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OAKRIDGE COMMUNITY ASSOCIATION

9504 Oakridge Dr. SW
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Phone: 403.238.0007
oakcomm@telus.net | www.oakridgecommunity.ca

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Editorial Submissions

oakridge.echo@gmail.com
All editorial content must be submitted by the 14th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Oakridge Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Oakridge Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

OAKRIDGE

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

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



Keep the Oakridge Community Centre smoke-free

Please be aware that smoking is not permitted within 5 metres of the Oakridge Community Centre entrance, per City of Calgary Bylaw 57M92 the provincial Tobacco Reduction Act.

The Tobacco Reduction Act prohibits smoking in public places and workplaces, and within 5 metres of any doorway, window or air intake. If you do smoke, please be sure to do so at least 5 metres from the entrance. We appreciate your cooperation.

COMMUNITY ASSOCIATION

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

BOARD OF DIRECTORS

Don Best, Marty Scholten, Toby LaBrie and Suzanne Burgman, Jill Crockett

DIRECTORY

Beavers/Cubs/Scouts	Dave Sheldrake	403-278-0995
Before/After School Care	Kelly Krebs	403-238-9322
Bingo Volunteers	Sandy Fitzgibbon	403-238-0007
Brownies/Guides	Diane Guido	403-238-8549
Neighbourhood Partnership Coordinator	Cathi Groves	403-476-7290
Curling	Mel Head	403-281-3781
Echo	Emily Pratt	403-801-3786
Elm Obedience School	Eda Milne	403-281-7937
Holiday Adventures	Kelly Krebs	403-238-9322
Jump Start	Kelly Krebs	403-238-9322
Line Dancing	Mary Rochfort	403-238-4692
Netball	Paula MacWilliam	403-281-8348
Quick Fit	Sandy Fitzgibbon	403-238-0007
Ringette	Steve Hutchison	403-238-3538
Soccer	Gene Pawlak	403-238-2199
Southwest Hockey Association	admin@southwesthockey.ca	
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

COMMUNITY CLEANUP

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 3, 2017

9 am - 2 pm

Free Store & Donations

Oakridge residents are invited to drop off . . . small household items, linens, draperies, toys, dishes, knickknacks, 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. **PLEASE 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.

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 such as 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

MARCH 2017

Oakridge Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Yoga with Jane 7:30-8:30 pm	2 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	3 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	4 Quick Fit 8 am - noon
5 Public Skating 2:30-3:30 pm	6 Quick Fit 8 am - 8 pm	7 Quick Fit 8 am - 8 pm Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	8 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Yoga with Jane 7:30-8:30 pm	9 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	10 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	11 Quick Fit 8 am - noon
12 Public Skating 2:30-3:30 pm	13 Quick Fit 8 am - 8 pm	14 Quick Fit 8 am - 8 pm Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	15 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Yoga with Jane 7:30-8:30 pm	16 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm Public Skating 2:30-4:30 pm	17 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	18 Quick Fit 8 am - noon
19 Public Skating 2:30-3:30 pm	20 Quick Fit 8 am - 8 pm	21 Quick Fit 8 am - 8 pm Public Skating 3:30-4:30 pm Line Dancing 5:30-8:30 pm	22 Quick Fit 8 am - 8 pm Adult Skate 9:30-10:30 am Parent/Tot Skate 1:30-2:30 pm Yoga with Jane 7:30-8:30 pm	23 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm Public Skating 2:30-4:30 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	28 Quick Fit 8 am - 8 pm Line Dancing 5:30-8:30 pm	29 Quick Fit 8 am - 8 pm Yoga with Jane 7:30-8:30 pm	30 Quick Fit 8 am - 8 pm Line Dancing 1-3 pm	31 Quick Fit 8 am - 4 pm Line Dancing 9:30-11:30 am	

Squash court: Available every day

Tools for Kids Preschool: Every weekday September to June, 8:30 a.m. - 3:30 p.m.

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.

Bag your bags

Properly bundle your plastic bags before recycling in your blue cart or community recycling depot. Learn more tips for preparing your recyclables at calgary.ca/recycling.

