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🌐 www.cabdoc.ca



Oakridge Community Association
9504 Oakridge Dr. SW
Calgary, AB - T2V 0L1
Phone: 403.238.0007
oakcomm@telus.net | www.oakridgecommunity.ca

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OAKRIDGE

COMMUNITY ASSOCIATION

Complex

9504 Oakfield Drive S.W.
Calgary, Alberta T2V 0L1
Telephone: 403 238-0007
Fax: 403 238-1115
Email: oakcomm@telus.net
www.oakridgecommunity.ca

Office Hours

8:00 am - 4:00 pm Weekdays

Complex Manager

Sandy Fitzgibbon

Maintenance

Leyla McTaggart
Ron Lukie, Jay Stewart,
Jesse Leinan

Community Contacts

C.O.P.S. Liaison

Cst. Mike Glessing

Hall Rentals

- Contact Sandy weekdays at the Center, 8:00 am - 4:00 pm.
- Space available for Socials, Meetings, Wedding Receptions
- Our large hall holds approximately 200 people with kitchen facilities



EXECUTIVE

President	Gerry Stoddart	403-238-9715
Past President	Cam Sylven	403 472-1780
Treasurer	Rob Kramer	403 251-2093
Secretary	Shauna Kelly	403 242-2628
V.P. Complex	Brian Pedlar	403 238-2634
V.P. Membership	Barb Yau	403 808-3797
V.P. Social	Marilyn Sharpe	403 281-5615
V.P. Sports	John Killam	403 238-0510
V.P. Fundraiser	VACANT	
V.P. Civic Affairs	Matthew O'Connor	403 837-1695

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Don Best, Marty Scholten, Toby LaBrie, Scott Meyerhoff and Suzanne Burgman

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Curling	Mel Head	403-281-3781
Echo	Emily Pratt	403 801-3786
Elm Obedience School	Eda Milne	403 281-7937
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Jump Start	Kelly Krebs	403 238-9322
Line Dancing	Mary Rochfort	403 238-4692
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Quick Fit	Sandy Fitzgibbon	403 238-0007
Ringette	Steve Hutchison	403 238-3538
Soccer	Gene Pawlak	403 238-2199
Southland Athletic Association	Jill Cameron	403 968-7316
Southwest Communities Resource Centre		403 238-9222
Weaselhead Society	Lisa Flaman	403 200-7111
Yoga with Jane		403-281-7553
Tools for Kids Preschool	Angy Moore	403 460-0389
Tai Chi with Jane		403-281-7553

Editorial Content 14 of each month for the next month's issue
DEADLINE
oakridge.echo@gmail.com



Oakridge Racquet Club named Community of the Year by Tennis Canada

Tennis Canada recently announced the recipients of the 2015 Building Tennis Communities (BTC) Excellence Awards, which are presented each year to recognize dedicated communities, individuals, and partners who have gone above and beyond to develop the game of tennis in their respective communities. BTCs are located in towns and cities across Canada and play a vital role in growing the game of tennis via partnerships with local leaders and associations.

The BTC Community of the Year has been awarded to the Oakridge Racquet Club (ORC) and its community champion, Bernice Kitchin, who is making a long-term impact for kids in this community in Calgary. Since joining the BTC strategy, the ORC has established itself as a thriving and even leading association among the local network of tennis clubs. The ORC now offers a range of activities and events including Team Tennis leagues, Rogers Rookie Tour events, clinics, camps, fun drop-in play opportunities and even provincially-sanctioned tournaments for adults and juniors. Over the past two years, the club has also engaged the surrounding schools, introducing over 1,200 students to the value of health, fitness, and the fun of tennis. Kitchin looks forward to continuing to build an enduring legacy of sport and tennis in her community in the years to come.

IMPORTANT INFORMATION ABOUT THE SW Transitway and Oakridge

The Oakridge Community Association has no affiliation with the advocacy group 'ready to engage'; any of their materials that appear in the Oakridge Echo are considered paid advertisements. The Oakridge Community Association Board is interested in working with the City of Calgary to find solutions that are mutually beneficial.

If Oakridge residents would like their concerns heard by the board and brought forward to the city, please email ringroadoca@gmail.com.

For more information on the project, visit City of Calgary's website at calgary.ca/swtransitway. To reach out directly with questions or concerns regarding the transitway, email swtransitway@calgary.ca or phone 311.

JUNE 2016						
Oakridge Community Calendar						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Quick Fit 8 am - 8 pm Yoga with Jane 7:30-8:30 pm Public Tennis* 3-5 pm	2 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm	3 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	4 Quick Fit 8 am - noon Community Clean Up 9 am - 2 pm Oakridge Plant Exchange 9-11 am
5	6 Quick Fit 8 am - 8 pm Public Tennis* 3-5 pm	7 Quick Fit 8 am - 8 pm Line Dancing 5:30-8:30 pm	8 Quick Fit 8 am - 8 pm Yoga with Jane 7:30-8:30 pm Public Tennis* 3-5 pm	9 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm	10 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	11 Quick Fit 8 am - noon
12	13 Quick Fit 8 am - 8 pm Public Tennis* 3-5 pm	14 Quick Fit 8 am - 8 pm Line Dancing 5:30-8:30 pm	15 Quick Fit 8 am - 8 pm Yoga with Jane 7:30-8:30 pm Public Tennis* 3-5 pm	16 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm	17 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	18 Quick Fit 8 am - noon
19	20 Quick Fit 8 am - 8 pm Public Tennis* 3-5 pm	21 Quick Fit 8 am - 8 pm Line Dancing 5:30-8:30 pm	22 Quick Fit 8 am - 8 pm Yoga with Jane 7:30-8:30 pm Public Tennis* 3-5 pm	23 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm	24 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	25 Quick Fit 8 am - noon
26	27 Quick Fit 8 am - 8 pm Public Tennis* 3-5 pm	28 Quick Fit 8 am - 8 pm	29 Quick Fit 8 am - 8 pm Public Tennis* 3-5 pm	30 Quick Fit 8 am - 8 pm		

