

2014 Annual REPORT

Connecting the
Community





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1. Vision & Mission

Vision

Transforming Lifestyle
and Community.

Mission

We bring community
together to inspire quality
life experiences and
healthy active living.

1.

Top HIGHLIGHTS from 2014

The year 2014 was another great year for strengthening community connections. As a facility, our goal is to be a place where community comes together: to get fit, be active and meet new friends and neighbours.

We accomplished a number of strategic initiatives this year, including:

✦ **REDUCING OUR EXPENSES.** This meant, even though revenues were slower than 2013, we were still able to achieve an operating surplus.

✦ **TAKING PART** in collaborative projects with the community.

- Parkland School Division Wellness Conference
- City Slickers Activity Station
- Regional Recreation and Wellness Committee

✦ **LAUNCHING OUR** licensed "Tri Active Kids" preschool.

✦ **ACHIEVING AN OPERATING SURPLUS** through the reduction of expenses and management of position vacancies. Significant savings were incurred as a result.

✦ **PROGRAMMING SUCCESSES WERE PLENTIFUL IN 2014** with revenues exceeding \$1 million for the first time in several years. Leading the way was the success of our children and youth programs.

✦ **COMPLETING IN-DEPTH MARKET RESEARCH** that will help shape our planning for years to come.

2. Greetings from the Board

A Message from the Chair of the Board of Directors

The Tri-Municipal Leisure Facility Corporation board of directors is pleased to share highlights from the TransAlta Tri Leisure Centre's (TLC) past operating year in this 2014 Annual Report.

As we look back on the past year, our true successes lie in the positive impact the TLC continues to have on the everyday quality of life for residents in our communities. The TLC is a place where minor sports groups practice, train, win, lose and grow. It is a place where residents attend widely varied events from regional trade shows to provincial surface mine rescue competitions and everything in between.

It is a place where our kids learn to swim, skate, climb, run and generally move with confidence. It is a place where people work hard to fulfill their goals and strive for their dreams. It is all of these things for our communities – its value extends far beyond bricks and mortar.

At the heart of the TLC's success is a team of dedicated professionals that strive to deliver a great experience to each and every patron that visits. Collaboration is the foundation of all that happens at the TLC. The TLC is truly an example of what can be achieved when we work together.

As we reflect upon the past year, it is also important that we keep an eye on the future and foster commitment to the constant and never-ending improvement of the TLC.

Sincerely,

Phyllis Kobasiuk

3. Greetings from our Sponsor



A Message from Beaverbrook Developments

Over the past year, the TransAlta Tri Leisure Centre has worked closely with Beaverbrook Developments, sponsor of the north indoor field and community builder.

Our organizations have worked together to provide outstanding community events in our local neighbourhoods. The TLC staff work hard to provide great customer service and programming within the walls of the TLC, as well as in the surrounding community. Our favourite event this year was our I Heart Greenbury - Heart Healthy community event where the TLC provided kids' activities, crafts and other wellness activities for all residents. We look forward to continuing our relationship with the staff at the TLC and to supporting the new residents in our Spruce Grove communities to live life to the fullest.

Jesse Lafrance
Assistant Project Manager
Beaverbrook Developments

4. Community Engagement

As a passionate community supporter, the TLC is always interested in increasing its connections with community-based organizations. We want to go beyond the walls of our facility to support our neighbours, and welcome them to work with us to achieve greatness through partnership.



Some community events we participated in this year included:

- [Parkland School Division Family Wellness Conference March 2014](#) (The TLC provided active child care and facilitated learning sessions on physical literacy).
- Participated at [City Slickers](#) as an activity station for school children.
- Provided **guest speakers at schools** (e.g. fitness class for teachers, healthy active living promotion, activities at parent teacher interviews).
- Continued participation in the [Regional Recreation and Wellness Committee \(RRWC\)](#) with our regional partners: City of Spruce Grove, Town of Stony Plain and Parkland County. Beyond facilitating two regional information fairs for our local sport, recreation and activity groups and clubs, the RRWC successfully applied for an RBC Grant aimed at developing an organic, locally-conceived physical literacy strategy.
- The TLC continued to participate in the [strategic leadership committee](#) of the Capital Region's Prescription to get Active initiative made up of Capital Region recreation facilities and primary care networks.

Partnership between Alberta Fit for Life and TLC

We worked with Alberta Fit for Life to bring residents of the Tri-Municipal Region "Kindergarten Play and Discover Day." Parents and their kids came to the TLC to learn how to build confidence and competency in physical literacy principles through play.

"Prescription to Get Active" Program Launched

Working with recreation centres in and around Edmonton, along with our regional Primary Care Network, this program was launched in the Tri-Municipal Region in 2014. It offers physicians the opportunity to give patients a prescription for physical activity, which they can redeem at the TLC for a free day of admission.

RBC Learn to Play Grant

The Regional Recreation and Wellness Committee, which includes members from Spruce Grove, Stony Plain and Parkland County, as well as the TLC, were awarded a regional collaboration grant to educate the area's recreational stakeholders in HIGH FIVE and principles of Physical Literacy – a concept that the TLC fully supports and incorporates into all children's programming.

5. Special Project Feature:

Physical Literacy Educators in Residence

PHYSICAL LITERACY: PASS IT ON

TLC, SCHOOLS AND LOCAL AGENCIES COLLABORATE
ON PILOT PROJECT

A unique program allowed fitness and recreation specialists to offer instruction to a whole different type of student in 2014. As part of this physical literacy pilot project, local Parkland School Division teachers became the students.

Because teachers at the K-9 level are generalists, they aren't necessarily phys ed experts, explains Felicia Ochs, Wellness Coordinator for Parkland School Division. The purpose of this unique project was to show the teachers how to incorporate physical literacy principles into both gym classes and classroom instruction.

"Students who are highly physically literate are also more likely to stay active, avoid injury, and are less likely to suffer from chronic disease," she explains. Teachers and students from five K-4 Parkland schools were part of the pilot projects.