YES. Bundle all stretchy plastic bags **together in one bag** and tie the handles closed. Put in your blue cart for recycling:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

NO. Do not recycle these items:

- No **single** or **loose** plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches

Why do plastic bags need to be bundled together? Plastic bags are sorted by workers rather than machines at the recycling facility. Bundling your plastic bags and wrap together makes it easier for the workers to separate it for recycling. It also prevents the bags from jamming equipment and contaminating the other recyclables.

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Come Join Us to Celebrate the Expansion of Variety Park!

This spring, Variety – the Children's Charity of Alberta (Variety Alberta) will be upgrading and expanding Variety Park (South Glenmore spray park and playground) and will be adding more accessible play spaces and some updated playground equipment that will include a new climbing area, spinning equipment and sensory play equipment.

In 2002, Variety Alberta built Variety Park through a major fundraising effort and raised \$1.4 million dollars to create this community and destination park for all families. This was the first barrier-free spray park and playground of its time that supported children living with disabilities and/or mobility restrictions in Calgary.

Variety Alberta works to actively to remove barriers and improve the lives of people living with disabilities.

We are currently raising funds to be able to add as much play value as we can for all children and families to come to and enjoy! Please donate to this project and help make it a great space for many generations to come!

Donate at youcaring.com/variety-alberta-562968.

Variety Park Opening Day Celebration Event

On June 24, we will be hosting a celebration event where we will be bringing together families from all over our city together to see the newly enhanced playground while identifying the commitment Canada has made in its 150th year to accepting and embracing inclusion and diversity.

We will be hosting a barbeque event with fun activities for children to do throughout the day and will have guest speakers in attendance to support our event.

Date: June 24, 2017

Time: 11 a.m. – 3 p.m.

Location: Variety Park at South Glenmore Park
Mark your calendars so you can come enjoy the day!

For further information on Variety Alberta and to find out what we are doing to support families who have children living with disabilities, please visit our website at www.varietyalberta.ca.

**Note: This Barrier Buster project is made possible by The Rick Hansen Foundation Access4All Canada 150 Signature Initiative, supported by the Government of Canada, and other funding partners including Parks Foundation Calgary, Calgary Foundation and the City of Calgary.*

<http://www.rickhansen.com/Access4All>
<http://canada.pch.gc.ca/eng/1468262573081>

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FREE PILOT PROGRAM

Join us for 3000 STEPS, a new, low-impact introductory fitness program for all ages right here in Oakridge/Cedarbrae. Limited space available for kids, seniors and adults.

racquetnetwork.com/3000steps



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.

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.



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Calgary's Southwest Ring Road Update

SW Calgary Ring Road construction

The Government of Alberta awarded Mountain View Partners with the contract to design, build, operate and partially finance the Southwest Calgary Ring Road (SWCRR). Mountain View Partners has subcontracted KGL Constructors to design and construct the SWCRR. Preliminary construction work began in fall 2016 and major construction within the Transportation Utility Corridor will begin in spring 2017. For more information on the construction of the SWCRR and traffic updates, visit KGL's website at www.swcrrproject.com.

Upcoming information sessions

Spruce Meadows Way S.W. widening and 162 Avenue S.W. connection

The City will be holding a 4-project Transportation Information Session on Wednesday, March 15 from 6 – 9 PM at Bishop O'Byrne High School (333 Shawville Boulevard S.E.). The four projects that are going to be included are:

- Macleod Trail/162 Avenue S Interchange
- Macleod Trail/194 Avenue S – West Connection
- Spruce Meadows Way SW widening (a Calgary-led ring road project)
- 162 Avenue connection (a Calgary-led ring road project).

Representatives from Alberta Transportation and KGL Constructors will also be present to answer any questions related to the Southwest Ring Road.

90 Avenue S.W. and Southland Drive connections and Anderson Road S.W. widening

The City will be holding an Information Session on Thursday, May 25 from 5 – 8 PM at the Oakridge Community Centre (9504 Oakfield Drive S.W.).