Squash court: Available every day
Tools for Kids Preschool: Every weekday September to June, 8:30 a.m. – 3:30 p.m.

*OCA membership required to play during public tennis times

Giant

Spring Clean-up

The Oakridge Community Association in conjunction with the City of Calgary presents an easy opportunity for Oakridge residents to **"REDUCE, REUSE, RECYCLE"** and alternatively, throw away.

At the Community Centre:
9504 Oakfield Drive SW

Saturday, June 4, 2016
9 am – 2 pm

Free Store & Donations
Oakridge residents are invited to drop off household items — used clothing, jewellery, linens, draperies, toys, dishes, knick-knacks, small furniture, hoses, garden tools, etc. — and take items they can use.

Electronics & Scrap Metal Recycling
Trucks will be on site accepting: electronics: computers and parts, printers, cell phones, fax machines, etc., as well as scrap metal such as microwaves, swing sets, curling irons and bed frames. *Note... fridges, freezers and stoves will no longer be accepted.*

Organics Recycling
The organics truck will accept grass clippings, leaves, branches, clean fill — dirt that doesn't have rocks, brush and other compostable yard waste.

New! Paint Disposal
Hardings Paint will be on site with their truck to dispose of paints, stains and spray cans.

Great time to buy your community membership

Oakridge Parade of Garage Sales
Saturday, June 4
Sponsored by Marilyn Sharpe
Real Estate Professionals

For items you wish to sell rather than donate, join the **Oakridge Parade of Garage Sales**. To register and receive signs and your address on the parade list, contact Marilyn Sharpe, Real Estate Professionals
403-870-7600
marilynsharpe@live.com

Please note that unacceptable items will be turned away:

- Auto parts including tires and motor oil.
- Household hazardous waste, including propane tanks, chemicals and batteries. These may be dropped off at the Cedarbrae Fire Station.
- Liquid waste such as cooking oil, medical waste, expired prescription drugs.
- Common recyclables — glass jars, paper, cardboard, plastics, etc. These can be placed in your blue carts or taken to City of Calgary recycling depots.

Call Sandy at 403-238-0007 for more information

Buy your OCA Membership on line at www.oakridgecommunity.ca



Oakridge Plant Exchange 2016

Hello all gardeners! Are you done with the cold? Ready for spring? It's time to get excited about gardening, and embrace the bright colors and fresh spring smells arriving soon! Join us for the annual Oakridge Plant Exchange and revive your garden. Dig in, divide and trade! Feel free to bring friends from other communities as well – this is a great way to discover new varieties of plants.

Where: Oakridge Community Centre

When: Saturday, June 4, 2016, 9-11 a.m. (rain or shine – we'll be inside in front of the preschool if raining)

Details:

- Exchanges will be honoured from 9-10 a.m.
- Purchases may be made for a minimal fee after all the exchanges are honoured.
- Please ensure your plants are packed so they don't make a mess.
- Please label your plants with names. (Popsicle sticks work great!)
- Non-Oakridge gardeners are welcome, too!

NOTE: This is the same day as the community spring clean-up. Parking will only be available on the street.

For any questions, please contact Kristi at 403-829-6004 or Sandy at 403-238-0007.

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Step into Spring

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate, you must be:

- 18 years of age or older
- Exercising less than three days per week
- Have internet access

You will be asked to wear a pedometer for three months, log your activity onto a website and complete three questionnaires.

By completing the three questionnaires you will receive:

- A pedometer
- \$10 gift card
- Prize draw entry for \$1,000 gift card

For info or to participate, contact:

Research Coordinator
403-210-7044 or perryr@ucalgary.ca

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Keep the Oakridge Community Centre smoke-free

Please be aware that smoking is not permitted within five metres of the Oakridge Community Centre entrance, per City of Calgary Bylaw 57M92 and the provincial Tobacco Reduction Act.

The Tobacco Reduction Act prohibits smoking in public places and workplaces, and within five metres of any doorway, window or air intake. If you do smoke, please be sure to do so at least five metres from the entrance. We appreciate your cooperation.