Students who are highly physically literate are also more likely to stay active, avoid injury, and are less likely to have chronic disease."



Our goal was to gather diverse stakeholders within the Tri-Municipal area to work together to ensure our children and youth are active for life.”

“It’s important to partner with people who do this work well and partner closely in schools, because teachers haven’t had the same training as those professionals in the recreation field. Our goal was to gather diverse stakeholders within the Tri-Municipal region to work together to ensure our children and youth are active for life.”

Felicia adds that different agencies throughout the community spend time, money and energy helping kids be smart about being physically active. In this case, the project was a great example of what could be achieved by pooling resources and working together. Called “Physical Literacy Educators in Residence”, the grant-funded idea was based on a concept from the arts industry – instead of an artist in residence, the schools had physical literacy teachers in residence.

There is a wealth of literature emerging about physical literacy, or teaching children early on how to be confident and competent in a variety of active pursuits. Like learning the alphabet or multiplication tables, learning how to move one’s body confidently and competently in different ways is extraordinarily beneficial for kids. Studies indicate regular physical literacy instruction improves focus in the classroom, boosts self-esteem, and helps children be more social and well-rounded.

By partnering with local health and fitness agencies, this pilot program sought to bring this knowledge to local grade school teachers. The TransAlta Tri Leisure Centre was especially happy to be a part of the program, says TLC Wellness Supervisor Jennifer Telfer, because physical literacy is a big part of its mandate. Facility staff work elements of physical literacy into each and every program they offer – no matter the age of the participant.

Other local agencies such as Camp YoWoChAs, Ever Active Schools, and Alberta Be Fit For Life worked with the schools on the project as well. The TLC was responsible for the “alternate environment” portion of the project, or, teaching physical literacy skills on ice and in water.

“For us, being able to provide access to both water and ice, experiencing those movements in those environments, was very important,” says Jennifer. “Students may have access to playing in these environments but are not necessarily building competence. We did give them time to play, but this was also about teaching intentional activities that help to build skills.”

Teachers and their students visited the TransAlta Tri Leisure Centre to take lessons on the rink and in the pool. Teachers were there alongside the students,

learning the skills, practicing the moves and playing the games – this was front-line training so they could get an idea of how they themselves could teach the skills.

“It’s been really fun, and a really neat way to connect back with our schools,” Jennifer says. “This opened up the relationships, the conversation about how we can work together and how we expand what we do in the community with our school-age kids.”

One of her favourite memories is of a young boy who kept falling down on the ice. She laughs when she tells of how happy he was despite appearing to struggle. “Boy, I love skating!” he beamed up at her after one fall. It was a great example of how physical literacy aims to make people both confident and competent in a variety of physical activities for a lifetime, she says.

“Often during the day we have more space, more time. This gives us a chance to connect in a different way – especially with schools that are always feeling stretched. This gave us a way to build experience for the kids.”



6. At a Glance: TLC Usage 2014

HIGHLIGHTS

- Daily visits **INCREASED** by **7%** over **2013**.
- Overall facility rental revenues **DECREASED** by **3%** over **2013**.
- Total hours booked in arenas **INCREASED** by **5%** over **2013**.
- Total rental revenues in Aquatics **INCREASED** by **12%** over **2013**.
- Total revenues from the sale of memberships and passes **INCREASED** by **1%** over **2013**.

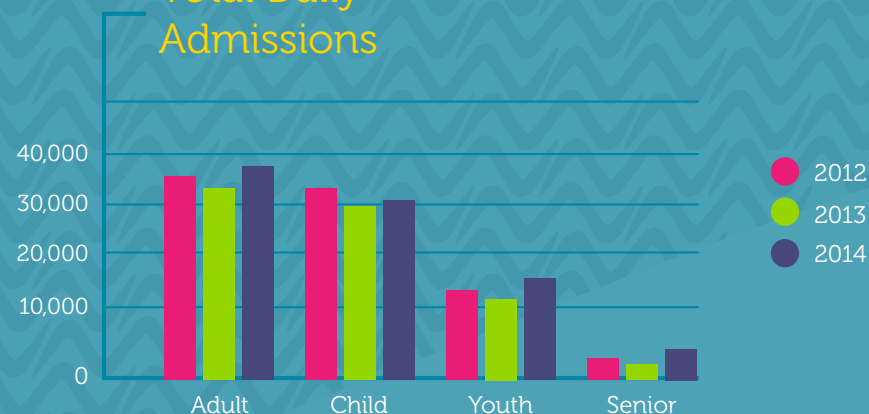
Annual Passes and Daily Admissions

Total revenues related to admissions (passes, memberships and daily admissions) increased slightly over 2013, though ultimately fell short of budget expectations. The trend away from annual and pre-authorized memberships continued once again in 2014. The inverse was true of our one- and three- month passes, which saw sales increase across every demographic.

This trend toward shorter-term commitments indicates our customers' expectations for more flexible options for accessing the TLC.

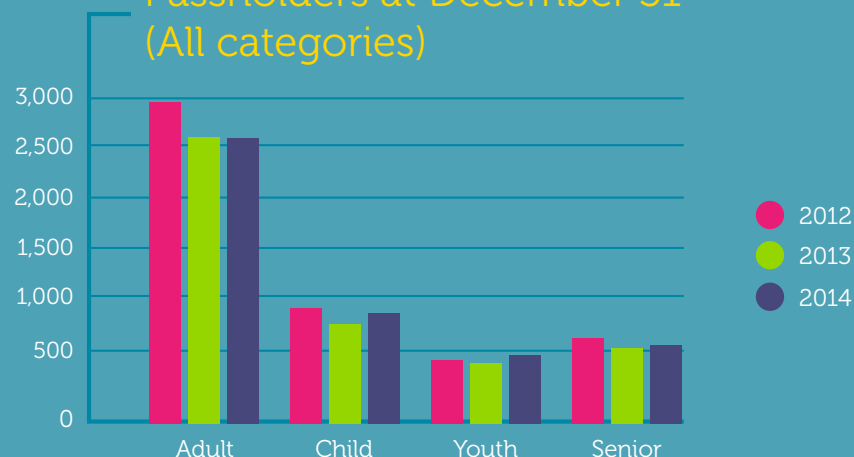
Daily Visits ANNUAL	2014
Adult	36,326 ↑
Child	30,519 ↑
Youth	12,759 ↑
Senior	2,727 ↑
	82,331 ↑

