

APRIL 2016

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**BOARD MEMBERS
NEEDED URGENTLY!**

**TREASURER/SECRETARY/
VICE PRESIDENT
DO NOT LET US EXPIRE!**

NEXT SCA BOARD MEETING

APRIL 7 @ 7PM

AGM

JUNE 2 @ 8PM

RHUBARB FEST

JUNE 4

CASINO

JULY 3/4

R.I.P.

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ASSOCIATION
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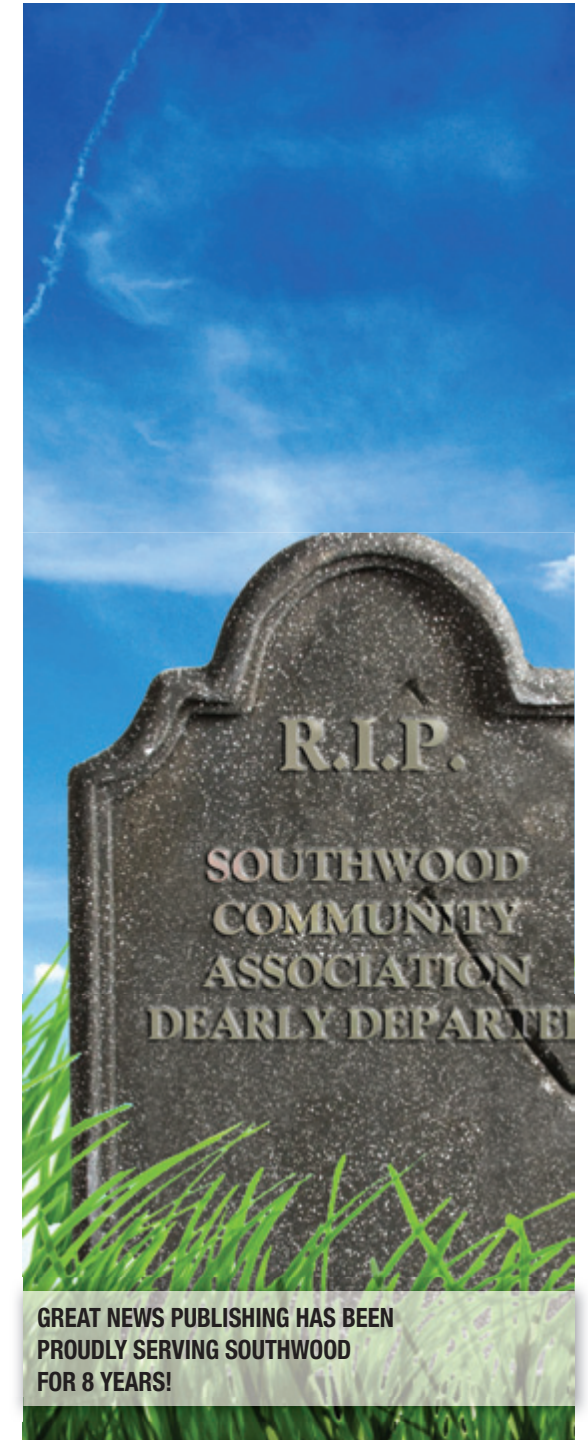
Southwood Community Association
11 Sackville Dr. SW Calgary, AB - T2W 0W3
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www.southwoodconnects.ca

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SOUTHWOOD COMMUNITY ASSOCIATION



11 Sackville Drive S.W., Calgary, Alberta, T2W 0W3
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 Website: SouthwoodConnects.ca
 Twitter: @SouthwoodYYC Facebook: Southwood Connects

BOARD MEMBERS

President	Vivien Jonathan	president@southwoodconnects.ca	403-253-5885
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Neighbourhood			
Partnership Coordinator	James Runge		403-476-7172
Girl Guides	Vicky Klassen		403-255-4810
Air Cadets	Chris Wild	crwild@telus.net	403-466-9453

SOUTHWOOD COMMUNITY ASSOCIATION CORPORATE SUPPORTERS

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 Good Earth Cafe Glenmore Landing
 Southwood Corner Planet Organic
 Southwood Corner Chiropractic
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PLEASE SUPPORT OUR CORPORATE SCA FRIENDS

The businesses above have supported the efforts of the SWCA Board. Through their financial and/or material donations, they have encouraged Southwood residents to become members and to participate in community events. Help support these corporate members by keeping your business local.



PRESIDENT'S MESSAGE

March was MEMBERSHIP MONTH – but in my books any month is membership month!