The City will be providing updates on the two Calgary-led ring road projects in the area:

- 90 Avenue S.W. and Southland Drive connections
- Anderson Road S.W. widening

Representatives from Alberta Transportation and KGL Constructors will also be present to answer any questions related to the Southwest Ring Road.

Updates on other City of Calgary connections

Bow Trail widening and intersection improvements

The City is planning to widen Bow Trail to four lanes between 85 Street S.W. and Old Banff Coach Road, as well as improving the intersection at Bow Trail and 85 Street S.W. These upgrades will provide for a better road network by accommodating existing and future traffic volumes in the area.

Construction on the initial intersection improvements is expected to begin in summer 2017 and be completed in late 2017. These initial intersection improvements will include extending the southbound left turning lane on 85 Street by removing a portion of the median and adding an additional left turning lane on westbound Bow Trail to 85 Street. Construction on the widening of Bow Trail and the remaining intersection improvements, which also include plans to widen 85 Street to two through lanes north of Bow Trail, is currently anticipated to begin in 2018.

The City will provide an update to the community on this project as it progresses. For more information on this project, visit <http://www.calgary.ca/Transportation/TI/Pages/Road-projects/Bow-Trail-Widening-and-Intersection-Improvements.aspx>.

Glenmore Trail widening and interchange upgrade

The City is widening Glenmore Trail to six lanes between 37 Street and Crowchild Trail S.W. and modifying the Glenmore Trail/Crowchild Trail S.W. interchange. These upgrades will provide for a better road network by accommodating changes to traffic volume and patterns that are expected after the opening of the SWCRR.

The design work for the Glenmore Trail widening and interchange upgrades are scheduled to begin in late 2017, with construction planned to start in 2018 and continue into 2019.

The City will provide an update to the community on this project as it progresses. For more information on this project, visit <http://calgary.ca/Transportation/TI/Pages/Road-projects/Glenmore-trail-widening-and-interchange-upgrade.aspx>.

Questions? Visit The City of Calgary's webpage to learn more about the SWCRR or email the Project team at yyc-rr@newsletters.calgary.ca.

Oakridge Before and After School Care Program

SPRING BREAK 2017

For Children
ages 5-12

For more information or to register

OAKRIDGE COMMUNITY CENTRE
(lower level) 9504 Oakfield Drive SW

(403) 238-9322

oakbasco@telus.net

FEES: \$45.00/day/child

Deadline to register is
Tuesday March 21st, 2017



Thursday March 23rd - [Comic Creators] Join us today in creating our very own comic book characters and watch the adventures unfold on paper.

Friday March 24th - [Pets and PJ's] It's a great day to stay in your PJ's and snuggle with your stuffy, doll or favorite friend. Children can also bring a pillow and blanket if they wish.



Monday March 27th - [Bring a Game/Play a Game] Don't forget to bring your favorite board, or card game, and play with a bunch of your friends.



Tuesday March 28th - [Harry Potter's Wizarding World] Bring your imagination and sense of adventure for a day of fun and special wizarding magic. Spell books and wands not required since you will no doubt you will need to visit "Gringots" our own Diagon Alley.



Wednesday March 29th - [Craftapalooza] No, it is not some strange disease, it is a celebration of all that is creative and hands on. Come try something new, traditional or just plain fun.

Thursday March 30th - [Busytown] Back by popular demand it's a "Busytown" Day. Which shop would you like to run? A flower shop, the Post Office, the bank, or perhaps the local Pet Shop and Veterinarian.



Friday March 31st - [Movie at Chinook] Today we will be off to Chinook Centre for an afternoon at the movies. We will be taking a chartered school bus from First Student. If you wish to bring spending money max \$15.00.

Please don't forget that each day children must be at the Centre no later than 10:00 am and will need to bring their lunches, snacks, something to drink, as well as their indoor shoes. If you have any questions please contact staff at 403-238-9322.

Calgary's Best Active Lifestyle Retirement Community is Now Open!



Join us at Swan Evergreen Village for—

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Saturday, March 11th | 1:00PM - 3:00 PM

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SPRING SOCIAL

Saturday, March 25th | 10:30AM - 1:00PM

Light lunch and goodies. Please R.S.V.P.