Total Daily Admissions



Pass Holders at December 31	2012	2013	2014
Adult	2,991	2,594	2,590 ↓
Child	847	753	840 ↑
Youth	437	426	487 ↑
Senior	574	519	566 ↑
	4,849	4,292	4,483 ↑

Passholders at December 31 (All categories)

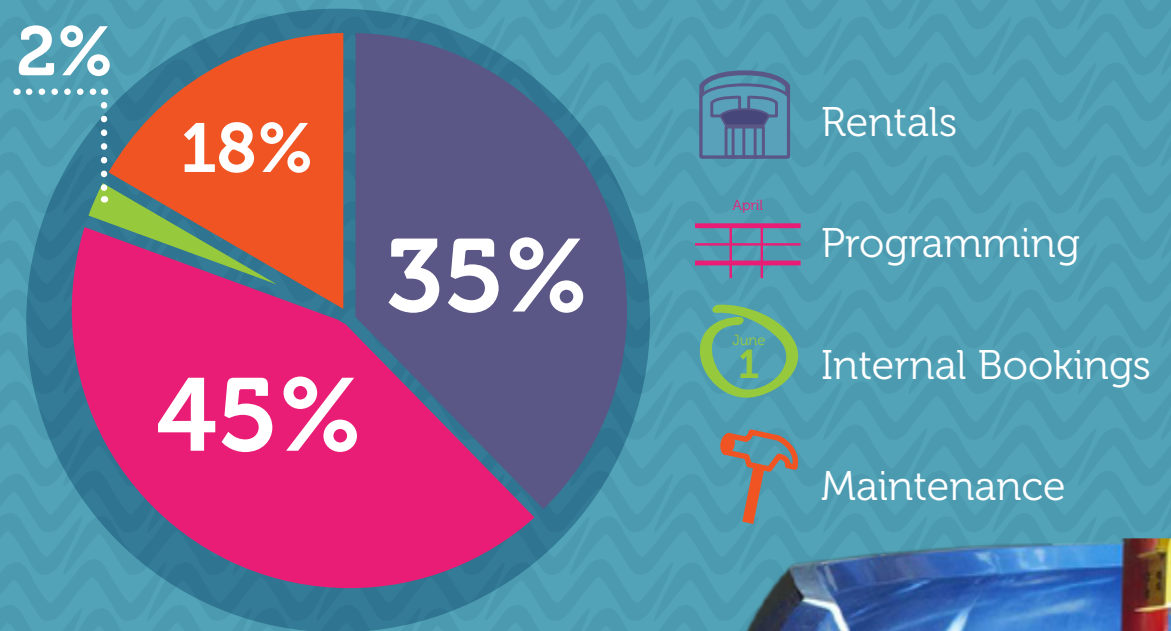


Facility Allocation

Facility usage remained consistent in 2014 with a decrease in the overall hours booked. The decrease in total hours booked was due largely to fewer hours being booked for TLC internal bookings, as well as maintenance/set up bookings.

Facility rental hours increased slightly over the previous year while rental revenues decreased by 3%. The discrepancy between rental hours increasing while revenues decreased is a result of administrative changes to space-booking processes. For example, customers can now book a half field or full field, whereas before a full field booking was the only option.

Breakdown of Total Hours Booked in 2014



Total Hours Booked
43,185



7. Program Stats



Highlights

- **Overall program revenues** **INCREASED** by **18%** over 2013, exceeding \$1 million for the first time since 2010.
- **Aquatic program revenues** **INCREASED** by **14%** over 2013.
- **Thirty-two custom fitness programs** were delivered in 2014.
- **Registration** in collaborative programs **INCREASED** by **41%** over 2013.
- **Total drop-in** participation **INCREASED 8%** over 2013.






Program Registration by Demographic

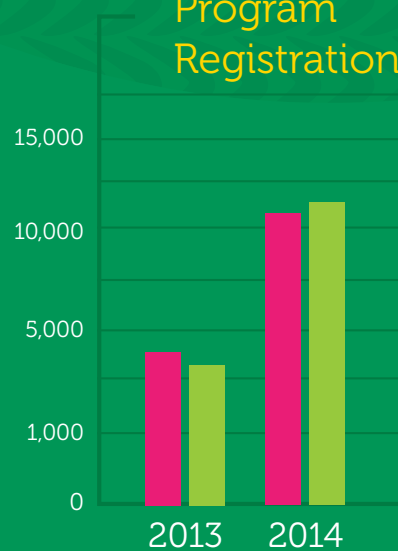
Year	Adult/Senior	Children/Youth
2013	2,671	10,262
2014	2,271 	11,862 

Program Registration - Children & Youth Dryland*

Year	Registrations
2013	1,753
2014	1,896 

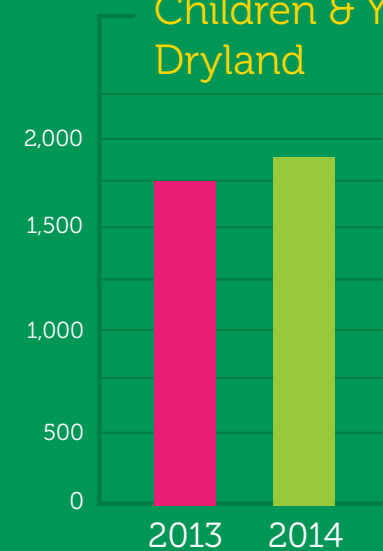
*Does not include registration in Aquatic programming.