We encourage you to take advantage of our new facility to buy your membership online. We have had 7 people take advantage of this as a result of the March newsletter. Thank you and welcome all those people. Go to Southwoodconnects.ca/Memberships to purchase your membership online.

URGENT: Our Annual General Meeting will be held on June 02, 2016, at 8pm. We need some new people to come forward and volunteer on the board. Our Treasurer, Alec needs to take time off after well over 8 years, and our Secretary is going to be travelling. We also need a Vice President who will be able to take over in the next year. This is a good time to come forward, because you can shadow the person/s in the positions. None of this is difficult work and indeed is a great experience that looks well on any resume. Please call me as I can give a job description and the time frame one would allot each month for each of these positions.

On a serious note - if we do not have a full Executive: i.e. President/Secretary/Treasurer, this Community Association will be closed down and all the hard work we have put into it over the years will disappear. There will be NO MORE Skating rinks, NO MORE Community Garden, NO MORE festivals that we all enjoy. NO MORE Hall for rentals, and all assistance and representation at the City Level not to mention the camaraderie and fun we have volunteering on the Board will ALL BE GONE. That would be a crying shame! PLEASE DO NOT LET THIS HAPPEN. Please put in your diaries to attend our AGM on June 2nd.

The next item is the Skateboard Park. It is currently now open for use, but will be closed off again temporarily for the landscaping, which has to be done warmer weather. Mark Zan, our Skate Park Liaison is setting up a round table together with the following representatives: Ethel M School, Harold Panabaker School, the City of Calgary staffer who represents the Skate Park, Calgary Police and Calgary Bylaw Services to look at how the facility is

managed. The Skate Park is not owned nor operated by SWCA but as a community we work with the stakeholders to make as positive an experience as it can be.

The South West Bus Rapid Transit plans have really boiled up in February and early March as you will all have seen in the news media. We have not had any comments from any of our residents either by attendance at board meetings or by electronic communication. We have had a board representative at all the open houses, however we have not taken a position on this development, instead we have ensured that we have information for those who require it. If anyone has questions or concerns, please call me.

There will be more information coming out in the next newsletter about items that affect our community so stay tuned.

Kind regards,

Vivien Jonathan.

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Hall Rentals

Looking for a space to hold your next function or weekly/monthly meeting? The Southwood Community Hall is the perfect spot for birthdays/anniversaries, seminars/workshops, book clubs, day camps & playgroups, fitness classes and more! Discounted rental fees for community members! For more info, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.



COMMUNITY CLEANUPS:

Save Yourself a Trip to the Landfill

Calgary Community Standards (formerly Animal & By-law Services) in partnership with Waste & Recycling Services and your community association is pleased to offer another year of Community Clean-ups for FREE of charge to Calgarians. A Community Clean-up is a day scheduled at your community centre where you can bring your household items that may not fit in your black, brown or blue carts like furniture or old fencing or items that fill up your carts too quickly or just an accumulation of items that are ready for the landfill. If you live in a multi-unit housing complex, we welcome you to bring your waste and recycling items to this event especially if it is closer than the designated community recycling depots.

We are pleased to announce that 3 packer trucks will be provided this year (2 for waste and 1 for organic materials). Last year, 110 communities were served between April and October. Please check with your community association to see when your Community Clean-up has been booked and better yet, volunteer to help with the event which is held either on a Saturday or Sunday from 9 am – 2 pm. Your community association needs 15-20 volunteers to put on the event so your assistance is greatly appreciated. Calgary Community Standards provides funds for food and refreshments for the volunteers, advertising and promotion, gloves, garbage bags and any other items used to help Clean-up.

Please note, there are items that the City of Calgary's packer trucks will not accept:

- Tires, home appliances, paint, household chemicals, propane tanks, microwaves, car batteries, home electronics, liquids, metals and glass, railway ties.
- Your Community Association usually enhances the event with recycling services such as electronics, metal, paper shredding and possible tire recycling and paint pickup (or you can take your cans of paint to any fire hall station).

The Community Clean-ups provide a fantastic opportunity to work with your neighbours and community associations to Clean-up your yards and homes, parks, off-leash areas and sport playfields. Thank you for your commitment to help create healthy, safe and vibrant communities.