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oakridge holiday adventures program

Oakridge Community Centre 9504 Oakfield Drive SW (403) 238-9322 oakbasc@telus.net

2016 weekly highlights

week 1 - tales from the pages . . . Kick off the summer with famous characters and authors from the classics to modern stories. Please note that we will be closed on Friday July 1 for Canada Day.

week 2 - ahoy mate . . . What would a summer be without sun, sand, and a tropical Caribbean breeze? Dig out your eye patch or mermaid tail, and find your inner pirate or mystical mermaid. A trip to the movie theatre is on Thursday, and ship building is on Friday.

week 3 - wild wild west . . . Yahoo! Stampede is here again. We start the week with our yearly tradition of play forts (aka Cowboy Architecture), the Stampede Breakfast at Hull Home on Tuesday, and flipping flapjacks on Wednesday. Thursday is our annual trip to Heritage Park and we finish off the week following the trails of local Alberta heroes.

week 4 - let's get movin' . . . The highlight of our week is tennis lessons for all of the children outside on our courts (north side of the building). If you have your own racquet, please bring it each day. We have a few racquets that children may borrow just in case. Running shoes are required for the lessons, and further details will be available closer to the beginning of the week.

week 5 - critters big and small . . . Bring your favorite stuffy (and/or doll) and treat it to a day at our "Pet Spa and Salon". You can even create a new outfit for him or her! Tuesday, we welcome a special guest, Wednesday is a scavenger hunt and Thursday is a trip to see the muchly anticipated movie "Secret Life of Pets". On Friday we travel back in time and explore the time of the dinosaurs and maybe a cave person too!

week 6 - let's get creative . . . Get those creative juices flowing for it's a week full of inspiration and the process of creating amazing projects from your own imaginations. Anything is possible so let's really get inspired and creative this week!

week 7 - brazil welcomes the world . . . While the world's eyes are on Brazil we will be exploring a new country each day. Help us cheer the dedicated athletes from around the globe and watch them try to achieve their potential.

week 8 - olympic heroes . . . Cheer on your favorite athlete and have a bit of fun exploring the many cultures from the countries participating in the 2016 Summer Olympics.

week 9 - space invaders . . . Be prepared for a week of out of this world fun! Dr. Who's TARDIS (Time And Relative Dimension In Space) starts it off, water park on Tuesday, Jedi training on Wednesday and Spaceport at the Calgary Airport on Thursday. Aliens and Astronauts finish the week off on Friday.

week 10 - fan favs . . . With the end of an exciting summer drawing near, we will spend the last days enjoying our favorite adventures. The water park is our out-trip on Tuesday and Heritage Park on Thursday.

please note . . . During the summer we will be going to the **Water Park** several times. We have quite a few fun options, and the final choice for each trip will be made when we know our numbers and ages of the children. Calgary Water Parks include *Prairie Winds Park (NE), Somerset Water Park (SW), and Glenmore Water Park (SW)*. Swimming pools include the *Trico Centre (SE), Shawnessy YMCA (SW), Inglewood Pool (SE)* as well as outdoor pools in the SW and SE of Calgary.

This schedule is subject to change due to weather or other unforeseeable conditions.

(schedule as of march 1, 2016)



oakridge community
association's

holiday adventures program



july and august

monday to friday

7:00 am to 6:00 pm

please note we are closed on all statutory holidays
and weekends

the holiday adventures program is licensed by the
government of alberta children and youth services,
as well as accredited by AELCS.



come spend the summer with us!

**we offer an exciting summer filled with a
variety of activities that provide children
with a wide range of experiences and
opportunities.**

**with an emphasis on play and fun,
children can develop their leadership
skills, self-esteem, and independence
in a safe and supportive environment.**



oakridge community centre (lower level)

9504 oakfield drive sw

(403) 238-9322 oakbasc@telus.net



oakridge holiday adventures program

Oakridge Community Centre 9504 Oakfield Drive SW (403) 238-9322 oakbasc@telus.net

july 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 1 june 26 tales from the pages . . .	27 sherlock and drew 	28 harry potter 	29 movie theatre 	30 munsch and montgomery 	1 centre is closed 	2
week 2 3 ahoy matey . . .	4 pirates and mermaids 	5 water park 	6 caribbean flavors 	7 movie theatre 	8 shipbuilders 	9
week 3 10 wild wild west	11 cowboy architecture 	12 stampede breakfast at "Hull Home" 	13 flipping flapjacks 	14 heritage park 	15 alberta trail blazers 	16
week 4 17 let's get movin . . .	18 tennis lessons 	19 water park 	20 tennis lessons 	21 roller skating 	22 tennis lessons 	23
week 5 24 critters big and small	25 pampered pets 	26 Humane Society visit 	27 scavenger hunt 	28 movie theatre 	29 dawn of the dinosaurs 	30 please note Schedule is subject to change due to weather or other unforeseeable conditions.

each day don't forget to bring . . .