MOVING & DOWNSIZING

Wednesday, March 29th | 6:30PM - 8:00PM

Refreshments will be served. Please R.S.V.P.

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March in Fish Creek

25th Anniversary Brick Pathway

2017 see us celebrate the 25th anniversary of the founding of the Friends of Fish Creek. As part of our celebration we are offering the opportunity to be part of our 25th Anniversary Legacy Brick Pathway program. We will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. Engrave a brick with your personal message. For more information contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/brick

Leave a Legacy for Cherished Green Spaces and Healthy Families

Free Public Information Session

Saturday, March 4, 2:00 pm – 4:00 pm at the Fish Creek Environmental Learning Centre

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. Remembering family in your will is most likely an important part of your final wishes, but do you have questions about planning your estate? Would you like to ensure the proper management and distribution of the funds you leave behind? Join Emma Hamilton, lawyer in the Wills & Estates group of McLeod Law LLP; Stuart Reid, Chief Development Officer Kids Cancer Care Foundation of Alberta; and Bob Morrin, Friends of Fish Creek Board Member to learn about the benefits of estate planning and leaving a legacy. For more information or to register visit www.friendsoffishcreek.org/estate-2

Uncharted: A Photographic Wildflower and Book Evening with Graeme Connell

Thursday, March 23. 7:00 – 8:00 pm at the Fish Creek Environmental Learning Centre
Presented by Graeme and Lois Connell

Calgary author Graeme Connell's novel "Uncharted," centres on Fish Creek Provincial Park and the Rocky Mountains. In this novel, the main character, Brewster, has lost his wife and his reason to live – then, with help from a profoundly deaf woman and a family facing difficult times, his life finds new meaning through wildflowers and a botanical project in Fish Creek. It is a truly uplifting story for anyone who has experienced deep loss and found solace in nature. To register visit www.friendsoffishcreek.org/event/uncharted

Wayne's Wonderful Winter Walk

Saturday, March 11 1:00 pm - 2:30 pm

Join dedicated volunteer, retired park planner, and founding member of the Friends of Fish Creek, Wayne Meikle for a wintery walk along the banks of Fish Creek. Wayne's Wonderful Winter Walk provides an amazing opportunity for families to visit the park in the winter and learn about the history of this area! To register or for more information visit www.friendsoffishcreek.org/programs/other-tours

Spring Birding Course Starts Monday, April 3

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors in Fish Creek Provincial Park and other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, volunteer instructor and lifelong naturalist Gus Yaki and other knowledgeable and experienced instructors will once again conduct these courses.

Registration Required and fees apply. To Register and for course times visit: www.friendsoffishcreek.org/programs/birding-course

Oakridge Community Association's

QUICKfit



30 Minute Co-ed Circuit Training

Individual: \$200.00/year (unlimited visits)
Family: \$300.00/year (unlimited visits)
\$40.00 Community Membership also required

(Minimum age is 12. Anyone 16 and under must be accompanied by an adult.)

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CALGARY TAX SERVICES is a locally owned and operated company providing over 25 years of professional expertise and experience in both PERSONAL & BUSINESS tax services.

- We care about our clients and we care about their businesses.
- Our clients enjoy a friendly atmosphere where they feel welcome in an office that provides the best professional service possible.

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Professional, Experienced Filers

10% Discount for Senior Citizens (65+) &
NEW clients first year personal tax filing

Located in Bonavista near South Centre Mall • FREE PARKING
(Take Acadia Drive south off Anderson Road)



IN & AROUND CALGARY

Southland Leisure Centre

NEW Did you know February 24th was the start of summer? The Spring/Summer 2017 Program Guide is on stands now. Southland Leisure Centre's summer day camp registration began February 13th.

Southland ProShop

"Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages all year long. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

Friday Night Dance Party – March 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!

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 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

March Break Day Camps

Register your children for some fun in Southland Leisure Centre's day camps.

Drop-in Climbing and Gymnastics – There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball, Soccer, Pickleball

Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.