SOUTHWOOD COMMUNITY CLEANUP SEPTEMBER 17, 2016

Notice to residents regarding drivers' licences and i.d. card renewals

Effective April 1, 2016 the government will no longer be sending courtesy vehicle registry, driver's license, and identification card renewal reminders through the mail. The only exception is to those Albertans with disabilities. Seniors over the age of 70 will continue to receive mailed reminders until April 1, 2017.



WE NEED HELP

OUR CASINO IS

JULY 3 AND 4, 2015

CALL ME AND LEND A HELPING HAND

Bob Jonathan
403-253-5885
Moneywiseman@shaw.ca

Southwood Skateboard Park

The Southwood skateboard park is now open, however, it will be temporarily closed and fenced in for a short time for landscaping. The skateboard park is run by the City of Calgary and NOT the Southwood Community Association. If you notice inappropriate behavior, please contact Constable Josh Young, Community Resource Officer at 403-428-6642 or City of Calgary Neighbourhood Partnership Coordinator Pamela McHugh at Pamela.McHugh@calgary.ca.

Official opening of the skatepark will be celebrated at the Rhubarb Fest on June 4th.

Southwood Community Gardens

Open house for Southwood Community Gardens is on April 21 from 7 to 8:30 pm in the Pioneer Room

All beds are full for this year, but we are always looking for communal garden helpers. For more information please contact Teresa McLaren at teresamclaren@gmail.com.



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 8



SOUTHWOOD BUSINESS MEMBERS

We thank the following businesses for their ongoing support of the Southwood Community Association.

Please Support These Local Businesses

- Southwood Veterinary Hospital
- Bell Davidson Insurance Brokers Ltd.
- Apple Dental Group
- Psychology Plus
- Great News Publishing
- Kimberly Hull, CPM

To join this list, please email swca@shaw.ca.

THE LEARNING TREE PRE-SCHOOL



The Learning Tree Preschool is located in the Southwood Community Centre. Register NOW for our 3 year old AM or 4 year old PM programs. There is very limited space available. For more information about the preschool program and registration, contact Meghan Collyer at www.thelearningtreepreschool.com.

BRAIN GAMES SUDOKU

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

SOUTHWOOD COMMUNITY ASSOCIATION

This is your community newsletter with a mission to keep Southwood residents connected and involved in community life. The volunteer efforts of contributors and distributors ensure its success. This newsletter is printed monthly and is distributed without charge to all residents of Southwood.

Please check out our website, which contains useful information for you to access at SouthwoodConnects.ca.

Newsletter Submissions

We welcome articles and letters from our readers. All submissions must be accompanied by a name and telephone number. Articles should be between 200 and 550 words and can be submitted to the Newsletter Editor.

We reserve the right to edit articles for appropriate content or length. Photographs of community events are also greatly appreciated. Editorial deadline is the 5th of the month prior to publication.

Calendar Submissions

We want to make our newsletter and calendar as complete as possible, to include all community events and programs. If we missed yours, please contact the Newsletter Editor.

Newsletter Editor Barb Short barbshort@shaw.ca
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EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding “hidden” lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

Calgary Fire Department. Yours for life.



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

April at Trico Centre

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

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

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for


non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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Southwood Real Estate Update

Last 12 Months Southwood
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$519,900.00	\$505,000.00
January 2016	\$464,900.00	\$452,500.00
December 2015	\$439,850.00	\$425,750.00
November 2015	\$499,000.00	\$486,000.00
October 2015	\$449,900.00	\$438,500.00
September 2015	\$469,950.00	\$461,250.00
August 2015	\$424,900.00	\$424,000.00
July 2015	\$459,900.00	\$447,500.00
June 2015	\$434,850.00	\$421,500.00
May 2015	\$479,900.00	\$485,000.00
April 2015	\$425,000.00	\$407,500.00
March 2015	\$437,350.00	\$416,750.00

Last 12 Months Southwood
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	4	3
January 2016	6	2
December 2015	2	6
November 2015	4	3
October 2015	12	5
September 2015	10	8
August 2015	6	3
July 2015	8	6
June 2015	2	2
May 2015	8	7
April 2015	7	7
March 2015	8	4
Total	74	53

