

MAY 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

MAY 5 @ 7PM

AGM

JUNE 2 @ 8PM

RHUBARB FEST

JUNE 4

CASINO

JULY 3/4



R.I.P.
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COMMUNITY
ASSOCIATION
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southwood.info@gmail.com

www.southwoodconnects.ca

CONTENTS

President's Message	5
Important News	8
Southwood Real Estate Update	12
Blackfoot Guides	22
My Babysitter List	26

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SOUTHWOOD COMMUNITY ASSOCIATION



11 Sackville Drive S.W., Calgary, Alberta, T2W 0W3
 Telephone: 403 259 0919
 Website: SouthwoodConnects.ca
 Twitter: @SouthwoodYYC Facebook: Southwood Connects

BOARD MEMBERS

President	Vivien Jonathan	president@southwoodconnects.ca	403-253-5885
Treasurer	Alec Simpson	treasurer@southwoodconnects.ca	403-640-2730
Secretary	Rick Kry	secretary@southwoodconnects.ca	403-259-2951
Past President	Mark Zan	ecozaan@hotmail.com	
Director-Membership	Dorothy Rice	membership@southwoodconnects.ca	403-919-7355
Director-Corporate	Rob Dickinson	corpmembership@southwoodconnects.ca	403-479-3750
Membership			
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Director of Casino	Bob Jonathan	moneywiseman@shaw.ca	403-253-5885
Director of Development	Dorothy Rice	dorothyrice@shaw.ca	403-919-7355
Director of Transit	Dorothy Cornwall	dothome@shaw.ca	
Oriented Development			
Director of Ice Rink	Paul Webber	pdwebber@shaw.ca	403-253-5139
Director at Large	Don Nauffts	don@naufftsaccounting.com	403-234-7705
Director at Large	Nicole St Arnaud	Seanandnicole@gmail.com	

OTHER CONTACTS

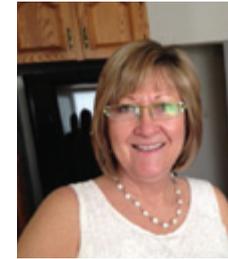
Newsletter	Barb Short	newsletter@southwoodconnects.ca	403-255-6049
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Facility Maintenance	Robert Schiaroli	rschiaroli@shaw.ca	587-894-6104
Community Garden	Teresa McLaren	southwoodcommunitygardens@gmail.com	
Learning Tree Preschool	Megan	thelearningtreepre-school@shaw.ca	403-680-9868
Skate Park	Mark Zan	ecozaan@hotmail.com	
Community			
Resource Officer	Cst. Josh Young		403-428-6642
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

Glenmore Landing McDonald's
 Good Earth Cafe Glenmore Landing
 Southwood Corner Planet Organic
 Southwood Corner Chiropractic
 Southwood Corners The Box

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. Many thanks to all of you who bought memberships. We are so happy that you have made the decision to join us! Please remember that you can buy your membership any time of the year. Go to our web page Southwoodconnects.ca/memberships to purchase online.

Last month in the April newsletter, I brought to your attention that our Annual General Meeting will be held on June 2, 2016, at 8pm. We need new people to come forward and volunteer on the board. We have received some calls already. Thank you for your interest. Any Southwood community member in good standing who is interested in becoming a board member, are encouraged to attend the next monthly meeting which will be held on May 5 at 7pm at the hall. We will be setting the general details for the Annual General Meeting on June 2. There are job descriptions for all Board positions, including the Executive. Please do not hesitate to call me for information. My number is 403-253-5885.

The South West Bus Rapid Transit plans are continuing. If you have any thoughts either "for OR against or any questions, please call me at 403-253-5885.

Businesses in our neighbourhood support Southwood community association. Beginning in this newsletter, I will include in the monthly President's Message our newest corporate members. Kimberley Hull from Certified Payroll Management is our newest member. Welcome, Kimberley.

Plans for our Rhubarb Fest are humming along beautifully. We need more volunteers for that day! Please let Rob know that you would like to help. He will take care of all the details. His contact information is: 403-497-3750. Email: programs@southwoodconnects.ca.

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.

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

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7								
	9			8				4

FIND SOLUTION ON PAGE 25

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
 Publisher Great News Publishing 403-263-3044
www.great-news.ca
 Distribution Canada Post

barbshort@shaw.ca
Editorial Content DEADLINE
5th of each month for the next month's issue

Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

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I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.