- * a **hat**
- * **sunscreen** and **bug spray**
- * **water bottles** (all water bottles need to be labeled with the child's name)
- * appropriate clothing for the weather
- * **swimsuit** and **towel**
- * **backpack** (*please* ensure backpacks are in working order)
- * **umbrella** (great for rain or sun)

(schedule as of march 1, 2016)



oakridge holiday adventures program

Oakridge Community Centre 9504 Oakfield Drive SW (403) 238-9322 oakbasc@telus.net

august 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 6 let's get creative . .	1 heritage day 	2 sew much fun 	3 comic creators 	4 colour me mine 	5 messy art 	6
week 7 7 brazil welcomes the world	8 greece 	9 water park 	10 italy 	11 movie theatre 	12 austrailia 	13
week 8 14 olympic hero's	15 philippines 	16 african dance 	17 england 	18 library and wave pool 	19 brazil 	20
week 9 21 space invasions	22 TARDIS 	23 water park 	24 jedi training 	25 spaceport 	26 astronauts and aliens 	27
week 10 28 fan favs . . .	29 "busytown" 	30 water park 	31 costume party 	1 heritage park 	2 bon voyage summer 	3 sept. 3 please note schedule is subject to change due to weather or other unforeseeable conditions

extra summer fun

Throughout the summer we will be adding special activities to our weekly program. Some of these activities are group based, while others are based upon the individual child's interest and skill level. Individual projects provide children with the opportunity to discover hidden talents while working on short term, as well as long term summer projects. We also have "Activity Jars" which are suggestions for quirky fun activities that involve one or more children, and will be accessible during free play.

group fun . . . pool parties, soccer games, water fights, "jump start", running club, skippers club, basketball, floor hockey

individual fun . . . reading club, technology and science projects, music and movement/yoga, crocheting, knitting, corking, chess and game club, sketching and journaling, photography and movie making, scrapbooking, sewing (hand and machine sewing), plus special art projects

(schedule as of march 1, 2016)

Oakridge
Community Association's

STAMPEDE BREAKFAST

Sunday July 10th, 2016
9 to 11 am



Wagon Rides
ORC Tennis



Children's Activities Marching Band
Line Dancing Bouncer Yoga
and much, much more!

Oakridge Community Centre
9504 Oakfield Drive SW



Oakridge Community Association's

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\$40.00 Community Membership also required

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Drop by or call today! Sandy (403) 238-0007 oakcomm@telus.net

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Oakridge Racquet Club 2016 Spring/Summer Tennis Programs

Kids' Programs

Kids' Team Tennis

NEW in 2016! Exciting tennis program for ages 6-12 that combines practice and play with a focus on skills development through team match play. Players are matched by skill level and compete as a team. Team shirts are provided. **\$150**

Day	Dates	Time
Tuesday/Thursday	May 24-June 30	5:30-7 pm

Afterschool Program with Student

Introductory learn-to-play progressive program for all ages with emphasis on how to play the game and have fun. **\$75**

Day	Dates	Time
Monday/Wednesday	May 30-June 29	3:30-5 pm
Tuesday/Thursday	May 31-June 30	3:30-5 pm

Summer Camps

Camp is a great way to learn tennis or gain new skills in a focused but fun environment! **\$120**

Day	Dates	Time
Monday -Friday	July 11-15	9-11 am
Monday -Friday	July 18-22	9-11 am
Monday -Friday	July 25-29	9-11 am
Monday -Friday	August 8-12	9-11 am
Monday -Friday	August 15-19	9-11 am
Monday -Friday	August 22-26	9-11 am

Mini Tennis League Tournaments

This program is geared to players who can play the game and will focus on round robin play and mini-tournaments. T-shirts provided. **\$100**

Day	Dates	Time
Friday	May 27-June 24	2-4 pm

Tennis Lessons

Register early! All group lessons have a maximum number of participants. **\$150**

Beginner

Day	Dates	Time
Monday/Wednesday	May 23-June 29	6:30-8 pm

Intermediate

Day	Dates	Time
Tuesday/Thursday	May 24-June 30	7-8:30 pm

Clinics

Tune up with our pro at a clinic. **\$10**

Type	Day	Date	Time
Doubles	Monday	July 4	6:30-8 pm
Serve	Tuesday	July 5	6:30-8 pm
Groundstroke	Wednesday	July 6	6:30-8 pm
Volley/Lob	Thursday	July 7	6:30-8 pm
Doubles	Tuesday	August 2	6:30-8 pm
Serve	Wednesday	August 3	6:30-8 pm
Groundstroke	Thursday	August 4	6:30-8 pm
Volley/Lob	Friday	August 5	6:30-8 pm

Interclub

Our tennis pro will hold tryouts for Level 3.0 and 4.0 teams May 9-11 at 6:30-8:30pm. Show up for a minimum of two sessions. For more information, contact Gail Horvath at 403-281-5551 or text 403-481-9313.

Drop-In

Tennis and pickleball drop-ins occur throughout the season. **Free to members; \$6 per session for non-members.**

Oakridge Racquet Club CONT'D

Tennis

Day	Dates	Time
Monday/ Wednesday/ Friday	All summer	9:30-11:30 am
Thursday	All summer	6:30-8:30 pm
Saturday	All summer	9:30-11:30 am
Sunday	All summer	3-5 pm

Pickleball

Day	Dates	Time
Tuesday/Thursday	All summer	9:30-11:30 am
Thursday	All summer	6:30-8:30 pm
Saturday	All summer	9:30-11:30am
Sunday	All summer	9:30-11:30 am

Cardio Drop-In

Cardio drop-ins allow you to practice your shots while working out. **\$10 per session**

Day	Dates	Time
Monday/Wednesday	All summer	5:30-6:30 pm

Program Registration

Go to www.oakridgecommunity.ca and click on Register for a Program. You do not need your membership ID to register. Call Sandy at 403-238-0008 if you have trouble registering or drop in at the Clubhouse to talk to the tennis facilitator.