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.

Babysitting Room at Southland Leisure Centre

Treat yourself to some 'me time' to workout or take a class. No bookings required for our Babysitting Room.

Mon –Sunday - 08:30am – 12:30pm, Monday-Thursday
04:00pm - 08:00pm

Reasonable rates for a well deserved break!

Calgary AfterSchool

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

Fridays, 7:30 to 10 p.m. Youth Night – Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies.



Oakridge...be part of it! Buy a Membership Today

Purchase by filling out the form below, or on-line at:

www.oakridgecommunity.ca

There are many reasons to join:

Civic representation | Access to facilities and community activities | Community support
For details, visit our website at: www.oakridgecommunity.ca or call us at: 403-238-0007

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.

Oakridge Co-op Redevelopment Project

Oakridge Community Members,

As many of you are aware the Oakridge Calgary CO-OP (CO-OP) is getting a makeover. We have been approached by the developer and CO-OP and have a had chance to review the proposed plans and consider them to be thoughtful to our community's needs.

As with past issues, we believe that the road to a healthy and cohesive community comes from working together on these types of issues in order to ensure as small of a negative impact to our community as possible. In fact, In many cases these developments become opportunities for our community to grow.

With that in mind, we encourage community members to provide their feedback on the proposed plans. We will compile those suggestions and send them to the city, the developers and CO-OP.

We have already highlighted issues that we think may cause problems down the road and delivered them to the city as well as the developer.

Those issues are:

- Being mindful of traffic at the intersection of 24th street and Oakmoor Drive, SW.
- Ensure no shadowing on the residences around the proposed development.
- Keeping access open for residents during construction.

We have received positive responses to our concerns and believe that our relationship with CO-OP and the developers to be a good one.

Learn more about the project at oakridgecrossingyyc.ca. Provide your feedback to the Oakridge Community Association Board of Directors by emailing oakridgecrossingoca@gmail.com.

With sincere regards,

Matthew O'Connor, VP Civic Affairs

IN & AROUND CALGARY

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

South West Communities Resource Centre

Located in the Professional Wing of the
Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca



The SWCRC is your local resource centre that helps families and individuals develop skills and build resilience to move forward when times are challenging. We are located in the Oakridge Coop Plaza and have a warm and welcoming space that is open and inviting to everyone who calls south west Calgary their home. *Please stop by and let us tell you more about the programs and services we offer at **no-cost**. There is something for everyone!*

Now Accepting Registration:

Positive Discipline in Everyday Parenting – Tuesday mornings April 11 to June 6th 2017.

Our social workers provide free parenting programs that teach children, youth and parents on how to manage behaviour, develop empathy, and enhance self-respect and respect for others. This 8 week course provides insight for parents of children of all ages and helps everyone manage stress, handle conflict and consider people's feelings. This popular course fills up quickly so give our office a call at 403 238-9222 if you are interested.

We are happy to partner with Chartered Professional Accountants who will be offering low-income families living in SW Calgary a *free* Tax Clinic on March 28th and 30th. If you are interested in getting your taxes done and your family income is less than \$50,000.00, call our office to register for a time at the end of March.

We are always looking for outstanding **volunteers** to help with a variety of tasks. This spring we are engaging community residents who are interested in social media, writing stories of impact, or have an interest in photography, please call our office if you would like to support our work. You can also follow along with all our news at www.facebook.com/calgaryswcrc or on [twitter@SWCRC_YYC](https://twitter.com/SWCRC_YYC).