Important News to Southwood Residents

Upcoming Executive Vacancies on SCA Board

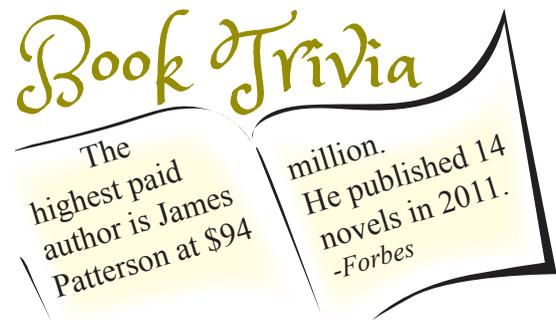
Urgent Attention Required!

Unless the executive positions of Vice President, Secretary, and Treasurer are filled at the Annual General Meeting on June 2, the Southwood Community Association will be forced to close.

What does this mean to you?

- No ice rinks in the winter
- No Community Gardens in the summer
- No Winterfest
- No Rhubarb Fest
- No Halloween Howler
- No Hall Rentals or Programs
- No Community Representation on City Council
- No monthly Community Newsletter

Don't wait for someone else to volunteer. Get involved! Attend the AGM and volunteer. It's fun and informative and it keeps you involved in what's happening with your community.



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Southwood's favourite festival is returning! Join us on June 4 for:

- Live music
- A cash BBQ and marketplace
- Village Brewery beer garden
- Face painting and a petting zoo
- Kid bouncers, crafts and activities
- Magic shows by James Jordan
- Grand opening of the Southwood Community Skatepark

Don't forget your donation for the Calgary Food Bank.

Join us for Rhubarb Fest 2016

Saturday, June 4, 11am - 5pm
Southwood Community Hall, 11 Sackville Drive SW

Live Music

We are very pleased to have some great local bands performing this year! Steel and Timber, Tanner James, Windigo, Jesse and the Dandelions and Copperhead will all be performing this year. To find out more about the bands performing visit the community website at www.southwoodconnects.ca.

Environmental Responsibility

Once again we have partnered with Green Event Services to help us with waste management at Rhubarb Fest. With their help and the cooperation of the food providers, we diverted 82% of our waste away from the landfill and into compost, mixed recycling or beverage container recycling in 2015. Let's see if we can beat our record this year!

Sponsors and Partners

A big thanks to our sponsors and partners - we couldn't do it without them. If you're interested in sponsorship, contact Rob Dickinson at rob.dickinson50@yahoo.com.

Volunteers

We are not able to put on these events without a strong group of volunteers to assist with tasks such as: beer garden supervision, craft zone leader, food preparation, festival set up and festival tear down. Last year we had 58 volunteers help in various ways at the festival. If you are able to commit a couple hours of your time please contact Rob Dickinson at rob.dickinson50@yahoo.com.

Membership Benefits

Stop by the Southwood membership table to find out what special perks your community membership gets you at this year's festival. If you don't have a community membership yet, you can purchase it in advance or at the festival. Community memberships can now be purchased through our website.

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SOUTHWOOD COMMUNITY CALENDAR

MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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)	2 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	3 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)	4 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)	5 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month) 7pm Board Meeting	6 6 - 9 pm Moh Pai Martial Arts (Pioneer)	7
8 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)	9 7 - 9 pm Meeting (Pioneer) 6 - 9 pm Dancing til Dawn (Chateau - hours vary & not every Mon night)	10 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)	11 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)	12 6 - 9 pm Moh Pai Martial Arts (Pioneer - usually 2 nd & 4 th Thurs of each month)	13 6 - 9 pm Moh Pai Martial Arts (Pioneer)	14
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Southwood Real Estate Update

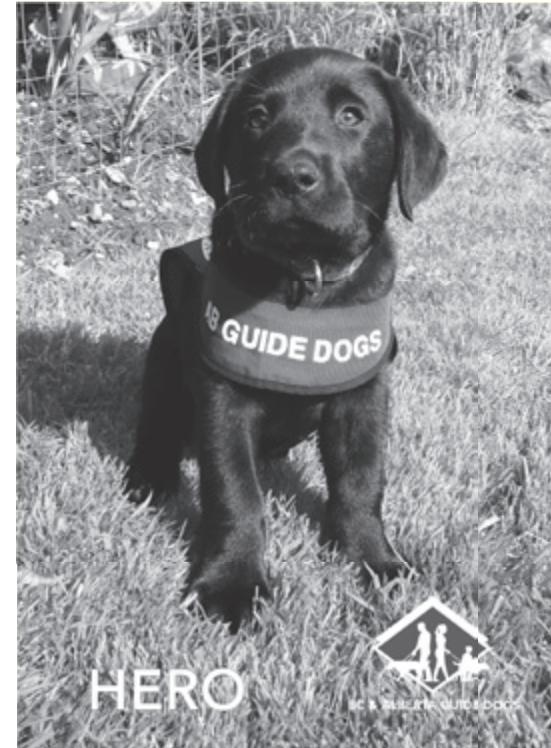
Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$449,900.00	\$425,000.00
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

