We e-mailed residents to determine their thoughts on the current gym colour scheme (see below) and to find out which 1 of 3 proposed light, bright and airy colour schemes is most popular. We'll reveal the winning colour in the next newsletter (or when we reopen the gym which will hopefully happen first)!

Painting will take place during the first week of June and will therefore not delay the reopening of the gym, as part of Stage 2 of the Alberta Open for Summer Staged Reopening Plan. Stage 2 will be based on increased vaccination rates and decreased Covid-related hospitalisations and while we are hopeful that this will occur mid-June, keep an eye out on the noticeboards and website for up-to-date information.

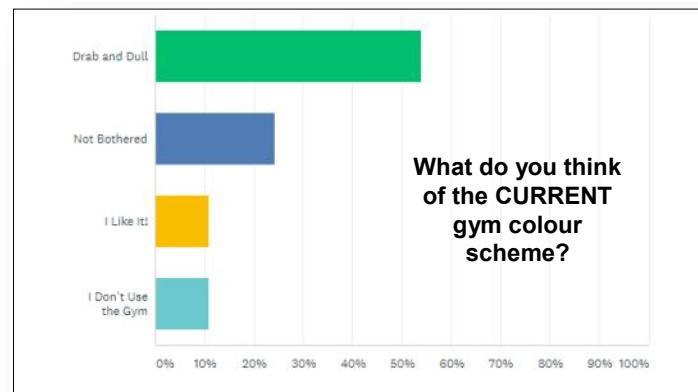
GREEN evokes the therapeutic powers of nature, restorative health, wellbeing and self-nurture.



Like a breath of fresh air, **BLUE** is a balanced and soothing hue that brings the outside indoors.



Versatile and on trend, **GREY** is a much-loved neutral.



LOCAL FARE

I recently happened upon the newly-opened Wow Bakery at Royal Oak Centre and was excited to discover such a unique bake shop right here in our community. The beautifully-crafted Black Forest cake was a delectable treat on Mothers Day and I have since indulged in both their sweet and savoury baked treats. **Wow Bakery** is an upscale Korean bakery with hints of Japanese inspiration that provides your favourite baked pastries and cakes with a unique flare. They now have three locations in Calgary and I highly recommend that you pop by and enjoy a to-go treat!

We are fortunate to have diverse food options nearby and while I do enjoy cooking at home, I thought I would share some of our local family favourites that we enjoy from time to time. Support local by ordering take out to go! Most of these offer discounts for online orders and pick up is easy enough with either a quick walk, bike ride or drive.

Zaika Indian Delicacy offers lip-smacking street food and aromatic delicacies with fresh herbs & traditional spices. Their naan bread and samosas are a great lunch-time treat and their main meals are large enough for two people to share with a single serving of rice.

If you haven't yet tried the pizzas at **Mad Rose Pub**, you have been missing out! Semi-deep-dish and packed with your favourite toppings, one or two slices with a home-made tossed salad makes a delicious Friday night meal!

BAMI Kitchen is our local go-to for Vietnamese subs and noodle bowls. Fresh ingredients and great flavours make for a delicious meal that I certainly cannot replicate at home.

IL Forno Fusion may seem pricey for take out but their ingredients and flavour combinations are quite indulgent. An appetiser and main meal are large enough for two to share. We love the meatballs and fettucine, baked gnocchi and chicken alfredo!



#120, 500 Royal Oak Drive NW /
(587) 356 3062
www.zaikatheindiandelicacy.ca



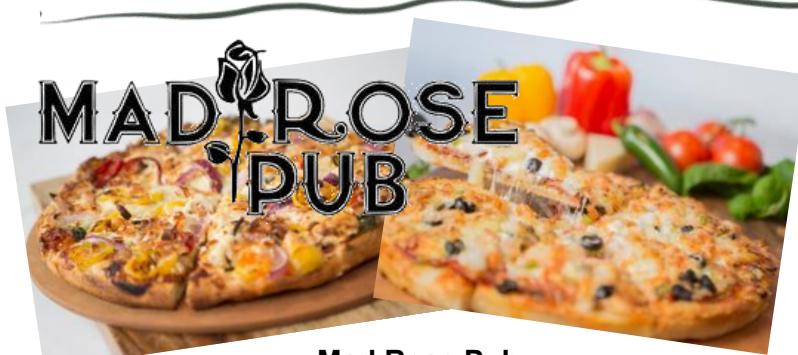
WOW Bakery Royal Oak
7135, 8650 112 Ave NW / (587) 391 8194
(Next door to North West Florist)