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safetysync.com

403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

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BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Oakridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Oakridge area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ELECTRICITY IS NOT A HOBBY: Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

RENOVATIONS - DECKS, GARAGES, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

HARMONY LANDSCAPES INC: A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Now booking fall cleanups and 2017 spring landscaping. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

K2 BOOKKEEPING: 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 Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

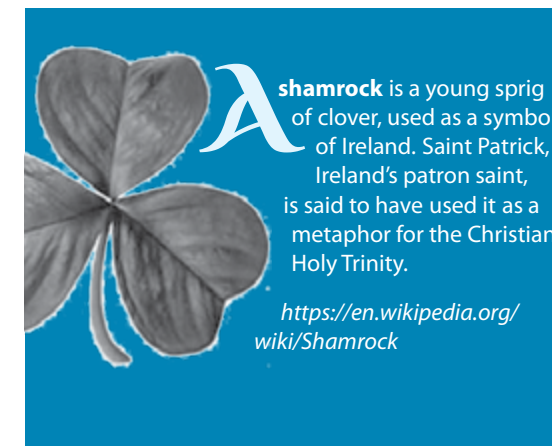
PIANO LESSONS AND ACCOMPANIMENT: High School student taking ATCL diploma is accepting piano students, beginner to intermediate level. Recreational music, RCM exams and recitals available. Learn on your keyboard too! All ages welcome, lessons in your home. References available from current student families; \$25/hour. Email Jake: jake3412@gmail.com or phone: 403-437-4389.

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.

LANDA WOODWORKING: is owned and operated by a Journeyman Carpenter, we specialize in custom cabinetry, custom furniture, and handcrafted wood items. Landa Woodworking is also available to update your decor with new or refinished doors, baseboards, trim, and flooring. Also available for carpentry work around the home. 403-613-1439. Email: landawoodworking@gmail.com.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

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.



IN & AROUND SCHOOLS

St. Gerard School

With the warming of the weather, we're easily reminded of the changing of seasons before us. Thankfully, St. Gerard School strives to capture every moment throughout the school day in building opportunities in French Immersion that are enriching and purposeful, building individuals into ethical citizens and engaged thinkers.

Our students will be showcasing their philanthropy through fundraising projects targeting local and global communities in an effort to make the world a better place, one small but steady step at a time. Our WE charities will benefit from the students' work in bridging groups near and far to our school through monies raised in support of food and nutrition programs and sustainable water sources. *"In the face of unjust and painful situations, faith brings us the light which scatters the darkness."* ~ Pope Francis

French-Canadian customs and traditions will be celebrated and promoted in our week-long Carnival, a time when St. Gerard School will host French Canadian presenters, games and festivities that have historically denoted the pride that is true to French Canadian culture. Meanwhile, we continue the work of providing meaningful experiences through our clubs and extracurricular activities, such as our Reading Club, Intramurals Program and Curriculum Support Initiative (homework support).

We are happy to announce that due to the success of our first **Open House**, we will be offering a second on **March 9th at 6pm**. We look forward to meeting all prospective new families to St. Gerard, and are forever grateful to all families, new and old, that form the root condition of this school, one with kindness and love at its core.

Important Dates:

March 2nd: Sandwich Ministry Drop off
March 6th: Healthy Hunger
March 9th: St Gerard Open House (parents and children welcome), St. Gerard School Council Meeting
March 10th: Calgary Opera
March 13th: Healthy Hunger
March 22nd: Sammy's Pizza
March 27th: Spring Holiday begins, Classes resuming April 3rd



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
Facebook: Anam Kazim - MLA for Calgary Glenmore
Twitter: @anamkazimMLA

Dear Constituents:

As we enter spring, the spring session of the 29th Legislature of Alberta opens March 02, 2017 with the Speech from the Throne at 3PM. It will be the beginning of setting new goals and direction to drive our province forward and serve the best interests of Albertans. I feel honoured and privileged to represent the exemplary constituents of Calgary-Glenmore who leave no stone unturned to demonstrate tremendous leadership and stewardship.

Coal Transition: Coal plants are a major source of air pollution, releasing pollutants like:

- cadmium
 - lead
 - mercury
 - nitrogen oxides
 - sulphur dioxide
- This has an effect on the health of Albertans. Poor air quality has been linked to a number of health conditions, including: asthma, chronic bronchitis, chronic obstructive pulmonary disease, heart disease, stroke and diabetes.
 - In 2012, the Government of Canada quantified the benefits of transitioning from coal-fired generation to natural gas or carbon capture and storage. These benefits included health benefits, primarily from reduced smog exposure.
 - Alberta's action on phasing out emissions from coal-fired generation by 2030 is expected to have similar benefits.
 - A recently released a report – in collaboration with a group of health organizations representing health professionals and patient groups – estimate benefits based on federal methodology. For more information: <http://www.pembina.org/pub/out-with-coal>.