Program Registration









 Adult/Senior  Children/Youth

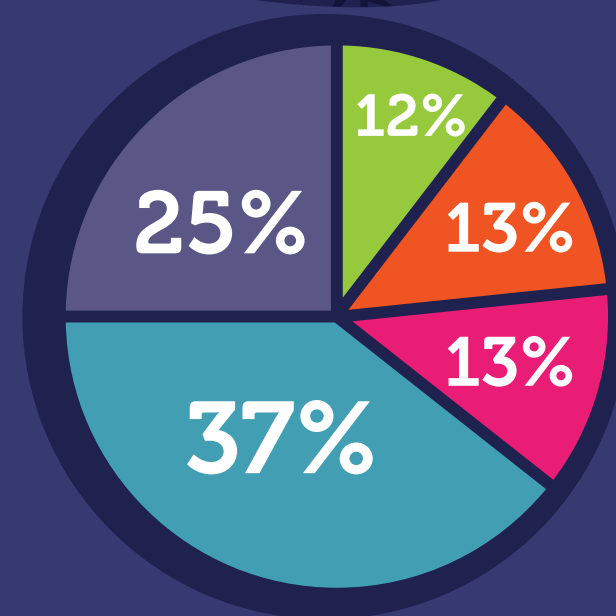
Program Registration Children & Youth Dryland



8. Financial Summary

Financial and Membership Statistics

Operating Revenue	2013	2014
Administration	863,426	874,150 
Facility Rentals	976,526	956,816 
Programs	918,581	1,004,314 
Member/Pass	2,775,263	2,808,683 
Municipal Contribution	1,795,553	1,909,905 
TOTAL REVENUES	7,329,349	7,553,868 



Facility Rentals



Administration







Programs



Member/Pass



Municipal
Contribution

Operating Expenses	2013	2014
Salaries and Benefits	4,157,485	4,386,994 
Materials Goods & Supplies	1,397,734	1,886,291 
Utilities	1,126,171	794,742 
TOTAL EXPENSES INCLUDING DEPRECIATION	6,681,390	7,068,027 



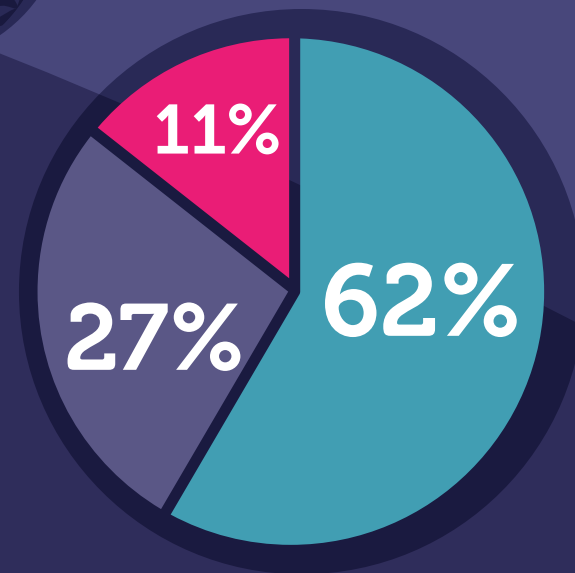
Salaries
& Benefits



Materials,
Goods & Supplies

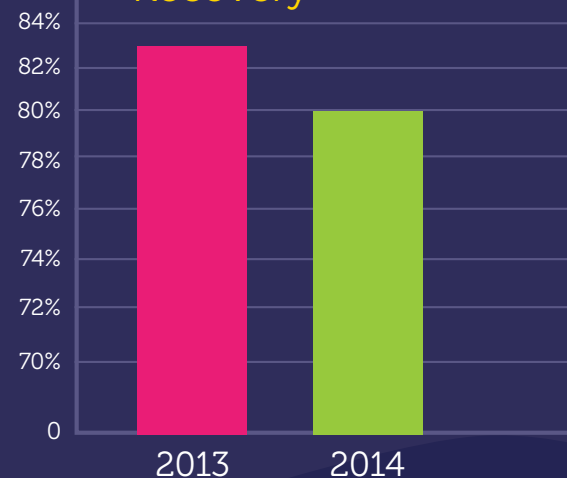


Utilities



Net of Revenue over Expenses	647,959	485,841
Less Depreciation Expense	213,042	245,174
Net of Revenue over Expenses	434,917	240,668
Operating Cost Recovery	83%	80%

Operating Cost Recovery



9. Special Events Summary

The TLC was pleased to be the host facility for a number of events in 2014. These varied broadly and included diverse interests and organizations. Events ranged from sporting events, to trade shows, to educational events.

Monthly Features

Each month we featured...

SENIORS' DAYS

Every second Wednesday (except during summer), we offered free live music, tea/coffee and dancing for our community seniors.



TOONIE SWIMS

On the last Friday of each month, pool admission was just \$2 for every visitor!



Other events included...

Jan 31	Canadian Blood Services Blood Donor Clinic
Feb 7 - 9	Power Play Soccer Tournament
Feb 14 - 17	Sweetheart Ringette Tournament (Spruce Grove Ringette)
Feb 22	Spruce Grove Soccer Mini Tournament
Feb 27- Mar 2	Slush Cup Soccer Tournament
Mar 15-16	Lifesaving Society AB & NWT Pool Lifesaving Championships
Mar 16	Bust a Move Zumba-thon (in support of AB Cancer Foundation)
Mar 22	Roller Derby – St. Albert vs. Cold Lake
Mar 29	Little Monster's Swap Meet
Mar 28 - 30	North West Zone Hockey Camp
Apr 11-13	Tri Municipal Trade Expo Home & Business (Stony Plain Chamber of Commerce)
April 12/13	TransAlta's Corporate Hockey Tournament
Apr 25-27	Alberta Champions Cup Hockey Tournament
Apr 26	Little Monster's Swap Meet
May 31	Rotary Club of Spruce Grove: Annual Lobsterfest Silent Auction & Banquet
Jun 7	Little Monster's Swap Meet
Jun 13-15	Hunt Mania Sportsman Show
June 21	AB Surface Mine Rescue Competition
Jun 27	TLC Summer Beach Bash – games, prizes and a BBQ in the Realty Executives Aquatic Complex
July 5	Spruce Grove Barracudas Swim Meet
Aug 21	Tri Regional Information & Registration Night

