

MARCH 2016

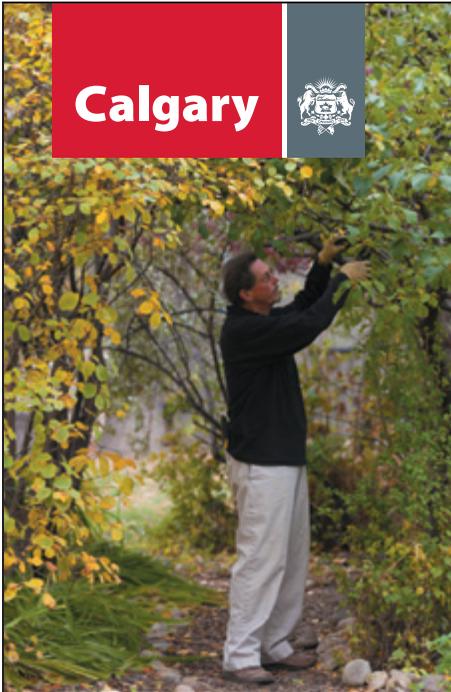
DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Calgary



## FREE tree education

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

Contact your **Community Association** by phone or visit their website to learn more about these FREE programs.

Visit [calgary.ca/trees](http://calgary.ca/trees) for more information about the ReTree Community Program.

2016-0485



Deer Ridge Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Phone: 403-998-3144

[deerridgeca@gmail.com](mailto:deerridgeca@gmail.com) • [www.deerridgeca.com](http://www.deerridgeca.com)

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## NEWSLETTER AD SALES

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## CELEBRATE EARTH DAY AT THE CALGARY TOWER

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OR RACE 1KM & CLIMB 802 STAIRS

IN SUPPORT OF



APRIL 23, 2016

[www.ClimbForWilderness.ca](http://www.ClimbForWilderness.ca)

# Deer Ridge Community Association



Box 43052  
 Calgary, Alberta  
 T2J 7A7  
 Visit our website at [www.deerridgeca.com](http://www.deerridgeca.com)  
 If you have any questions or concerns, please contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)

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Ice Rink Coordinator	Bob Hall	403 278 6817
Tennis Court Coordinator	Larry Lemieux	403 278 2199
Trico Representative	Karen Stevenson	403 278 3353
Newsletter Advertising	Great News Publishing	403 263 3044

### OUR VISION

We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

### OUR MISSION

To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.



## MESSAGE FROM THE DEER RIDGE BOARD

Getting warmer!

### Deer Ridge Ice Rinks



Thank you to all who came out to enjoy the ice rinks this season! Thanks to the dedicated volunteers challenged by Mother Nature to keep the ice surfaces in great condition!

### March Counciltalk

Please join Councillor Peter Demong on March 19, 2016 noon to 2pm at the Deer Park United Church (77 Deerpoint RD S.E.). This is the first opportunity to attend "Counciltalk" within the community of Deer Ridge. The format of the meeting is very friendly and informal. Councillor Demong makes a point of listening to all questions, concerns and suggestions. You may read additional details in Councillor Demong's submission within this newsletter.

### Deer Ridge Community Garden

The Community Garden is located by the ice rinks behind Don Bosco School. To join the gardening group and reserve a Garden Plot, please contact Bob Hall at [hallbc@shaw.ca](mailto:hallbc@shaw.ca) or visit our blog at [www.deerridgeca.com](http://www.deerridgeca.com) and complete the form online. New garden bed configurations were installed last year and this year active gardeners, and visitors, may relax in the new bench seating area.

All the structures at the community garden are the result of volunteer efforts. If you would like to volunteer, please contact us.



### Deer Park United Church Events

(77 Deerpoint RD SE - 403-278-8263 - [info@dpuc.ca](mailto:info@dpuc.ca) - [www.dpuc.ca](http://www.dpuc.ca))

Good Food Box orders are due by March 29! Get a box of fresh, wholesale produce for 25.00 (small), 30.00 (medium) or 35.00 (large)! Orders can be placed in person at 77 Deerpoint Rd SE from Monday to Thursday between 9:00-4:00 (we take 12-1 for lunch).

Deer Park United is pleased to present a series of Mental Health Workshops by graduate students from the University of Calgary! Topics discussed include psychosis, schizophrenia and mood disorders (March 2), and women's mental health across the life cycle (March 9). All workshops will take place in the Fellowship Hall from 7:00-8:30pm and are free for all attendees. Please contact Kiran at [kiranmckee@dpuc.ca](mailto:kiranmckee@dpuc.ca) for more information!