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

**SOUTHWOOD
 COMMUNITY CALENDAR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9 am - 1 pm ECC Church (takes both rooms - Sunday School in Chateau) Usually 3 rd Sun of each month They have a Potluck after, so stay until 3pm 3 - 5 pm Chihuahua Playgroup (Chateau - usually 3 rd Sun of each month)	4 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	5 9:30 - 11 am Yoga with June Kwak (Pioneer - she switched from Wed mornings) 6:30 - 7:30 pm Sparks (Pioneer) 6:30-8:30 pm Brownies (Chateau) 8 - 9 pm Moh Pai Martial Arts (Pioneer)	6 9:30 - 11 am Hot Mama Fitness (Both Rooms - switched from Thurs mornings - starts in Oct) 6 - 10 pm Bridge Nutz (Chateau) 7 - 9 pm Meeting (Pioneer)	7 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month)	8 6 - 9 pm Moh Pai Martial Arts (Pioneer)	9 6 - 9 pm Moh Pai Martial Arts (Pioneer)
10 9 am - 1 pm ECC Church (takes both rooms - Sunday School in Chateau) Usually 3 rd Sun of each month They have a Potluck after, so stay until 3pm 3 - 5 pm Chihuahua Playgroup (Chateau - usually 3 rd Sun of each month)	11 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	12 9:30 - 11 am Yoga with June Kwak (Pioneer - she switched from Wed mornings) 6:30 - 7:30 pm Sparks (Pioneer) 6:30-8:30 pm Brownies (Chateau) 8 - 9 pm Moh Pai Martial Arts (Pioneer)	13 9:30 - 11 am Hot Mama Fitness (Both Rooms - switched from Thurs mornings - starts in Oct) 6 - 10 pm Bridge Nutz (Chateau) 7 - 9 pm Meeting (Pioneer)	14 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month)	15 6 - 9 pm Moh Pai Martial Arts (Pioneer)	16 6 - 9 pm Moh Pai Martial Arts (Pioneer)
17 9 am - 1 pm ECC Church (takes both rooms - Sunday School in Chateau) Usually 3 rd Sun of each month They have a Potluck after, so stay until 3pm 3 - 5 pm Chihuahua Playgroup (Chateau - usually 3 rd Sun of each month)	18 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	19 9:30 - 11 am Yoga with June Kwak (Pioneer - she switched from Wed mornings) 6:30 - 7:30 pm Sparks (Pioneer) 6:30-8:30 pm Brownies (Chateau) 8 - 9 pm Moh Pai Martial Arts (Pioneer)	20 9:30 - 11 am Hot Mama Fitness (Both Rooms - switched from Thurs mornings - starts in Oct) 6 - 10 pm Bridge Nutz (Chateau) 7 - 9 pm Meeting (Pioneer)	21 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month)	22 6 - 9 pm Moh Pai Martial Arts (Pioneer)	23 6 - 9 pm Moh Pai Martial Arts (Pioneer)
24 9 am - 1 pm ECC Church (takes both rooms - Sunday School in Chateau) Usually 3 rd Sun of each month They have a Potluck after, so stay until 3pm 3 - 5 pm Chihuahua Playgroup (Chateau - usually 3 rd Sun of each month)	25 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	26 9:30 - 11 am Yoga with June Kwak (Pioneer - she switched from Wed mornings) 6:30 - 7:30 pm Sparks (Pioneer) 6:30-8:30 pm Brownies (Chateau) 8 - 9 pm Moh Pai Martial Arts (Pioneer)	27 9:30 - 11 am Hot Mama Fitness (Both Rooms - switched from Thurs mornings - starts in Oct) 6 - 10 pm Bridge Nutz (Chateau) 7 - 9 pm Meeting (Pioneer)	28 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month)	29 6 - 9 pm Moh Pai Martial Arts (Pioneer)	30 6 - 9 pm Moh Pai Martial Arts (Pioneer)

Buy a membership and be part of Southwood

Current Membership participation is below 5% of Southwood residents. Membership purchase helps Southwood be a vibrant and sustainable community.

- Three annual events a year - Winter Fest, Rhubarb Fest, & the Halloween Howler
- Community representation on City Development Issues (i.e.: Transit Oriented Development)
- Management, upkeep, maintenance of our hall, hockey rink, community gardens, labyrinth etc...
- Manage hall rentals (creating needed income for Southwood Community Association)
- Funding for special programs (i.e: Music in the Park)
- Applications for available grants helping to pay for our community playgrounds & green space improvements & upkeep
- Keeping residents informed through articles in the monthly community newsletter and on line at www.Southwoodconnects.ca
- Discounts at the Trico Centre when signing up for classes/programs
- Exclusive offerings for Southwood Community Association Members at community events

Up Coming Events:

June 2, 2016

Annual General Meeting

June 4, 2016

Rhubarb Fest

September 2016

Community Clean Up

Please take a moment to use one of the following payment options to purchase or renew your Membership

1. Go to Southwoodconnects.ca/Memberships to purchase your membership online.
2. Complete the form below and drop it off or mail it to the community association with a cheque payable to Southwood Community Association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

Southwood Community Association MEMBERSHIP

Effective March 1, 2016 – Feb 28, 2017

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties.