Watch for signs, emails and updates on additional member events, round robins, tournaments, ladders, box leagues and clinics throughout the summer!

About ORC

Oakridge Racquet Club has six outdoor tennis courts, with dual markings for pickleball, and a squash court.

9504 Oakfield Dr SW
Calgary AB
403-238-0007
oakcomm@telus.net

Directions to ORC: From westbound Southland Dr SW, turn right at the T-intersection onto Oakfield Dr SW and you will find the club on your right just past the Oakridge Community Association.

ORC Tennis Pro

Tom Gregory is a professional player with eight years of coaching experience. He coaches all ages—from three to 70-years-old—at recreational, fun and competitive levels.

Tom offers private lessons throughout the season. Email tomgregory04@gmail.com or call or text 403-467-4392 for more information. Private lessons are \$50 per hour, with payment made directly to Tom.

ORC Membership

An annual Oakridge Community membership is required to join Oakridge Racquet Club. ORC membership includes online booking for play and drop-in sessions. To purchase your community membership, go to www.oakridgecommunity.ca and click on 'purchase your association membership. Then continue with purchasing your ORC membership.

Oakridge Community Membership

Membership type	Annual fee
Household	\$40
Senior household	\$20

Oakridge Racquet Club Membership

Membership type	Early bird (April 30)	Regular season
Individual	\$75	\$100
Senior	\$50	\$75
Couple	\$150	\$175
Family with kids under 18	\$175	\$200
Junior Under 18; not with family	\$25	\$25

Guest Fees

Members can purchase a book of five guest passes online. These passes do not expire. **\$30**

ORC Ball Machine Club

Members can join the ball machine club. **\$25 per person for May to September.**

extra summer fun

Throughout the summer we will be adding special activities to our weekly program. Some of these activities are group based, while others are based upon the individual child's interest and skill level. Individual projects provide children with the opportunity to discover hidden talents while working on short term, as well as long term summer projects. We also have "Activity Jars" which are suggestions for quirky fun activities that involve one or more children, and will be accessible during free play.

group fun

pool parties
soccer games
water fights
"jump start"
running club
skippers club
basketball
floor hockey



individual activities

dance studio reading club
technology and science projects
music and movement / yoga
crocheting, knitting, corking
sewing (hand and machine sewing)
chess and game club
pets and gardening
sketching and journaling
photography and scrapbooking
special art projects



COMMUNITY NOTICES

IMPORTANT NOTE PARKING LOT SPEED LIMIT



Please be advised that the speed limit in the parking lot of the community centre is 5 km/hour.

Our parking lot is very busy at pick-up times for a variety of sports and community programs, many catering to younger children. Often children are excited when leaving the building and may not look before they run into the path of traffic.

Please note that the end of the cement pad is a drop-off/pick-up zone only – unattended vehicles are not allowed. Also, the handicap parking stall is for vehicles that have a handicap parking sticker.

Help us ensure the safety of all users of the Oakridge Community Centre by entering and exiting the parking lot carefully.

The Oakridge Community Association

Oakridge Community Centre Abuse Policy

The Oakridge Community Centre values its staff, volunteers and patrons of the facility. In order to provide a safe and healthy environment, we are a zero-tolerance facility. Abuse or harassment towards volunteers, staff and patrons will not be tolerated.

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IN & AROUND CALGARY

June and July Events in Fish Creek

Qi Gong and the Fish Creek Wellness Showcase

Qi Gong (pronounced Chi Gong) is a way of enriching and supporting the life energy that flows through all people and all things. It is an ancient form of exercise derived in China that features recurring movements that help to unify physical, mental and spiritual aspects in participants. This system can be beneficial for reducing stress, alleviating the effects of illness, and improving and maintaining physical well-being. Learn about the general principles and history of Qi Gong, follow along as Spring Forest Qi Gong Certified Instructor Diane Smith leads you in simple movements, and learn some of the basic exercises that you can practice at home.

June Fish Creek Speaker Series – Qi Gong and the Fish Creek Wellness Showcase:

Wednesday, June 22, 7:00 - 8:30pm at the Fish Creek Environmental Learning Centre

Outdoor Qi Gong Sessions: Tuesday nights, June 14 – July 26

6:30 - 7:30pm at the Bow Valley Ranch, Fish Creek Provincial Park

For more information or to register www.friendsoffishcreek.org/programs/wellness-clinics

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC! www.friendsoffishcreek.org/programs/capturenature

Parks Day & Creekfest

Free Fun for the Whole Family!
Sunday, July 17, 2016 11:00 am – 4:00pm, Glennfield, Fish Creek Provincial Park
Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creek-

fest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Take part in an outdoor yoga session and fly fishing demonstration.

Enjoy interactive booths and activities hosted by community organizations dedicated to the environmental sustainability of our Provincial Parks! For more info: www.friendsoffishcreek.org/event/creekfest

Full Moon Guided Meditation in Fish Creek

Let go of outside distractions and just be. Join Naomi Parker and Gwen Draude Woolverton for outdoor meditation sessions on full moon evenings at the Bow Valley Ranch in Fish Creek Provincial Park.

7:00 - 8:00 pm on Monday, June 20 (The first day of summer!) Tuesday, July 19, and Thursday, August 18. Registration is recommended and fees apply. For more information, visit www.friendsoffishcreek.org/programs/wellness-clinics.