Come to Deer Park's Meditation group! Wednesdays 7pm-8pm in the Fireside Lounge, free to the community.

Deer Park United is welcoming a refugee family from Syria in the coming weeks in collaboration with other local United Church congregations. If you are interested in helping out in some way, whether that be through volunteering your time, in kind goods, or in some other way, please contact the Deer Park United office at [info@dpuc.ca](mailto:info@dpuc.ca)

### Red Cross Babysitter's Course

Plans are set for Saturday, May 7th, 2016 Red Cross Babysitter's Course. There is no fee for the course as it is sponsored by the Deer Ridge Community Association. This is a fun instructive class and, upon successful completion, the students receive their Canadian Red Cross Babysitters Card. Deer Park United Church has graciously made available their classroom to facilitate the program ([dpuc.ca](http://dpuc.ca)). The program is being instructed

~continued on page 7~



## FAMOUS FIVE DISTRICT

So did you mark your calendar? We hope so. Our annual carnival is Saturday, April 16, 2016 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunch room. Maybe even a few surprises. The hours are 11:00 am to 4:00 pm. Admission is a non-perishable food or cash donation to the Calgary Interfaith Foodbank. If you are interested in donating to the silent auction, please contact Bonnie, [bonnieguideleader@gmail.com](mailto:bonnieguideleader@gmail.com). Your support is most appreciated to provide a well-respected program for girls. I also heard that the Classic Cookies may be available for sale at the carnival. Only \$5.00 per box.

And yes, we are still accepting registrations in some units. If you are now ready to enroll your daughter, please visit [girlguides.ca](http://girlguides.ca) and look for the registration information. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, [isteads@telus.net](mailto:isteads@telus.net) if you are interested in more information.



## IN & AROUND SCHOOLS

### Lenten activities underway at École St. Cecilia School

For our Lenten activity this year, our school community is supporting Habitat for Humanity through a variety of activities culminating in an Art Evening to raise funds. The Lenten period leads up to March 24 when students will celebrate

# Public Notice

From February – April 2016, ATCO Gas is conducting work within Fish Creek Provincial Park as part of the Urban Pipeline Replacement Program.

#### Project Details:

- A low-pressure natural gas line approximately 2.6km in length to be installed
- Work area to be restored to the same condition as it was prior to start of project
- Restoration to take place in summer 2016 and to include a new paved pathway connecting the Park to 146 Ave. along Bow Bottom Trail
- Contractors will be on site conducting work on behalf of ATCO Gas

#### Potential Impacts:

- Entrance to Park temporarily narrowed along Bow Bottom Trail
- Some bike and pedestrian pathways will be detoured or temporarily restricted
- Open and accessible excavations will be supervised or fenced and/or barricaded

#### The Urban Pipeline Replacement Program

- Replaces and relocates vintage high-pressure natural gas pipelines in Calgary and Edmonton
- Improves public safety, modernizes the natural gas network and adds the capacity needed to meet growing demand for natural gas

**For your safety, please obey all posted detour and warning information signs.**

For more information:

Adam Chambers, Senior Engineer, UPR Program  
403-245-7155 | [adam.chambers@ATCOGas.com](mailto:adam.chambers@ATCOGas.com) | [ATCOGas.com](http://ATCOGas.com)

the Stations of the Cross.

Our grade 5 and 6 students will enjoy skiing and snowboarding lessons in March at Winsport while our grade 2 students will visit the Glenbow Museum to learn about Calgary's history.

The activities will wind down for Spring Break which begins on March 24 at noon.

## MESSAGE FROM THE DEER RIDGE BOARD

by "Alberta Health and Safety Training Institute" (AHSTI) ([safetied.ca](http://safetied.ca)). Further details and registration form can be found in this newsletter.

### Movie at Yellow Slide Park 2016



There will be two "Movie at Yellow Slide Park" events this year, Saturday July 23, 2016 and Saturday August 20, 2016. Please contact us if you would like to volunteer for planning or on event day.

### Deer Ridge/Queensland Community Clean-up Day



Bring your general house hold garbage, winter clean up refuse, electronics recycle, wood, etc. and dispose/recycle your waste in City of Calgary Refuse Trucks & Recycle containers. In previous years, this event has been held in the spring however this year the date allocated for city resources is closer to Fall. Mark your calendar on Sunday September 18th, 2016, for Community Clean-Up Day.