Family Name:..... First Name:

Address: Postal Code.....

Email:..... (Used only by SCA to send occasional emails about community issues & events)

Phone #:..... Cell #:

SCA Family Membership	\$30
SCA Seniors Membership	\$20
Donation to the Community	(Tax receipt Yes No)
Interested in Volunteering?	YES NO

SOUTHWOOD COMMUNITY ASSOCIATION MEETINGS ARE HELD THE FIRST THURSDAY OF EVERY MONTH @ 7 P.M.W. - ALL ARE WELCOME 11 SACKVILLE DR SW

HAVE A VOICE AND BE INFORMED ABOUT ISSUES AFFECTING OUR COMMUNITY

VOLUNTEER AT EVENTS JOIN THE SOUTHWOOD COMMUNITY BOARD



“We All Live Downstream: Part 1 - Storm water Runoff and the Lower Elbow River”



What is storm water runoff?

When it rains or when snow melts, water not absorbed into the ground runs across the land often flowing into the nearest stream, creek, river, lake, or ocean.

As urbanization and development occur the amount of permeable land cover decreases and the flow of storm water across the land increases.

The problem with storm water is that as it travels across the landscape it picks up pollutants along the way. These pollutants can include: fertilizers, pesticides, oil soap, sediment, wildlife and pet waste, grass clippings, leaves and salt. If there are enough pollutants (quantity and concentration) entering a water body, water quality is effected which in turn affects the health of terrestrial wildlife, aquatic life and recreational users.

High storm water flows also contribute to erosion, flooding and drought. As an example a parking lot under a 25mm rain event will shed 16 times the amount of water as a meadow. In addition, storm water from hard surface areas flow into receiving water bodies at a

faster rate and with more energy not allowing time for absorption and recharging of groundwater and contributing to erosion.

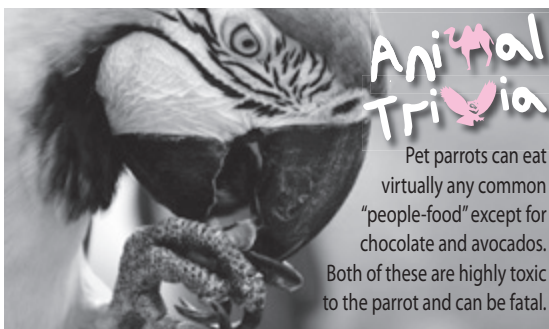
In established areas, developed before the 1980's in Calgary, all catch basins directed runoff to rivers and creeks without prior treatment. If storm water infrastructure has not been considered in the pre-development stage conventional storm water treatment is often difficult to achieve as space is limited and retrofits are generally expensive. **Here, is where it hits home on the Elbow.**

From the base of the Glenmore Dam to the confluence of the Bow River there are 85 storm sewer outfalls dumping untreated storm water into the Lower Elbow River. That is a lot of outfalls for such a small river. The sewers or catch basins drain a catchment area of 1,874 hectares (4,630 acres) located mostly on the west side of the Lower Elbow River. And yes, this untreated storm water does affect water quality, flooding and erosion in the Lower Elbow River.

Stay tuned for **Part II of “We All Live Downstream,”** next month. In the meantime have a look at the catch basins in your neighbourhood and imagine all that “stuff” ending up in the Lower Elbow River!

Robin McLeod

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus



The Book Truck

Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees. Monday, April 18, 6:30 p.m. Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture. Thursday, April 21, 7:00 p.m. Central Library

To register, visit calgarylibrary.ca



The scoop on dog poop

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

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

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

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

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

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.



COUNCILLOR, WARD 11 BRIAN PINCOTT

www.ward11calgary.ca

Spring is just around the corner! That means the **City's annual Spring Clean-up** is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program, kicking off April 3, improves safety and mobility for Calgary motorists, cyclists and pedestrians. But you might see crews out there working hard before April 3: pre-sweeping has already begun, so we're busy removing materials along roads and boulevards. This year, street sweeping will end by June 1. In order to make this happen, crews will be sweeping streets on a compressed schedule, working seven days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from city roads when they see street sweeping signs in their community. This year, that includes weekends. During the program, Calgarians can visit calgary.ca/sweep to:

- Find answers to all of their questions on our FAQ
- Visit a live map to track sweeper progress across the city
- Learn if there will be a parking ban in their neighbourhood, and
- Enter their address to confirm their street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood starting April 3.