The Costs of Clean Coal:

- When applied to coal-fired generation, carbon capture and storage (CCS) technology has been demonstrated to reduce carbon dioxide emissions. However, CCS applied to coal plants is rare around the world because

low carbon alternatives to generate electricity are readily available and are more economic, like natural gas generation and renewable energy technologies.

- Because of the costs, a high subsidy to industry is typically required to retrofit coal units with CCS technologies.
- Alberta's *Climate Leadership Plan* called for zero pollution from coal-fired generating units by 2030. There are currently no CCS technologies that can achieve this goal.

Support for Communities:

- An advisory Panel on Coal Communities (APCC) has been formed – to ensure workers and community members are consulted and heard, and to understand their challenges and ideas for the long-term economic sustainability of their communities.
- The province will work with industry, along with the Government of Canada and communities, to understand options for the future, including new natural gas generation facilities, coal to gas conversions, hydro-electricity, renewable energy opportunities, and other forms of economic development.

Coal Mines

- Alberta's coal phase out only addresses emissions from coal-fired power stations, and does not contain any policy stance on coal mining within the province.
- Any metallurgical coal mines that export their coal outside of Alberta for steel making and other purposes will be unaffected by the phase out of coal-fired emissions.

Please share your ideas by completing this online survey: <https://www.surveymonkey.com/r/albertacoalsurvey>

Open House: I will be happy to see you on March 17, 2017 at our open house from 4:30 pm to 6:30 pm at our Calgary-Glenmore constituency office. We have invited Kerry Oxford from IRON + EARTH: Oilsands Workers for Renewable Energy as our guest to speak informally on transferrable skills.

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.

Going somewhere? If you need help with your pets, you've come to the right place. I am 12 years old and own a cat myself. I am available anytime over this summer. I charge \$5 a visit for cat or dog. For more information, email me at KeatonThePetSitter@gmail.com.

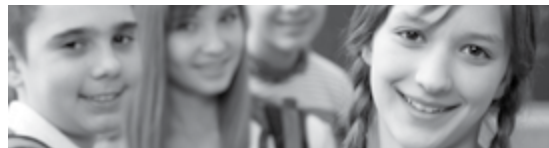
Babysitting service: Mature 12-year-old with certification available in Palliser, Pump Hill and Oakridge. Please call Justin at 403-966-3939 or email at justinhockeyguy@gmail.com.

Vacation pet-sitting service: Mature 10-year old – loves cats, birds, plants – available for Palliser, Pump Hill and Oakridge neighbourhoods. Also walks dogs. References available. Please call Caroline at 403-966-3939 or email mycaroline2006@gmail.com.

14-year-old babysitter available most days after school and on weekends. Red Cross certified. Oakridge, Cedarbrae, Braeside and Palliser. Contact Skylar at 403-617-7819.

BABYSITTING SERVICES! 14 year old with first aid and babysitting course will babysit in SW area. Kaitlyn 403-830-02084.

VACATION PETSITTING SERVICES! 14-year-old girl, under part-time supervision of her mom, will come and feed your pets while you are gone. Bring in mail, water plants. We can take in some caged animals to our home. \$15 per house visit in Bayview, Pumphill, Oakridge, Palliser and Braeside. \$10 per day at our home. Karen 403-870-9366.



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

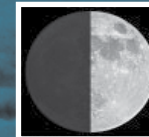
excited when leaving the building and may not look before they run into the path of traffic.

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.

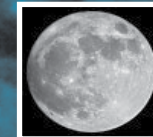
Help us ensure the safety of all users of the Oakridge Community Centre by entering and exiting the parking lot carefully.