### Delivery of Deer Ridge Journal outside of the community

Have you received the Deer Ridge Journal but your residence is outside the community? The Deer Ridge Community Association has no control over the delivery of the newsletter. Great News Publishing contracts the delivery through Canada Post. Now to most of us it would seem easy to say "only deliver to these postal codes". Canada Post does target delivery by postal code however adjacent codes are included due to shared postal 'walk'. You can make a Service Request on [canadapost.com](http://canadapost.com) website (look for the "Contact Us" link), or call their toll-free customer service line at 1-866-607-6301.

### Report Graffiti

Graffiti Free Calgary is a website with information for youth, adults and community groups regarding graffiti vandalism; including what to do if you have graffiti vandalism in your community, and what to do if you think your youth might be involved.

Canada Post is responsible for cleaning graffiti and for repairing damage to our community mailboxes. You may call their toll-free customer service line at 1-866-607-6301 to report the graffiti and they will send someone to clean the mailbox.

If you see graffiti in progress, please call 911. To report all other graffiti, please contact 311.

### Did you know?

The community of Deer Ridge does not have a community hall. The community association often partners with Queensland for community events hosted at the Queensland Community Hall such as the Kid's Christmas Party or the Community Clean-up Day. Other events such as the Red Cross Babysitter's Course are facilitated by Deer Park United Church. Last year the community association partnered with Cornerstone Music Café for the Community Festival and with Lutheran Church of the Good Shepherd at their Stampede BBQ.

~continued next page~

# MESSAGE FROM THE DEER RIDGE BOARD

## Deer Ridge Community Association Membership

Thank-you for your payment for new/renewed membership. Many 2015-2016 membership applications have been received through mail and online at DeerRidgeCA.com. Your support is greatly appreciated! The community of Deer Ridge has approximately 1500 households. Close to 200 community memberships have been issued thus far.

## Deer Ridge Community Association Monthly Meeting

Nominations for new board members will occur at the next AGM in June. Now is a great time to attend the Deer Ridge Community Association meetings! You'll meet the current volunteer Board Executive and Directors at Large, as well as your city/community represen-

tatives. These meetings are a great opportunity to add your voice to the discussion and present new ideas.

Are you interested in attending but getting a babysitter is an issue? No worries, there is plenty of space in the meeting room for your children. Remember to bring child's favourite books, tablets, toys.

The next board meeting is:

Date & Time: Tuesday, March 15, 2016 at 7 PM

Location: The Trico Centre - Meeting Room 8

We hope to see you there!

## IN & AROUND SCHOOLS

### St. Bonaventure School

St. Bonaventure enjoyed an exciting March with a number of happenings representative of the school maxim of spirituality, citizenship, and excellence.

The junior high band program had very productive workshops at Camp Evergreen. What a wonderful opportunity for our band students to continue to develop their musical gifts and talents! A special thanks to St. Bonaventure's band teacher and the parent volunteers. Your assistance was greatly appreciated! The band program also had an outstanding performance at the Kiwanis Music Festival. Additionally, the school's physical education program offered netball and dance. Students really enjoyed the activities!

St. Bonaventure's Spanish Bilingual Program "Open House Evening" was an overwhelming success due to the efforts of a number of dedicated teachers and students. The event was well attended as a number of perspective families looked to gain more information regarding the many programs that operate at St. Bonaventure.

Spiritually, the annual Shrove Tuesday pancake breakfast along with our Ash Wednesday Celebration marked the beginning of the Lenten season. Many thanks to our parent volunteers who helped serve the students and to St. Bonaventure Parish for the liturgical celebration. Additionally, our Lenten drives have given the St. Bonaventure school community the chance to contribute towards an international charity.

Finally, St. Bonaventure's school council continues to contribute to the development of the school's learning commons to engage all students for success.

#### Important Dates:

**March 17 and 18** - Parent Teacher Conferences

**March 24** - Holy Thursday - Noon Dismissal for Easter Break



### MLA CALGARY - FISH CREEK

#### RICHARD GOTFRIED

Phone: (403) 278-4444 • Fax: (403) 278-7875

calgary.fishcreek@assembly.ab.ca

www.richardgotfried.ca

facebook.com/RichardGotfried4FishCreek

@yycfishcreek

Hello Constituents,

The Legislative Spring Session will begin on March 8 and I am eager to represent the interests of my constituents in budget debates, Carbon Tax and Climate Change discussions, and other economic and social issues that are important to all Albertans,

Friday mornings in February hosted many successful "MLA Café" sessions at the constituency office. I hope that more constituents will have the chance to visit my office for conversations about your concerns and visions for the future of Alberta. Your opinions are important to me, and I welcome the opportunity to meet, listen, and learn how I can better represent you. Once Spring Session starts I will be spending each Monday - Thursday in Edmonton, but will continue "MLA Café" with the next one scheduled for March 11 at 10 am. Constituency weeks are scheduled for the last two weeks in March and the last week in April. During these weeks I will be active in the community, so please let me know if you have events you would like me to attend.