I also want to let you know about **Neighbour Day**, held annually on the third Saturday of June, it is an opportunity for neighbours to come together in the form of BBQs, cleanups and potlucks to celebrate our strong community spirit in Calgary. Make Saturday, June 18 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand.

The City of Calgary wants to encourage as many people as possible to host a local activity on their block or in

IN & AROUND CALGARY

BIKE TO WORK DAY
FRIDAY, MAY 6
2016

Join in on the fun!

- 10 Energy Pit Stop Locations around Calgary
- Free Breakfast & Giveaways at Eau Claire Market
- Fun, fresh air, fantastic people & free stuff!
- Get on your bike and join other Calgarians on Friday, May 6th from 6:00 am - 9:00 am for Calgary's 10th Annual Bike to Work Day!

For more information or to volunteer, contact the Event Coordinator at Jennahorbach@familylaw-balbi.com.

Like. Follow. Share. Connect.
www.bikecalgary.ca

Facebook: Bike to Work Day Calgary
Twitter: @Bike2WorkDayYYC
Instagram: @Bike2WorkDayYYC

their residential building. That is why they are waiving the fees for small scale local block party permits and neighbourhood park bookings for events that take place on June 18 this year. Please note the deadline for road closure permit applications is May 27. Visit calgary.ca/neighbourday for more information about Neighbour Day including an event planning kit, information about permits and other logistical considerations.

As always, you can contact me at ward11@calgary.ca or feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.

IN & AROUND CALGARY

Southland Leisure Centre

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

Friday Night Dance Party at Southland Leisure Centre - April 29 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

See calgary.ca/leisurecentres for schedules and more information.

Summer Volunteer Opportunities at Southland Leisure Centre

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6550.

Southland Leisure Centre Playschool
2000 Southland Drive SW • Phone: 403-648-6582

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2016 to 2017 school year.

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. Find out more at calgary.ca/leisurecentres.

PD School Days at Southland Leisure Centre

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

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

POSITIVE DISCIPLINE IN EVERYDAY PARENTING - REGISTER NOW

Tuesday mornings, 10:00 am - 12:00 pm for 8 weeks, April 12 - May 31, 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

Children have the right to protection from physical punishment and to positive discipline that respects their dignity. In this wonderfully affirming program, parents of children 0 - 18 years will learn the four principles of positive discipline: setting goals; creating a positive home climate; understanding how children think and feel; and problem solving in challenging situations. Parents will practice their skills in hands-on exercises and learn to apply these principles across a wide range of situations. The result will be a positive relationship with your child that will last a lifetime.

To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

PARENT TALK - REGISTER NOW

Thursday mornings, 10:00 - 11:30, April 14 to June 16 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 11 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

NEIGHBOURS HELPING NEIGHBOURS

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups; shampoo, men's razors, men's shaving cream.

It's Cookie Time!

Spring is here and that means those yummy sandwich cookies are here. Our Sparks, Brownies, Guides, Pathfinders, Trex and Rangers will be selling them the first weeks in April so look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

The Spark units are eagerly looking forward to spring. The change in the season will see them keep busy with a sleep-over at the zoo, a visit to the library, potting plants and looking for ways to be outside and celebrate Earth Day.

The Brownie units will be selling cookies, hold Easter celebrations and be hopping around doing clean-up in their communities for Earth day.

The Guide units made birthday boxes for the Calgary Interfaith Food Bank, will be learning basic first aid and many third year Guides are finishing up work on their Lady Baden Powell Award by preparing for tent camping and organizing service projects.

The Pathfinder, Ranger and Trex units attended Alberta Girls Parliament in Edmonton, are going to the opera, having an archery outing, prepping for backpacking and camping.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

If you have any questions regarding Guiding or registration please call **Calgary Area Girl Guides at 403-283-8348 or email at ggcinfo@calgarygirlguides.com**

Girl Greatness Starts Here!



MLA CALGARY - ACADIA BRANDY PAYNE

#10, 8318 Fairmount Drive SE
Calgary, AB, Canada T2H 0Y8
Phone: (403) 640-1363; Fax: (403) 640-2970
calgary.acadia@assembly.ab.ca

Hello friends and neighbours!