IL Forno Fusion
#124, 500 Royal Oak Drive NW / (403) 764 6335
www.ilfornofusion.com



BAMI Kitchen
#2110, 12 Royal Vista Way NW / (587) 356 2264
www.bamivietnameseatery.wixsite.com



Mad Rose Pub
15 Royal Vista Place NW / (403) 719 0770
www.madrose.pub

URBAN GARDENING

FOR INSPIRED CONDO LIVING

Article source: University District Calgary (www.myuniversitydistrict.ca)

Smaller outdoor spaces don't necessarily mean you need to forsake your gardening dreams. In actual fact, limited space can inspire us to be more creative with garden design and more selective with our planting. Warmer weather is here and it's time to liven up our outdoor areas. This article from University District Calgary (www.myuniversitydistrict.ca) is a perfect resource for condo/urban gardening in Calgary.

“Whether it’s food or foliage that you’re after, urban gardening is the best way to bring a healthy helping of plants into your home, backyard or balcony.”

WHY BOTHER WITH AN URBAN GARDEN?

Urban gardening is not without rewards—the activity offers something for everyone! Beyond serving as great live-decor (who doesn't want an oasis of their very own?) and being able to eat what you grow, urban gardening offers numerous benefits and has been proven to lower stress levels, acting as preventative medicine from multiple kinds of mental and physical illness. Gardening is also very physical (bending, hoisting, reaching, etc), making it a form of exercise in its own right.

The beauty of urban gardening is that it can be enjoyed at any age or ability, and in virtually any space. For children, gardening is a great pre-cursor to owning a pet, teaching responsibility and the importance of nurturing a living thing. It also is a great lesson in nature, science, and nutrition. For those unfamiliar with growing, the idea of urban gardening can be an intimidating prospect, but whether your thumb is green or not, [here's] a few pointers to help you on your way to becoming a gardening guru.

THINGS TO THINK ABOUT BEFORE PLANTING

Before beginning your own urban garden, consider a few parameters like what the garden will look like mature and where it will take shape.

How big is your space?

Whether large or small, your gardening space can be a very happy environment for growing. The size of the available area will determine the number of plants you will have, but you can still have an urban garden even if it's on your

window-sill or balcony. A smaller space might encourage you to think more creatively



about how a garden might take shape. Are there vertical spaces that can support hanging planters? This is a great way to maximize smaller areas without adding to a cluttered ground.

How much sun does your space get?

Think about your intended garden space, and what kind of exposure this gets to light and heat. Balconies and rooftops can be too hot for most plants, so it's best to take this into account when you are planning what to grow. For example, succulents and edibles like fruits and vegetables need full sun (6-8 hours daily), but lots of herbs can live on less sun.

Also, take note with the amount of sun available in your backyard, window-sills or balcony. This is key to choosing the right plants and keeping them happy and healthy.

Is it windy?

Not all plants appreciate increased air-flow, and some will wilt at the first gust of wind. If this is a concern for your garden, windbreaks can be created by planting larger plants that are wind tolerant in front of the more fragile plants.

You can also put fragile plants in low pots near the floor to give them more protection. However, wind dries plants out quickly, so if your area is windy, you will have to compensate for that by either installing a drip irrigation system, getting self-watering pots or frequently watering your plants—sometimes several times a day. Calgary is incredibly dry so we recommend carefully monitoring this by occasionally sticking a finger in the soil to detect moisture levels.

How cold does it get?