Sep 14/15	Spruce Grove Saints Soccer Tryouts
Sep 25-27	AJHL Showcase (North/ South Ice)
Oct 4	Little Monster's Swap Meet
Oct 8	Post-Secondary Education Fair
Oct 10-11	Spruce Grove Composite High School International Volleyball Tournament
Oct 24	Spooky Swim! Toonie Swim with added games, prizes and treats!
Nov 6-9	Spruce Grove Soccer Association U10-18 Competitive (Earlybird Tournament)
Nov 11	City of Spruce Grove Remembrance Day Ceremony
Nov 20-23	Spruce Grove Soccer Association U10-18 Community (Earlybird Tournament)
Nov 29-30	Drayden Cup Hockey Tournament (Spruce Grove Minor Hockey)
Dec 5-7	Glenn Hall Hockey Tournament (Stony Plain Minor Hockey)
Dec 17	Tri Area Skate Club Gala
Dec 21	TLC Skate with Santa
Dec 27-28	Polar Cup Soccer Tournament



10. Community Initiative Spotlight:

Celebrating Community Champions

We all know extraordinary people: the ones who inspire positive action, who help keep communities healthy and bright, who help others and encourage the community to come together. Even though community champions don't do it for the kudos, we wanted to thank them for all their hard work and positive influence.

So, we asked the people of the Tri-Municipal Region to nominate a Community Champion – someone who inspires, leads by example and is never too busy to lend a hand. All the nominations we received were impressive – illustrating just how extraordinary our communities are!

We had a tough time choosing just one winner, but ultimately we chose a woman who has created an online support community which encourages people to live life to the fullest through exercise and healthy eating. By sharing her own personal journey, she is now followed by more than 1,200 people on her Facebook page, where she continues to chronicle her path to wellness, fitness and finding her true self.



Community Champion Winner Profile

Kara Hertlein

TLC Community
Champion

NOTABLE CONTRIBUTION TO THE COMMUNITY:

A Facebook community named "My So-Called Legs" where locals are welcome to share and learn from one another. "By sharing her personal journey, her struggles and her victories she inspires others, me included, to live a healthy lifestyle and set an example for our children and peers," explained Desiree Nicholson, who nominated Kara for the Community Champion contest.

How She Inspired Others: "Kara's vision was for a community where women feel empowered to better themselves and each other, where there is no judgment or competition," writes Desiree. "This group has become a forum of encouragement with daily and monthly fitness and clean eating challenges, where members share clean eating recipes and daily fitness successes."

Visit the Facebook group
"My So Called Legs: A Fitness Story" to learn more.

*Read more about Kara in our upcoming
2015 Summer Program Guide.*



11. Marketing & Communications

In 2014 the TLC continued to tell the stories of our patrons, while connecting with and educating our communities about the wide variety of healthy, active living opportunities available at the TLC and beyond.

The TLC's marketing and communications staff were focused on sharing healthy, active living success stories throughout 2014.

SOME OF OUR FAVORITES INCLUDED:

Marketing Partnerships with Holiday Inn Express and Suites and Total Nutrition

We launched two new marketing partnerships in 2014 with local businesses. The idea behind a marketing partnership is to provide an innovative way to bring more value to our customer's experience.

Enhancing the Customer Experience

The TLC conducted a number of **customer focus groups** in 2014 in order to compile information related to the development of TLC-specific customer service training program to enhance our customers' experiences.

TLC Staff Pumpkin Carving Contest

The talented staff members of the TLC worked hard to carve 20 jack-o'-lanterns for the public to vote on their favourite. This contest was a social media hit!

Life and Leisure Expo

The TLC Wellness staff offered attendees a chance to participate in fitness activities, and have questions answered about personal training and nutrition. We also staffed sample fitness classes and a secure lock up location for bikes and strollers. Aiming at educating our communities about active transportation, we contributed articles and posts about the ease and benefits of active transportation in our region.

Physical Literacy Blogs and Promotions

We wrote blogs and promoted ideas on how to get kids active, keep them active and why this is critical to their development of lifelong love for physical activity.

Catapult Marketing

We worked closely with a new marketing firm this year on several projects, most notably a redesign of our Program Guide (Your TriACTIVE Life), an audit on the effectiveness of our website, as well as the creation of two campaigns launched early in 2015 (Corporate Program and Community Moms).



12. Staff Feature: "Bodies by Claudia"

Exercise Attitude Just as Important as Form

Long-Time Instructor Creates Fitness Fans One Class at a Time

It seemed like just another regular day at the TransAlta Tri Leisure Centre.

Long-time instructor Claudia Hildebrand took her spot at the front of the classroom, ready to teach Latin Step to a room full of dedicated regulars. She pushed play on the music player and turned to face her students. To her surprise, they were all wearing bright pink shirts that read "Bodies by Claudia." The entire class burst out laughing and applauding, and Claudia nearly started crying she was so touched.