BRAIN GAMES SUDOKU

2		1	5					4
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FIND SOLUTION ON PAGE 31

IN & AROUND CALGARY

Southland Leisure Centre

Summer Daycamps 2016 -Southland Leisure Centre's Summer Daycamps are now registering look for our program guide online (www.calgary.ca/recreation) and on stands. Lots of spring preschool, children's and adults programs in the guide too!

Senior's week

Southland Leisure will be honouring seniors in our community by hosting various events for Alberta Seniors Week June 6-12. For further information and details regarding these events please contact Zoe Flowers-Reitsma at 403-648-6576 or zoe.flowers-reitsma@calgary.ca.

All Sport One Day at Southland Leisure Centre

Saturday, June 18 – 10am to 2:15pm
All Sport One Day is back in 2015 at Southland Leisure Centre. This is a great opportunity for children 6-12 years old to be introduced to a new sport – and it's free! Registration begins in May for this exciting one day event. For more information and to register, see www.allsportoneday.ca.

Friday Night Dance Party at Southland Leisure Centre – June 24 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required! See calgary.ca/leisurecentres for schedules and more information.

Summer Daycamp Volunteer Opportunities at Southland Leisure Centre

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6592.

Southland Leisure Centre Playschool

2000 Southland Drive SW
Phone: 403-648-6582
Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allow children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on

availability. Spaces are still available for the 2016 to 2017 school year.

Family Swim at Southland Leisure Centre. Every Sunday, 8 am to noon. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Find out more at calgary.ca/leisurecentres.

PD School Days at Southland Leisure Centre

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for more information on our School's Out Day Camps. Hours of School's Out Day Camps are 7 am – 6 pm, and the cost is \$57.75/day.

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Oakridge Racquet Club (ORC) memberships are also available on line.

Name: _____ Address: _____

Telephone: _____ E-mail: _____

☐ Household Membership \$40 ☐ Senior Membership \$20 *per household*

☐ **Oakridge Racquet Membership (ORC)** *Note you must have a community membership to purchase a Racquet Membership*

Indicate: ☐ Individual \$100 ☐ Family \$200 ☐ Adult Couple \$175 ☐ Senior \$75 ☐ Junior \$25

Payment Method: ☐ Cheques ☐ Money Order ☐ Credit Card # _____

Name on Credit Card: _____ Expiry Date: _____

Make cheques payable to: Oakridge Community Association. Fees may also be paid in person by debit during business hours. Mail or drop off to: Oakridge Community Association, 9504 Oakfield Drive SW, T2V 0L1. Receipts and membership cards will be mailed. Please note that skate and tennis tags cannot be mailed, but can be picked up from staff at the Community Centre.



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



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Connecting you to the Resources you Need

You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

IN & AROUND CALGARY

BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

- Propane, natural gas & charcoal BBQ's should **only** be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three feet away from the grill area
- Keep your BBQ clean by removing grease or fat build-up from the grills and in trays below to reduce the risk of flash fires
- Never leave your grill unattended.

NATURAL GAS/PROPANE GRILLS

- Always make sure the lid on your gas grill is open before lighting it.
- Check hoses for leaks at the start of BBQ season by applying a light soapy water solution to the hose, a gas leak will release bubbles
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill, then get the grill serviced by a professional before using it again.
- If you smell gas while cooking and cannot safely turn off the gas, then immediately get away from the grill and call the *Fire Department*, **DO NOT move the grill**. If the flame goes out, turn off and wait at least 15 minutes before re-lighting it.

CHARCOAL GRILLS

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- If you use a starter fluid, use only *charcoal* starter fluid.
- Never add charcoal fluid or any other flammable liquids to a fire OR while hot coals are present.
- Keep charcoal fluid out of the reach of children and away from heat sources
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



Just Say Hi!

A message from the Federation of Calgary Communities

Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least five different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.

For more information or engagement ideas, visit our website at calgarycommunities.com.

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Become a Depot and Help Others in Need Right in your Own Community

I am sitting in my office looking at a map of Calgary. A city of a million people is an expanse of quadrants and communities. And within every neighbourhood, there is someone in need. The face of the food bank is anyone, anywhere but I wonder how we can reach everyone. Then I remember the incredible generosity of this city and that you don't know until you ask: **Will you be a satellite depot for the Calgary Food Bank?**

We are in need of hamper distribution depots in order to make emergency food accessible for families and individuals in various neighbourhoods throughout the city. Because of our main warehouse location in the SE industrial area, it can be extremely challenging for some to pick-up their hampers. This is where a depot location becomes an important part of the distribution process.

What is required?

- Are you accessible by transit, foot or car
- Do you have a space to store and distribute hampers

- Can you operate for two hours
- Do you have double doors where a pallet can be moved through
- Do you have refrigeration
- Can you manage volunteers during distribution
- Will you sign a memorandum of understanding

What we can do?

The Calgary Food Bank wants to make being a depot seamless and stress-free.

- We will screen, qualify and book clients
- We build and deliver the hampers
- We will recruit, train and schedule volunteers
- We can create flexible distribution hours
- We will create and provide depot signage

Ready to help? Visit our website and fill out an application form at www.calgaryfoodbank.com/give/become-a-depot/ or call Selby Quinn at 403-253-2059 ext 201 today!