The results of the Royalty Review have now been released and while I am pleased there are no significant changes in the short term, I am disappointed that the process created anxiety and uncertainty in a time that requires a sure and steady hand for the energy sector and economy. For a copy of the full Royalty Review Report, please see my Facebook page for the link or call my office.

#### Guidelines for Best Practices

I am receiving feedback from many residents on the "Guidelines for Best Practices" recently released by Alberta Education. Please check my Facebook page or call us for links to the full document. I am available to hear your perspectives on this initiative at your discretion. I would also encourage you to reach out to your local school trustee. Meanwhile, I am pleased to receive any correspondence on this issue share them with the Minister of Education.

#### Reserve Your Campsite Today

Alberta's natural beauty is an affordable resource for

us all to appreciate, and the province's online reservation system is an easy and effective tool to reserve your seasonal campsite. If you haven't used the site before, now is the time to plan your upcoming summer camping trip. Visit [reserve.albertaparks.ca](http://reserve.albertaparks.ca) to secure a site up to 90 days prior at provincial campgrounds throughout the province. The interactive map will help you research and view your campsite prior to booking.

#### Community Spirit

Your efforts and passion for the community inspire me daily. One example was the Deer Ridge Skating Party on January 9th. Although the temperature was close to -25C there were plenty of volunteers cleaning the rink and preparing hot dogs for the participants. Many residents braved the chill and skated all afternoon. To me this speaks to the dedication of people in our many communities and ensuring Calgary-Fish Creek is a great place to live.

As always, I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To be added to our e-newsletter, please send us an email. All mediums of communication assist me in effectively representing you in the Legislature.



## CALGARY COIN SHOW

**March 19 & 20, 2016**

**10 am to 5 pm each day**

**Clarion Hotel**

**2120 16<sup>th</sup> Ave. NE**

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[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)



# Free Red Cross Babysitter's Program

The Deer Ridge Community Association is sponsoring a Red Cross Babysitter's Program for children of Deer Ridge Community Member households. The course date is Saturday, May 7, 2016 from 9:00 am – 5:00pm. There will be breaks for snack and lunch. Snacks and beverages will be provided. Students must be between 11 – 16 years old, and have permission of their parent/guardian to attend.

Deer Park United Church has graciously made available their classroom to facilitate the program. They are located in Deer Ridge at 77 Deerpoint Rd S.E.

The Deer Ridge Community Association is covering the costs for the program however there is a \$15.00 advanced deposit required to be paid to the Deer Ridge Community Association. The deposit will be returned in full upon attendance of the course.

A current 2015-2016 Deer Ridge Community Association Membership is required. Memberships may be purchased online at [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com) or using the application form included in the "Deer Ridge Journal" delivered to all community households.

The program is being instructed by "Alberta Health and Safety Training Institute" (AHSTI) [www.safetyed.ca](http://www.safetyed.ca).

The following is a list of things to bring to the course:

- Small soft doll or teddy bear
- Comfortable clothing – a portion of the course may involve work on the floor
- Indoor shoes
- Pen and/or pencil
- Some paper to take notes on

You may register online at [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com) or fill in the form below and mail to: **Deer Ridge Community Association, DVPO Box 43052, Calgary, AB, T2J 7A7**



## Deer Ridge Community Association Membership Request / Renewal Form



**Membership Year:**  
AGM June 16<sup>th</sup>, 2015 – August 31<sup>st</sup>, 2016

**Thank-you in advance for your support!**  
Membership fee \$15.00

Online membership payment available at [DeerRidgeCA.com](http://DeerRidgeCA.com)

**Name:** \_\_\_\_\_

**Additional Family Members:** \_\_\_\_\_

**Mailing Address:**  
\_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**Email Address(s)\*:** \_\_\_\_\_

\* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

### Membership Request & Payment options:

<b>Mail completed form &amp; cheque payable to:</b>	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
<b>Online:</b>	<a href="http://DeerRidgeCA.com/Membership">DeerRidgeCA.com/Membership</a>

Two membership cards, printed with last name(s), will be mailed to your household.