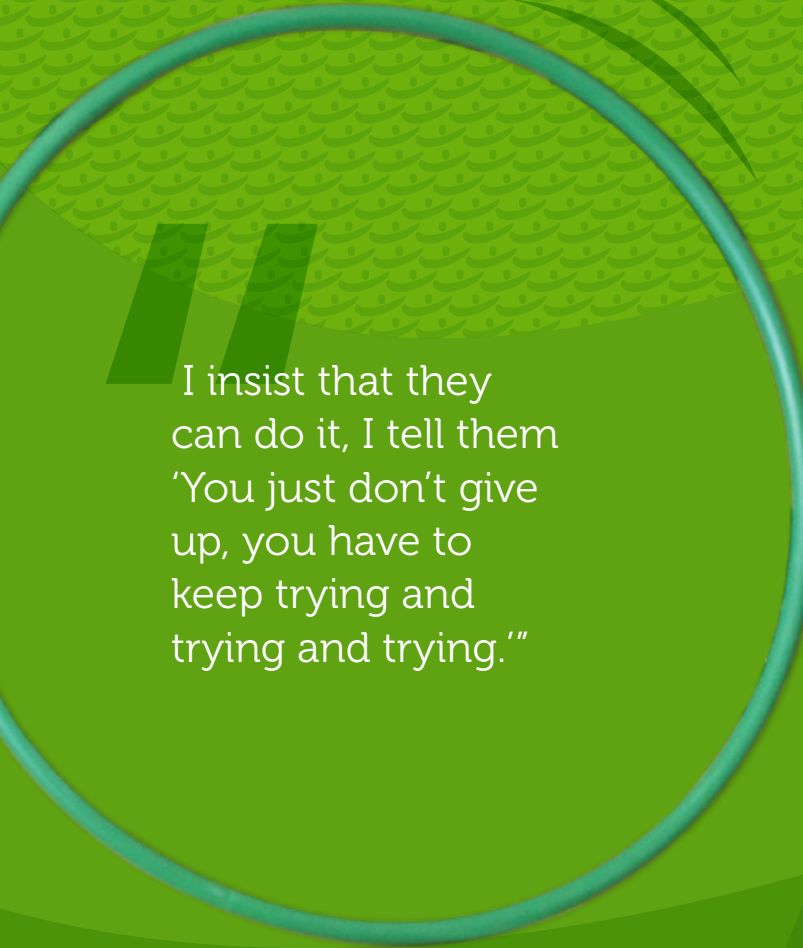
It was just a little surprise her participants had prepared to show their teacher how much they loved her class and how effective her techniques were at transforming their bodies. But it's also the perfect illustration of how Claudia uses her magnetic personality to transform even the most nervous and reluctant participants into successful fitness fans.

"I have lots of regulars – for all my classes, if they can't come in the morning, they come in the afternoon," explains the mother of two.

"It feels so good when they come back to my class. That tells me that they really like it. And I try to make sure everyone enjoys themselves and wants to come back,"

Claudia teaches classes nearly every day at the TLC, including Latin step, Spin, Zumba and Afternoon Step. She's been teaching fitness for a total of 23 years, 10 of which have been at the TLC.





I insist that they can do it, I tell them 'You just don't give up, you have to keep trying and trying and trying.'"

Claudia is originally from Mexico and moved to Spruce Grove in 1991 after marrying her Canadian husband. She had already been teaching fitness in her native Acapulco for 10 years, but after moving here, her fitness career nearly ground to a halt.

"When I came here I had to renew my certifications – I had to do it all over. It took a little bit longer here because of the language, of course. [Claudia's first language is Spanish] I almost gave up, and my husband said 'No, no, no, don't quit!'"

So, she kept at it, learning English along the way, and studying day and night. She eventually passed and found a position with the newly opened TransAlta Tri Leisure Centre.

Because she's overcome challenges herself, Claudia is able to pass this sense of determination on to her fitness participants.

"I have some participants that come back after a class and say 'I cannot do this anymore, I can't do it, I keep getting lost.' I insist that they can do it, I tell them 'You just don't give up, you have to keep trying and trying and trying.'"

More than just teaching steps and techniques, motivation is a big part of her job as an instructor.

"I always say keep coming, not to think about others. It's not for anybody else, it's for you."

She knows she's fulfilled her role when participants come up and tell her about their personal accomplishments.

"I really like when people come and tell me their stories, how much weight they've lost, how great they feel. That makes my work worthwhile."

After 23 years of being an instructor, Claudia can't imagine herself doing anything else.

"I'm very passionate when I'm teaching, I get into it so much. I just love it. I always say 'one more year, three more years, I'm getting older. But I just love it.'"

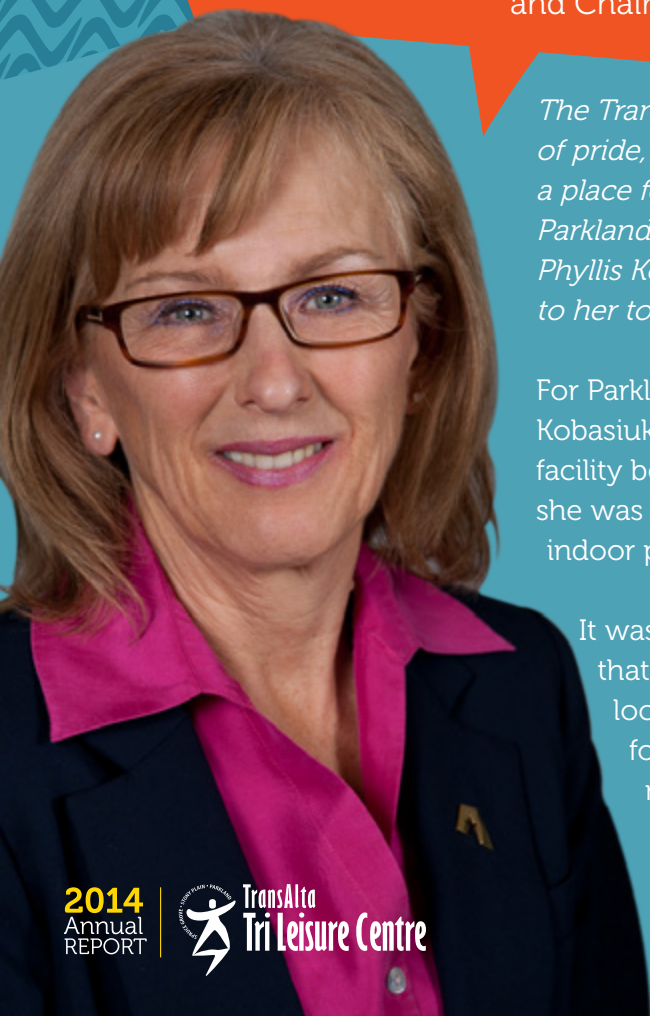
**Claudia
Hildebrand**
TLC Instructor



13. Board Member Profile:

Phyllis Kobasiuk

Parkland County Councillor
and Chair



The TransAlta Tri Leisure Centre continues to be a point of pride, an example of a unique political project, and a place for the community to gather. We spoke with Parkland County Councillor and past-chair of the board Phyllis Kobasiuk for her thoughts on what it has meant to her to be a member of the TLC board.