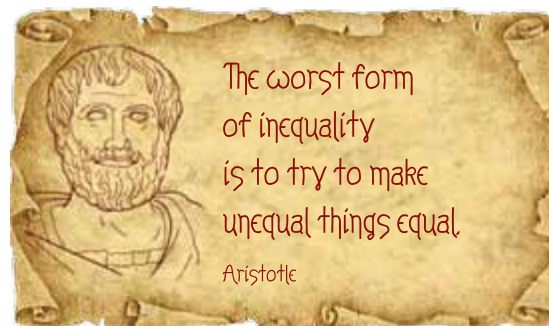


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IN & AROUND CALGARY

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal flotation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit calgary.ca/floodinfo for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.

Insect Trivia



About 80% of the Earth's animals are insects!



Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of

the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

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ART WORKSHOPS FOR ADULTS: Never painted before? Take your friend for a tea party, painting and some great time. Go home with a completed picture that you've created. All materials are included. Discounts for a party of four or more. Call Sonia 403-238-3827. Or email gellersonia@gmail.com.

LIGHTEN UP IT'S SUMMER! Are you tired of high salon prices? Then why not try a local in-home salon offering the same great services! Providing 28 years of expertise in the hair industry and professional product at an affordable cost. Call or text for your free consult today: 403-238-6733.

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.

GARDEN GURUS: We do spring clean-ups, planting, transplanting, design and monthly maintenance for your garden beds. We provide friendly service, thorough work and reasonable rates. Initial jobs for new customers should be a minimum of eight hours. Call Beth at 403-618-3656 or e-mail nicholsonst@telus.net.

THE GUTTER DOCTOR: We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

PIANO LESSONS AND ACCOMPANIMENT: Grade 9 RCM piano student offering lessons grades 1-6, and theory rudiments all 3 levels. \$20/half hour, in-home option. Also available for accompaniment. Email Jake: jake3412@gmail.com.

KLEIN HOME IMPROVEMENTS: Bathroom renos, tiles, drywall and taping, interior doors and mouldings. Interior and Exterior painting, complete basement development. Licensed, insured, referrals, competitive rates. Call 403-680-3259.

PIANO LESSONS: Offered by experienced, enthusiastic teacher with European background. Individualized approach for every learning type. Exams, recitals, festivals are offered. Register for September and receive the best time table. For more information call Sonia 403-238-3827 or email gellersonia@gmail.com.

SUMMER IS COMING! Get your yard ready for the beautiful days ahead. Weekly or occasional lawn cuts while you are on holidays. Flower bed clean up, planting and/or maintenance or projects. Locally owned and operated since 2007. Please call Brenda at 403-615-7199.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

STAR WOODWORK & RENOVATIONS: We have been serving the Calgary community for over 30 years with first class kitchen renovations, bathroom remodelling, basement development, and complete home make-overs from start to finish. Please call Ramsey: 403-701-2886 or email: Ramstar@hotmail.com.

~cont'd next page~



MLA CALGARY-GLENMORE ANAM KAZIM

#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

The budget was announced on April 14th, 2016 and I would like to highlight important aspects of the budget that are avenues towards Alberta's success. Also, I would like to shed light on my participation in the house during the session.

Budget 2016 Highlights:

Budget 2016 contains cost-savings measures, including freezing salaries for political staff and government managers as well as reducing the number of government agencies, boards and commissions to control the growth of operating spending.

At the same time Budget 2016 also introduces the new Alberta Jobs Plan to help encourage job creation, business capital investment, and economic diversification. This plan has four pillars:

- Supporting families in times of hardship with new supports and better access to training/ education;
- Continuing to invest in Alberta's infrastructure through the government's Capital Plan;
- Diversifying our energy industry and markets by putting a price on carbon, in addition to working to getting the best value for our natural resources
- Supporting Alberta businesses with two new tax credits to encourage access to capital and a tax cut by 1% for small businesses as of Jan 1, 2017.

My Participation in the House:

I was successful to have Motion 503 passed in the house which is about making prescription drugs more affordable for low-income seniors. To watch the debate please scroll to 4:57:37 pm using the link below:

www.assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3251&EssenceFormatID=139&date=20160412&browser=0

I stood up to speak in favour of Bill 204: Alberta Tourism Week Act to specifically promote Heritage Park, North Glenmore Park, South Glenmore Park, Glenmore Sailing Club and Weaselhead Park in our beautiful riding of Calgary Glenmore. To watch my speech please scroll to 4:25:56 pm using the link below: www.assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3258&EssenceFormatID=139&date=20160419&browser=0

MLA Stampede Breakfast:

July 13, 2016 - 7:00 am-10:00 am at Heritage Park

For further details on any of the topics above or others, please do not hesitate to contact our office.

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HANDYMAN! Need help around the house? Big or small jobs! My services include bathrooms, drywall, mudding, painting, flooring, decks, fences, basements and much more, contact Peter at 403-671-0646 or by email at wpconstruction@shaw.ca.