Temperature presents a major consideration in choosing plants for your urban garden, especially if you leave your plants out year round. It can be difficult to relocate plants and pots to and from an outdoor garden, so we recommend finding plants that will last over winter. Your gardening space is also a microclimate and your grow-zone may be significantly different than a plant growing in a park nearby with shade or exposure to wind.

Continued overleaf

You can find out what plants are likely to live and prosper once you determine your area's growing zone rating. In Calgary, the zone rating is 4a, meaning that outdoor plants should be suited for a shorter growing season and able to sustain harsher climates if kept outside. Keep in mind that if you want to leave your plants out through the winter, in cold climates, you'll need to be sure your plants are rated 2 zones more cold tolerant than your area is rated.

What's your budget?

While it's possible to overspend on your urban garden, you don't need to. We recommend investing in a good quality potting soil, but there are ways to minimize what you spend. Try finding pots at yard sales or second-hand stores—almost anything can be turned into a container, so you might not even have to buy one.

Consider splitting a neighbour's plant. Mature hostas and lilies love to be divided and do well when carefully uprooted and split once they reach maturity.

What maintenance are you willing to give your garden?

Unless it's plastic or silk, no plants are completely care-free. When choosing a plant, it's important to be honest with yourself with respect to what amount of time and effort you're willing to invest in keeping it alive and well.

If you are a beginner gardener, start slowly. See if you like gardening initially—you can always buy more plants, but if you start slowly, you can get a feel for what works in your space before committing to a larger-scale project.

WHAT YOU'LL NEED

At a minimum, for an urban garden you'll need containers, seeds and/or plants, and potting soil. Plants can be planted in anything deep enough to support root growth (8-12 inches ideally), as long as you put some holes in the bottom for drainage or extra gravel under the soil to keep the plant from becoming overly wet. The versatility of containers for growing plants opens up a number of creative DIY design hacks to suit all tastes and budgets.

Whether your space is big, small, windy, or full-sun, you can

make some informed decisions about what plants will thrive in your garden. Calgary's dry, fairly cold climate is well-suited to a number of plants that would make great additions to your space.

When choosing your plants, consider what you're looking for in your garden. Do you want to eat what you grow, to make your garden an accent to your decor, to harvest blooms for indoor arrangements? Are you hoping to gain extra privacy or create shade in a sun-filled area? All of these things are possible from gardening and will help determine which plants to pick.



PLANTING TIME

Once you've purchased your container, plants and soil, you can get started! To begin, fill your container with lightly-packed potting

soil to an inch below the rim and plant your seeds another half inch below the surface. Alternatively, buy baby plants from a nursery and re-pot into your containers. Water your garden and place it in the space of your choosing.

Remember that over-watering is the fastest and most common way to kill a plant—always let the soil dry out and then fill it up. In a climate like Calgary's, this likely won't take long! If you find your plant is showing tell-tale signs of unhappiness (dry, browning or yellowing leaves), you might need to re-examine the plant's location and relocate it.

Don't be shy to talk to your plants either—studies show this helps them grow!

THAT WASN'T SO HARD!

There you have it—urban gardening in a nutshell from **University District Calgary** (www.myuniversitydistrict.ca). Smaller space shouldn't deter anybody from enjoying a green patch of their own, whether inside or out, balcony or backyard."

Do you have a gardening tip to share? Have you had success with your garden and want to show us? Send your tips and photos to activity.lakeclub@shaw.ca.

*If you need help designing your garden or selecting the 'right' plants for the 'right' place, you may wish to download the **City of Calgary's Yard Smart Guides** to learn how to create a beautiful and low maintenance garden. While these guides are tailored to larger yard spaces, you may still find some helpful tips for full sun, partial sun and shady spaces. Go to www.calgary.ca and search for Yard Smart Guides.*



Install a NorthSmart Garden Bed Design for Partial Sun

A step-by-step guide on planting a beautiful and sustainable garden bed in an area of your yard that receives partial sun. This bed has been developed to fit into a corner of a patio or deck. It's a great way to add a bit of green to your outdoor space. Once established, this garden bed requires minimal care and water to maintain.