For Parkland County Councillor and past-chair Phyllis Kobasiuk, it was an unforgettable feeling watching the facility being built. It was her first term on council, and she was working with citizens who were lobbying for an indoor pool.

It was her first political undertaking – and one that made history. In the early 1990s, a group of local citizens formed an aquatic society to lobby for a new indoor pool. The group was selling memberships at farmer's markets and trying to raise money and awareness, Phyllis recalls. It was a great example of a true, citizen-led initiative.

Eventually, the group gained enough momentum for leaders of three municipalities to hold a plebiscite, or public ballot, requiring a majority of the citizens in each municipality to agree to pay a special tax to help fund the facility. The vote was successful, and the Tri Municipal region would receive their new facility in June of 2002.

"I was involved in planning and the plebiscite that led to the development of the facility, acquiring funds from the provincial government, and the Memorandum of Agreement to run it. I was elected to council in 1989 and this was a major initiative for the three municipalities," Phyllis says.

"It was quite unique, the three municipalities coming together... there was no way we could individually do it, but collectively, we were able to. It was celebrated across Canada for that achievement. It was a pioneer project; certainly no one else in Alberta had done it."

Phyllis adds, "We have a unique local government system. The tri-regional council had been in place for a while and that meant there was a structure in place to talk about shared interests – that's how this project came to the forefront."

Since those early days, Phyllis has been proud to serve a number of terms on the board.

The board is responsible for overseeing policy and governance of the facility. The chair acts as the spokesperson for the board, and represents the facility at major events.

"I enjoyed it very much. There's always so much energy from the TLC staff, always a lot of energy in the facility. You see so much usage – there's such strong support from the community."

She emphasized that besides its unique ownership structure, the TLC stands out as a premier facility because it doesn't just offer fitness programs, but also sports and wellness programs, community programs like crime prevention and social development, large scale events like the 2012 Alberta Winter Games and acts as a community meeting place.

"You see kids coming from schools, dads coming with their children, seniors... there's something for every type of interest. The staff do such a good job with broad programming and that's very exciting."

Demographic research indicates that in the region, Spruce Grove in particular, the largest growth cohort is in children up to six years old. That means the facility is working to increase the number of programs it offers to preschool children. "That's unique. The staff are always considering 'How can we keep these people coming in the doors of this facility?'"

The TLC also hosts frequent events and activities. From trade shows, to the annual Rotary Club Lobsterfest, preschool programs, pool lifeguarding competitions, regional powerlifting competitions, and seniors programs – there really is something for everyone.

"It's events and programs like these that brings the community into the facility. I truly see it as a hub, an integral part of the community, a meeting place. And that's what we had in mind when planning the facility. It has exceeded my expectations; it's been excellent." Phyllis says that, at the end of the day, it's the people who make the TLC such a unique, welcoming and successful facility.

"It's a happy place... so positive, so dynamic. Every walk of life is coming from the community into the facility; it's a happy place and a fun place to be."

14. Member Profile

Fitness a 'Fountain of Youth' for TLC Member

**TLC HAS BECOME A SECOND HOME FOR
ENERGETIC TEACHER**

Mark Ivancic is probably the strongest he's ever been.

Although the Meridian Heights teacher has always prided himself on being an active and outdoorsy guy, for years a shoulder injury made him cringe at the thought of lifting weights or working out regularly.

But three years ago when his daughter needed a training coach and partner to prepare for university – where she'd recently won a basketball scholarship – Mark agreed to go with her and start a regular training regime.

Since then his daughter has become too busy to keep up her regular workouts with her dad, but Mark has continued on, becoming a regular at the TransAlta Tri Leisure Centre, and elevating his fitness to a whole new level. His almost daily TLC workouts not only give him the stamina he needs to take part in recreational pursuits like hockey, hiking and mountain climbing, but have also enhanced his quality of life.