BRAIN GAMES SUDOKU

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

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Oakridge Real Estate Update

Last 12 Months Oakridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2016	\$569,900.00	\$549,900.00
March 2016	\$642,300.00	\$627,000.00
February 2016	\$499,900.00	\$500,000.00
January 2016	\$506,200.00	\$488,500.00
December 2015	\$540,000.00	\$532,250.00
November 2015	\$0.00	\$0.00
October 2015	\$571,950.00	\$562,500.00
September 2015	\$759,894.00	\$740,750.00
August 2015	\$667,200.00	\$650,000.00
July 2015	\$789,900.00	\$775,000.00
June 2015	\$712,450.00	\$685,000.00
May 2015	\$569,900.00	\$552,500.00

Last 12 Months Oakridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2016	1	5
March 2016	6	4
February 2016	5	5
January 2016	9	6
December 2015	2	4
November 2015	8	0
October 2015	6	8
September 2015	7	2
August 2015	4	2
July 2015	4	4
June 2015	9	6
April 2014	5	7

To view the specific SOLD Listings that comprise the above MLS averages please visit oakridge.great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Klassified Kids

These ads are free to children 16 years of age and under who would like to advertise in the Echo. Ads are placed for a 3-month period. The cut-off date is 5:00pm the 15th day of the month prior to the publication month. Please contact Emily at 403-801-3786 or email at oakridge.echo@gmail.com.

14-year-old babysitter available for hire most days. Red Cross certified. Contact at skylertthomas2402@gmail.com.

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What does it mean to be flood ready? Higher river flows typically occur in Calgary from the middle of May to middle July. However flooding can strike any Calgary community in any season, often with little or no warning. Interestingly this has less to do with spring run-off from the mountains, and more to do with precipitation.

The City has plans in place that guide our response to floods of various sizes. Every event is different and actions leading up to and during a flood depend on the specifics of each event. In general, as a City, we take these actions to mitigate the impact of a flood:

- Manage the flow of water out of the Glenmore reservoir
- Close the gates on storm water outfalls to prevent river water from entering the storm system
- Deploy temporary lift stations to supplement pumping
- Deploy temporary berms, flood tubes or sandbags to critical locations.

Last month, the City of Calgary held two open houses to provide information to residents about on-going 2013 flood recovery efforts. This information is available online if you missed the session at Calgary.ca/flooding, along with resources on preparing yourself and your community in the event of a flood.

Community building in your neighbourhood! June is a busy month for Ward 11 communities. Be sure to check your Community Association for their family-friendly event listings – festivals, bike parades & Neighbour Day events – just to name a few! Community clean-ups are also underway from now until September. They are a great way to meet your neighbours, and take a burden off of your spring clean-out. See the full schedule at Calgary.ca/cleanup.

As mentioned last month, my team and I will host a community information session on **Little Free Libraries** on **Thursday, June 9th at 6:00 pm at the Voltage Creative Garage, 2101 – 34th Avenue SW**. Light refreshments will be provided. We hope to see you there!

Remember to sign up for Ward 11 updates to receive information on upcoming events, City programs, and public engagement opportunities relevant to you at www.ward11calgary.ca.



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9815 Palistone Rd SW

9815 Palistone Rd SW - Palliser - \$599,900 - Great family home with over 2100 sq ft of living space above grade located walking distance from Nellie McClung and Louis Riel Schools. Offering 4 bedrooms above grade, including Master suite with 3pc ensuite, additional 4th bedroom in basement and tons of living spaces throughout to accommodate your growing family. Sunny west backyard with covered patio, storage shed/playroom and more. A short distance from South Glenmore park, Glenmore landing and more. Call for details. MLS#C4069130



3323 Palliser Dr SW

3323 Palliser Dr SW - Oakridge - \$659,900 - Great value in Oakridge, this 2088 sq ft 2 storey split home features numerous upgrades including an updated kitchen with professional stainless steel appliances, 3 bedrooms & loft upstairs with updated bathrooms includes 4pc ensuite with steam shower & double vanity. Also featuring vaulted ceilings, hardwood floors throughout & room to grow in basement this home is move in ready! MLS#4044951



2808 25a St SW

2808 25a St SW - Richmond Park - \$798,500. - Brand new in 2016, this 1999 sq ft attached home is perfect for the buyer looking for an inner city location close to transportation, Marda Loop & other great amenities! This light and airy home features an open concept layout, with sight lines from front to back, and modern finishing throughout. The custom white kitchen has full height cabinets, a corner pantry, granite counters, stainless steel appliances and a large eat up island. There are 4 bedrooms in the home incl. the Master suite with amazing ensuite and walk in closet and a huge rec room in the basement completes the home. MLS#4058924

Market Update as of March 10, 2016:

8 Single family homes on the market with a median list price of \$618,900

11 Condo units on the market with median list price of \$227,900

Since April 8, 2016 there have been:

5 Single Family home sales with a median sale price of \$550,000

2 Condo sales with median sale price of \$243,000

Listings are on the rise with nearly 6500 listings on the market city wide, meanwhile sales activity has decreased, resulting in sales prices being down approximately 0.4% from March and 3.4% from April 2015. We are continuing to see hesitation from buyers across all price ranges, especially over \$600,000, as buyers wait for greater discounts & better deals, meaning listings are sitting on the market for longer periods of time before selling. The 7 listings that sold in Oakridge last month had been on the market for an average of 57 days.

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