Have you ever wondered what services are available at your local MLA's office?

Our office prides itself on being a friendly and welcoming environment committed to supporting the residents of Calgary-Acadia.

Our office is staffed with two constituency assistants, Lynn MacWilliam and Carla Lloyd. Their primary job is to support the people of Calgary-Acadia and to support my work. Some of the amazing things they do for us on a daily basis are:

- Assisting constituents who have questions or are having difficulties with governmental services;
- Meeting with constituents to address concerns and feedback and passing them on to the appropriate ministry in government;
- Attending Community Association meetings on my behalf when I'm unable to attend;
- Representing me at public events, town halls and open houses that relate to constituent concerns, when I'm unable to attend;
- Providing information about government programs and services;
- Managing my schedule;
- Communicating new government initiatives to interested individuals and business;
- Organizing Community Outreach events like our bi-monthly Open House (next one on Saturday, May 28 from 1:30-3:30pm, and special events like our Annual Stampede Breakfast (scheduled for July 9);
- Sharing ideas.

They are also responsible for all aspects of office management including supply ordering, working within the office budget to ensure effective financial management and cleaning!

Did You Know

Did you know that MLAs are Commissioners of Oath and Notaries Public? If you need those services there is no charge but you must make an appointment in advance due to my full schedule. Please call the office to book your appointment – we encourage you to have the

documents you need notarized with you when you call, as certain documents cannot be notarized by our office.

In-Definite Arts

We are pleased to be working in partnership with In-Definite Arts. In-Definite Arts is an innovative visual arts centre that serves adults with developmental disabilities. They provide a supportive studio environment for artistic development as well as professional opportunities to exhibit and sell artwork. We are honoured to have beautiful works of their art throughout our office. Visit their website at www.indefinitearts.com and plan a visit to their gallery on Fairview Drive SE. We are fortunate to have this gem in Calgary-Acadia.

As always, my staff and I are here to help and love to hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by:

Email: Calgary.Acadia@assembly.ab.ca,

Phone: 403-640-1363

Visit: #10, 8318 Fairmount Dr. SE

Office Hours: Monday 10-3 Tuesday - Friday 10-4

Insect Trivia



Most knowledge about 3D vision has come from vertebrates, however, a team from Newcastle University, UK publishing in *Scientific Reports*, confirm that the praying mantis, an invertebrate, does indeed use stereopsis or 3D perception for hunting.

www.sciencedaily.com

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Great Clips
IT'S GONNA BE GREAT

Delphi Private Wealth Management of Raymond James Ltd. presents

INVESTOR EDUCATION – WORKSHOPS AND SEMINARS

SEMINAR	DATES
Women's Only Investment Seminar	April 5, 12, 19 or 20 at 7pm
Tax Advantaged Investing	April 5, 6 or 7 at noon
Cash Flow Management	April 6 at 7pm
Estate Planning	May 10 at noon
Do You Pay Too Much Tax?	May 12 at noon
Transitioning Through Divorce	May 17 at noon
Do You Need a Financial Plan? (two session workshop)	May 18 and 25 at noon

Bring a friend or relative and join us!

Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca

Delphi Private Wealth Management of Raymond James Ltd., Suite 310, 10655 Southport Rd SW | Calgary, AB | T2W 4Y1

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**MLA CALGARY-GLENMORE
ANAM KAZIM**

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

Dear Constituents:

As we approach spring, I want to shed light on some initiatives the government has taken to improve the quality of life for Albertans and speak to what I've heard from constituents at community engagements this month. However, please do not hesitate to contact our office for more personal inquiries.

Seniors Care:

Our seniors are innovative, hardworking people who built this province. The government has and will support seniors as they age in our communities; even in little things that make a difference, like a quick lift to the grocery store or a pleasant afternoon chat that lifts someone's spirit. So, we recently announced funding of a **new toolkit** to help seniors get around town. The University of Alberta's Medically At Risk Driver Centre developed this Transportation Toolkit for the Implementation of Alternate Transportation for Seniors. For further details on Seniors Transportation, please visit this website: www.mard.ualberta.ca/Resources/ResourcesForSeniors.aspx.