You may contact the Deer Ridge Community Association by telephone: (403) 998-3144, email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com), or visiting the website: [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com). You may also like us on Facebook, and follow on twitter: @DeerRidgeCA.

### DEER RIDGE BABYSITTER'S COURSE – May 2016

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Contact Name/Phone Number: \_\_\_\_\_

Secondary Contact Name/Phone Number: \_\_\_\_\_

Medical Alert/Food Allergies: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Deer Ridge Community Association Membership # \_\_\_\_\_

Please include \$15.00 deposit for registration.

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For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts interior and exterior. Kitchens, bathrooms, remodeling, flooring and tile. Windows, doors, roofing, siding, soffit and trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or 403-207-5708. Visa and Mastercard accepted.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**SUN VALLEY KIDS DAY CARE:** Registration is open! Licensed, accredited, competitive prices. Full day programs: infants, toddlers, preschool, kindergarten. Half day programs: preschool (mornings or afternoons 3/4 days per week). Out-of-school care (including PD days and school breaks). Call 403-278-2266 to book a tour or registration or e-mail sunvalleykids@yahoo.ca.

**SPRING FLING VENDORS MARKET:** April 10 from 11am to 4pm at the Deer Run Community Centre. Come explore 40+ amazing local vendors from health, beauty, art, crafts, jewelry, clothing and face painting! Some vendors are stay-at-home or single moms managing their own businesses, lets help them expand! Donations to Alpha House and non-perishable food items are graciously accepted.

**YOGA BEARS KIDS YOGA:** Deer Run Community Centre. Drop In Playschool Yoga for ages 2 1/2 to 5 years. Yoga, songs, stories and crafts. Tuesdays 9:30 - 11:00am. \$15.00/class. Please bring a small snack and water for your child. RSVP to drop in, by calling or texting 403-809-1930. Visit www.yogabears.ca or email kauragyogabears@gmail.com for more information.



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**COUNCILLOR, WARD 14**  
**PETER DEMONG**

www.calgary.ca/ward14  
eaward14@calgary.ca or 403 268-1653

Hello Ward 14!

The transition from winter to spring brings out one of my favourite traits in the true Calgarian. The slightest reprieve from the harsh weather spurs a wave of activity in this beautiful City. The prohibitive weather seems to inspire a real respect for the ability to take an active role. It breeds appreciation for the chance to take part and be involved.

#### Citizens' View

We need to nurture and harness Calgarians' strong desire to be involved, which is why I am so happy to see the City of Calgary catching on with initiatives like Citizens' View.

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizensview.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

#### Action Plan Check-in: Mid-Cycle Budget Adjustments

You may have seen a City bus at Deer Valley Shopping Centre when you were out and about during February. It is another example of how the City of Calgary is catching on with some great new initiatives. It was a perfect opportunity for Calgarians to get involved. Are you noticing a theme?

We developed the Action Plan in 2014 as the City's business plan and budget document for 2015 through 2018. It was based on one of the most robust public engagement efforts that I have seen in my time as a Councillor. Council tweaks the plan every November, but given economic events of the last year or so there is a clear need to revisit the plan in more depth for 2017-2018.

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

#### March Counciltalk

The February edition of Counciltalk was great. Thanks for coming if you were there. If not, the next is on March 19 at the Deer Park United Church (77 Deerpoint Road S.E.) from noon to 2 p.m. All the Counciltalks are listed at calgary.ca/counciltalk, and



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

#### March at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

#### Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

#### Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

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you can sign up to get reminders for all the Counciltalk dates at calgary.ca/ward14connect.

#### ATCO Gas Fish Creek Provincial Park System Improvements

You may have heard about safety improvements being made to ATCO Gas' pipeline system or seen some work being done in Fish Creek Park. I won't go into too much detail because it is best that you get your information straight from the source, but pipeline construction will continue and is scheduled to the end of June. I encourage you to visit atcopipelines.com to learn about the project in detail.

Have a great March!

## Active Learning

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Sheri MacDonald  
403-512-1221  
macdonaldsheri@gmail.com  
[www.sherimacdonald.zenfolio.com](http://www.sherimacdonald.zenfolio.com)



## March at Trico Centre cont'd

### Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

### Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab, and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

### Families, Children & Youth

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

DeerRidgeCA@gmail.com  
**Editorial Content DEADLINE**  
**5<sup>th</sup>** of each month for the next month's issue



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