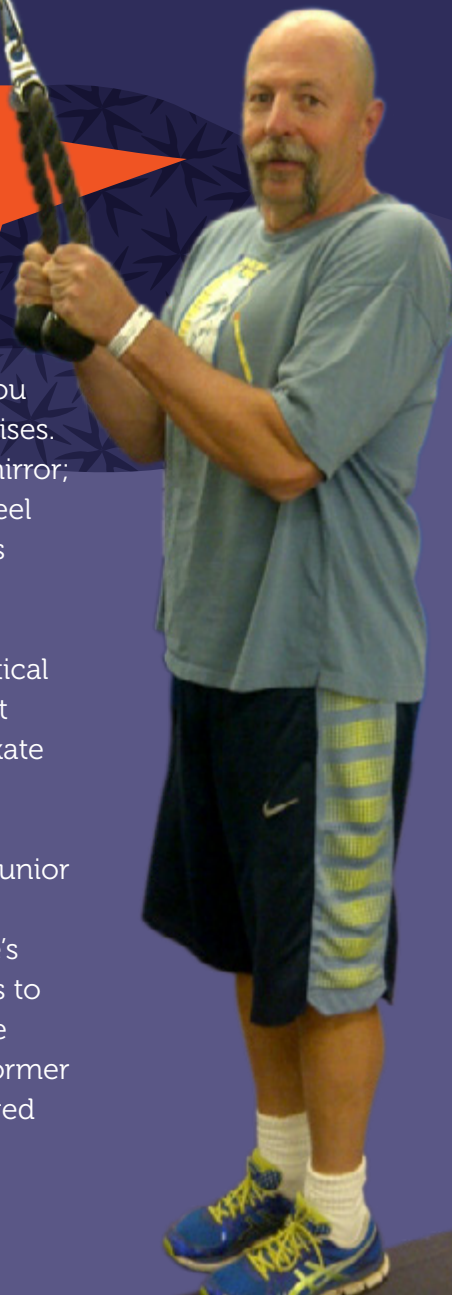
Mark Ivancic

TLC Community
Champion

"The more energy you have, the more you accomplish, the more your self-esteem rises. Fitness has less to do with looking in a mirror; it's about getting stuff done. When you feel good, you're better able to deal with life's issues and get on with it."

Besides weights, Mark also uses the elliptical machines and the stair climber. He might also take part in the occasional shinny skate at the facility.

As a Grade four French Immersion and Junior High Life Skills teacher, Mark's influence reaches beyond the classroom. When he's not working with kids on special projects to promote the school, he can also often be found practicing in a band made up of former students, or fundraising for underprivileged children in Ecuador.





Working out gives him more energy to lead the life he wants, he explains.

"You see those people with more jump in their step – that's who I want to be, and exercise helps get me there."

But even as a man in great shape, like the rest of us, Mark still needs the occasional pep talk.

"I go working out at 5:30 in the morning. The hardest muscle I'll lift that day is my head off the pillow. You just need to get the motivation to get there, because you always feel so good after."

Because Mark has been teaching for 26 years in the community, the TLC gives him a place to see familiar faces and feel at home.

"Having an annual membership for three years in a row, plus being a teacher in the area, I can't go there without meeting someone... it's almost guaranteed." He says his wife jokingly complains that he just knows too many people – and they all want to have a chat with him!

Mark also loves that the staff and facility make him feel welcome and confident no matter what time of day he's there.

"I like everything about the TLC, the accessibility, the layout... I think the staff are tremendous.

They're positive, supportive and helpful. If you need anything, they're there for you. The condition of the place is always clean. It's very comfortable; it's a second home."

Mark does give himself a break from the gym on Sundays when he goes to Edmonton to play hockey. Being up against younger peers highlights just how important his fitness program has become, he says.

"I'm the oldest guy in my Sunday skate. I want to be the oldest guy forever,"

He doesn't set goals in the traditional sense. Rather, he just wants to know he can always keep up with his hockey teammates.

"I like to play, and I'm not getting any younger – working out is the fountain of youth."

15. Staff Service Awards

We are pleased to celebrate the success of our dedicated staff. Congratulations to the following TLC team members who received long-time service awards in 2014.

Claudia Hildebrand.....**10 years**
Shelley McCann**5 years**
Colby Brown.....**5 years**
Laura McGillis**5 years**
Nathan Shessel.....**5 years**
Carrie Callahan.....**5 years**
Lyndsey Ostopchuk.....**5 years**
Angela Duncan.....**5 years**
Derek Schaefer.....**5 years**
Crys Weiss.....**5 years**
Sandra Ignacio.....**5 years**



16. Board of Directors Directory



Phyllis Kobasiuk

Chair
Parkland County

Bruce Lloy

Vice-Chair
Town of Stony Plain Councillor

Searle Turton

City of Spruce Gove Alderman

Bill Kesanko

City of Spruce Grove

AnnLisa Jensen

Parkland County

Dwight Ganske

Town of Stony Plain

Sharon Cornelius

Public Representative
Parkland County

Gary Fulmore

Public Representative
Town of Stony Plain

Grant Crawford

Public Representative
City of Spruce Grove

For board
member contact
information, please
visit our website
trileisure.com

17. Corporate Sponsorship

The TLC believes that a strong and vibrant business community fuels the growth of healthy active communities. We are thrilled to have tremendous relationships with a variety of local businesses that truly value community health and wellness.

Corporate sponsorships are vital to allowing the TLC to engage with the broader community and to partner with like-minded organizations in the promotion of healthy active living.

Thank you to our corporate sponsors for their ongoing support: TransAlta, Realty Executives, SMS Equipment, NWT Promotions, Melcor Developments, Beaverbrook Developments, RE/MAX, Pizza 73 and Reynolds, Mirth, Richards & Farmer.





18. Report of the Independent Auditor On The Financial Summary



HAWKINGS EPP DUMONT LLP
CHARTERED ACCOUNTANTS

To the Directors of the TransAlta Tri Leisure Centre

The accompanying 2014 financial summary for the year then ended is derived from the audited financial statements of the TransAlta Tri Leisure Centre for the year ended December 31, 2014. We expressed an unmodified audit opinion on those financial statements in our report dated March 12, 2015. Those financial statements, and the 2014 financial summary, do not reflect the effects of events that occurred subsequent to the date of our report on those financial statements.

The 2014 financial summary does not contain all the disclosures required by Canadian public sector accounting standards. Reading the 2014 financial summary, therefore, is not a substitute for reading the audited financial statements of the TransAlta Tri Leisure Centre.

Management's Responsibility for the 2014 Financial Summary

Management is responsible for the preparation of the 2014 financial summary in accordance with Canadian public sector accounting standards.

Auditors' Responsibility

Our responsibility is to express an opinion on the 2014 financial summary based on our procedures, which were conducted in accordance with Canadian Auditing Standard 810 - Engagements to Report on Summary Financial Statements.

Opinion

In our opinion, the 2014 financial summary, derived from the audited financial statements of the TransAlta Tri Leisure Centre for the year ended December 31, 2014, is a fair summary of those financial statements, in accordance with Canadian public sector accounting standards.

Edmonton, Alberta
March 12, 2015

Hawkings Epp Dumont LLP
Chartered Accountants