Spring brings the prairie crocus with its soft leaves and lavender blossoms. Mid-summer through to late fall, the garden explodes in a riot of blue globe-thistles, gold and red daisies, and brilliant red sedum abuzz with bees and butterflies.



Install a NorthSmart Garden Bed Design for Full Sun

A step-by-step guide on installing a garden bed in an area of your yard that receives full sun. This bed has been developed in partnership with The City of Calgary's NorthSmart program. It's a great way to add a bit of green to your outdoor space. Once established, this garden bed requires minimal care and water to maintain.



The salvia and dill, if deadheaded, will bloom for most of the summer. Mid- to late summer adds the distinctive shapes of the coreopsis, with their bright pink and orange centres. Bees and butterflies flock to these large blooms which carry on until frost.

TAKE A WALK ON THE *Wild side*

The Lakes at Rocky Ridge is a beautiful community to walk, both in the warmer and colder, snow-covered months. You really don't need to go too far to enjoy the spectacular views,

the ponds, bird-life and other nature. A quick walk along Eamon Road makes you feel like you're out in the country-side and up on the Ridge you are able to enjoy views stretching all the way from the mountains to down town.

For those who like to venture further afield—where is your favourite place to walk? E-mail activity.lakeclub@shaw.ca letting us know when, where and why you love your favourite Calgary (or surrounds) walk and we'll share your best hikes and walks in future issues of the newsletter. I'll get the list started by recommending one of my family's favourite parks for walking and biking nearby:

Twelve Mile Coulee Natural Environment Park

Visit this classic prairie coulee (valley/gulley) by crossing over Crowchild Trail from Rocky Ridge into Tuscany at the LRT Station. Access the trail system behind Sierras of Tuscany, through the Tuscarora Heights Playground. Follow the trail south across Tuscany Boulevard where the Twelve Mile Coulee Natural Environment Park begins.

TENNIS & VOLLEYBALL COURT CHANGES

The City of Calgary Parks as part of the Tennis Court Lifecycle Program intends to convert the existing Beach Volleyball Court (10427 Rocky Vista Drive NW) into a Basketball Court. Currently the Tennis Court has 2 Pickleball Courts and 2 Basketball play areas on the one Tennis Court. The Tennis Court will be resurfaced, the 2 existing Pickleball Courts will remain, but the 2 Basketball Hoops/Courts will be relocated and replace the Beach Volleyball Court. The work will take place this 2021 summer season and the Courts will be closed for approximately 6-8 weeks, weather dependent. Exact dates are not yet known. Call 311 for additional information about this project.



Calgary



You can hike about six kilometers of moderate terrain with one challenging hill climb and plenty optional hill climbs from the treed valley bottom to the hill tops with views of the mountains, COP and downtown.



As noted on the City of Calgary website, "the grasslands and tree/shrub communities in prairie coulees are home to many species of animals which, with a little luck, you can still find in Twelve Mile Coulee. Look for Richardson's Ground Squirrels (often incorrectly called gophers) and the mounds of Northern Pocket Gophers (which are true gophers). Watch also for deer, coyotes, porcupines and even the odd Red Fox. Overhead, you may see circling raptors including Swainson's Hawks and Northern Harriers. In the trees there are Nuthatches, Woodpeckers and several species of Warblers and Vireos, and in the grasslands look for native sparrows." My family has even been blessed with the rare sight of Moose.

The trail can be muddy in the Spring and Winter but is beautiful in the Summer and magnificent in September with the Fall colours. Get out early, or late in the day to enjoy the trails with fewer people around.

The City is planning two trail restoration projects in 12 Mile Coulee Natural Environment Park in 2021.



THE MANOR VILLAGE

LIFE
CENTERS

The Community with Heart♥

BOOK YOUR TOUR TODAY

Call Jamie Cummings on 403-239-6400 to book your tour of the Manor Village at Rocky Ridge.

View the new show suites, learn about our resident-centred protocols and approach and discover what sets us apart as
The Community with Heart!



The Manor Village is located within The Lakes at Rocky Ridge at 450 Rocky Vista Gardens NW.