The government has committed to supporting seniors in three important ways: **Affordable housing, safe long term care and a strong healthcare system.** The government has also committed to: creating **2,000 long-term care beds** over four years; phasing in a new model of **expanded public home care**; and redirecting funds to publicly delivered services. **Home-based care** can save money, improve care and quality of life. This past fall, **25 new supportive living projects** were approved by the **Ministry of Seniors**. For the safety of seniors, the government has made **\$1 million in grants available** to help Albertan communities **prevent elder abuse. Municipalities, seniors' groups and community organizations are invited to apply for up to \$150,000 over three years.** We must ensure Alberta's seniors are safe in their homes and communities. Please do not hesitate to provide feedback on the role government may play in ensuring our seniors

age with dignity. Since seniors deserve excellent care always, the government as top priority created the Ministry of Seniors and Housing. Also available is the Seniors Advocate Office: at 1-780-422-1812 that works closely with the Ministry of Health.

Job Creation/Diversification Plan:

Government grants for employers to add new hires through mobilized capital have been made available through ATB Financial and AIMCO for these start-ups entering the marketplace. Frontline public services such as health care, education and social services have been stabilized. An investment of \$34 billion over five years in infrastructure has been made to build schools, roads, bridges and health facilities. This will boost the construction industry and create new jobs. The Climate Change Plan will assist our transition from coal plants to natural gas plants and renewables and create more jobs and protect our environment. The Summer Temporary Employment Program (STEP) has been reintroduced for students to gain valuable experience. An AB Royalty Credit program has been launched to attract companies to build plastic manufacturing facilities. The Northwest Upgrader facility in Sturgeon County will be running in 2017 that will generate many jobs for Albertans. Our government is also in positive negotiations with other provinces to construct pipelines.

As always, my staff continue to be available to each and every one of you, do not hesitate to contact calgary.glenmore@assembly.ab.ca or 403-216-5421.

P.S: Save these dates: MLA Office Open House- Friday, April 15 - 4:30pm-6:30 pm and Stampede Breakfast- Wednesday, July 13 - 7am-10am- Heritage Park.



From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another \$4 billion, or 19%. That growth is being driven by consumers' preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. "People are now saying I eat chocolate" because of the health benefits, he said.

- <http://www.ecolechocolat.com/en/news.html>

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 Southwood. 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.

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

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

CARPENTRY WORK: Renovations, painting, decks, fences and general work. Reasonable rates Journeyman Certified Carpenter. Call John at 403-255-5564.

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.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

DISCIPLE HOMES & IMPROVEMENTS INC.: Renovation experts interior and exterior. Book now for new roofs, siding, soffit and eaves trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or call 403-207-5708. Visa and MasterCard accepted.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. 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.

ROOFING, 5 YEAR WARRANTY: Express re roofing - shingles, flat, cedar, tiles, hail damage, insurance claims. Consultative approach, pre-installation inspection. Over 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835 1393.

~continued next page~

IN & AROUND CALGARY

National Volunteer Week

April 10 - 16 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 150 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 10 - 16, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**

BUSINESS CLASSIFIEDS

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

FALL LAWN & GARDEN CLEAN-UP: Get your yard ready for winter. Now taking bookings for fall lawn and garden cleanup. Locally owned and operated. Please call Brenda at 403-615-7199.

HELP WITH RE-CYCLING EMPTIES FOR SRI-LANKA POST TSUNAMI RELIEF WORK: One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Please contact Siri or Indranie to donate 403-253-1993. Yes we can make a difference when we team together.

CUSTOM KITCHEN & VANITY CABINETS: At big box store price, 10' x 10' L kitchen starting at \$6000, granite tops starting at \$2500. Free quotes, computerized drawings and professional consulting backed by 20 years of experience. Call Gavin at Room To Room Cabinets Inc. 403-630-3401.

SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.



Southwood mybabysitterlist

Name	Age	Contact	Course
Alana	25	587-888-4854	Yes
Alana	25	403-869-1993	Yes
Kim	24	587-585-4647	Yes
Kyra	15	403-397-3870	Yes
Rexilla	39	403-478-9465	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

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

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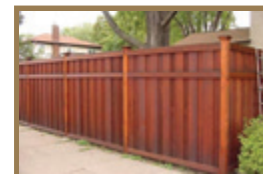


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Southwood - Large Bungalow. Kitchen, bath, flooring and paint recently upgraded. Master with ensuite & walk in closet. Finished basement with an ovzd dbl garage. \$22,450. Down, \$1,934. Mo-New Mtge**



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Palliser - Bungalow Villa. Sun soaked with soaring cathedral. Double sided FP, formal dining room, 2 full baths, new HE furnace plus a true dbl attached garage \$23,495. Down, \$2,020. Mo-New Mtge**



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