The Oakridge Community Association

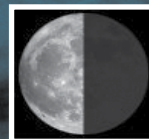
MARCH MOON CALENDAR



First Quarter
March 5



Full Moon
March 12



Last Quarter
March 20



New Moon
March 27



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403-268-2430 • www.ward11calgary.ca

This year as we celebrate Canada's 150th Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

Connectivity is a word I really like and use often. Connectivity is the quality, state, and capability we have of being connected to each other, within our communities, and across our city. For me, it captures what I strive to do, what The City of Calgary strives to do, and what our Community Associations strive to do.

Together, we are continually working to strengthen the connectivity between people and their environment, natural and built. We're continually working to improve the accessibility of those connections, whether that is a pathway to your local park, marked pedestrian crossings, or providing the option of a sliding scale fee for low-income transit passes.

When we talk about connectivity, we're also talking about our values – individually and collectively. As a city we value our parks and our pathway systems, our festivals and events, our educational institutions, our attraction for business and tourism, our ability to be innovative, our desire to be diverse and inclusive.

This year began with a small act of inclusivity, with Council voting to rename the Langevin Bridge to the Reconciliation Bridge. The Calgary Aboriginal Urban Affairs Committee has further recommendations on how we can heal our community, and achieve great things together. This small act of reconciliation is an important first step along the path towards healing and understanding.

If you're wondering how to connect, a great place to start is your Community Association. Becoming a member to your Community Association supports events and local improvements in your area.

There are many ways we can support each other. Remember, a small act of kindness goes a long way!

If you have not, please subscribe to your Ward 11 Updates, and connect with your Ward 11 team.

Oakridge Medical

10003 24 St. SW
403-287-6770

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Suite 49, 2580 Southland Drive SW**

**Charles Gulley, DD, F.C.A.D.
Denturist – Denture Specialist**

Thinking of moving? Call for an evaluation today!



Coming soon in Killarney! 3127 Kilkenny Rd- Looking for modern inner city living all on one level? This stunning 1410 sq ft bungalow has been completely renovated from the studs up and transformed to a modern open-concept layout with 14 ft vaulted ceilings and high-end finishings throughout including custom cabinetry from Legacy kitchens, premium granite counters, stainless steel appliances, engineered hardwood floors & more. Complete with open-concept great room, 4 bedrooms, 3 bathrooms, rec room with wet bar, lots of storage, double detached garage and private yard with huge deck. Located on one of the most coveted streets in the Crescents of Killarney, this mature treed lot is steps from 3 schools, numerous local amenities, and just a short walk to Westbrook LRT or Mount Royal College. Estimated completion in late February.



632 Willingdon Bv - Willow Park - Nearing completion, this 1732 sq ft renovated bungalow offers single level living in a mature neighbourhood! This home has been renovated from the studs out and rearranged to accommodate modern living. With a brand new white kitchen with stone counters, stainless steel appliances and a large eat up island overlooking large living spaces with access to an oversized back deck. Reconfigured to feature a large master suite, main floor laundry and mud room plus 3 additional bedrooms and large rec spaces on the lower level. Walking distance to all amenities and schools. Call for details.



6127 Lloyd Cres - Lakeview - Stunning move in ready family home offering 3800 sq ft of living space throughout including open concept main floor with large modern kitchen and hardwood throughout. Tons of storage in main floor den and mud room. 3 large bedrooms upstairs including expansive master suite with oversized walk in closet and spa-like ensuite. Fully finished basement with massive rec room featuring an oversized window and wet bar. 4th bedroom & 4 pc bath complete the basement. Walking distance to Jennie Elliott Elementary, Bishop Pinkham Jr high, Girls School, Connect School and more! MLS# C4088179

Market Update as of February 13, 2017

13 Single family homes listed with a median list price of \$650,000

8 Condo Units listed with a median list price of \$225,000

Since January 11, 2017 there have been:

4 Single Family home sales with a median sales price of \$583,500

1 Condo unit sales with median sales price of \$164,000

Market conditions continue to favour buyers, however after 4 months of declining inventory city wide, there is some more balance coming to the market and less pressure on housing prices especially in the single family homes/detached sector. In Oakridge, we have continued to see stable sales activity over the last few months with approximately 5 property sales each month and inventory levels are up just slightly since last month.

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