Last 12 Months Southwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	8	1
February 2016	3	3
January 2016	5	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

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



Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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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

Upcoming 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 – February 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. - 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

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



Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, April 14 – 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 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Connecting you to the Resources you Need

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

Our two Community Resource Workers are social workers who will:

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

Neighbours Helping Neighbours

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

SWCRC Volunteer Opportunity: Parenting Group Assistant

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

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



Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



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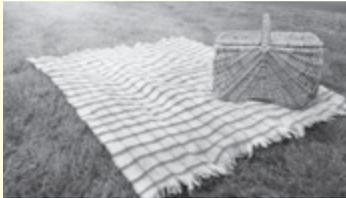


Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com



**COUNCILLOR, WARD 11
BRIAN PINCOTT**

www.ward11calgary.ca

As we move into spring, Calgarians will be out and about, moving around our city in different ways – walking, cycling, skating, transit riding, and driving. It's key that the city provide different modes of transportation to access different nodes in our city. The provision of different modes is also important so as not to overload one system of transportation.

The City of Calgary has identified and is acting on this need over the years through plans like the 2005 Imagine Calgary, the 2007 Plan It Calgary, the 2009 Calgary Transportation Plan, and the 2011 Route Ahead. From citizen feedback, we know that accessibility, reliability, efficiency and safety are paramount in providing and improving transportation options.

The City is currently embarking on a number of projects along the 14th street- Crowchild Trail corridor to address many of the transportation issues we face on a daily basis. The bottlenecks being addressed are at Crowchild Trail at the Bow River, the new connectors for the Ring Road, and the bit of 14th street south of Anderson Road which turns into Canyon Meadows Drive. Glenmore Trail between Crowchild and 37th street will also be widened soon, which will help traffic flowing over the Causeway.

While these projects are taking place, I have been working to ensure that pedestrians and cyclists still have the ability to move between our communities: greater vehicular infrastructure often makes it hard for those who don't drive, including youth and seniors, to move around on their own. The addition of pedestrian overpasses and bus routes will help to include everyone, and keep us all moving together.

We've got some exciting transportation projects in Ward 11. I'll be updating you on the progress of the 20th Street Bikeway project, the 50th Avenue Corridor Study, the Flanders / Crowchild Interchange construction, phase II of the River Park Redevelopment, and the new Anderson Pedestrian Bridge connecting Cedarbrae and Woodbine.

Lastly, this spring, my office will be hosting an information session on Little Free Libraries, as we've had many communities in the ward express their interest in putting them up! Please call 403-268-2430 or email ward11@calgary.ca if you are interested.

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
2000 Southland Drive SW • Phone: 403-648-6582

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– May 27 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!

Summer Volunteer Opportunities

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.

Playschool

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.

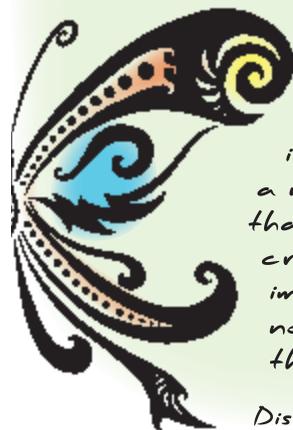
It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

PD School Days

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.

Insects and Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.



Discovery Magazine

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SOUTHWOOD AUTOMOTIVE



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AND

BE

SYN-FULL

587-352-9990



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.

May 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 with a membership 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.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- 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 Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.



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

Friends and neighbours,

Our government has launched a review of Workers Compensation Board. We are committed to making sure the WCB system provides fair compensation and meaningful rehabilitation and that the system is sustainable and affordable. It's been more than 15 years since the last WCB review.

An independent three-member panel will conduct a formal review of the workers' compensation system.

The review will examine the:

- WCB's governance and effectiveness
- principles of compensation
- policies of WCB including those related to privacy and confidentiality
- transparency of processes and decision-making.

This review will also include the Appeals Commission for Alberta Workers' Compensation and the Medical Panel Office. The panel is expected to provide a progress update to government in fall 2016 and a final report in spring 2017.

As part of its formal review, the panel will engage with injured workers, employers, key partners, and interested Albertans, to gain a thorough understanding of the issues. Input from these conversations will inform the panel's final report.

Opportunities to get involved will be announced over the next few months. If you are interested in participating, please visit www.alberta.ca/wcb-review.cfm for more information.

Did you know?

The Calgary Food Bank is located in Calgary-Acadia? Our office is collecting for the Calgary Food Bank and I was fortunate to receive a tour of their facilities. Established in 1982, the Calgary Food Bank is a charitable, non-profit organization dedicated to gathering and distributing quality emergency food to those in need. The Food Bank was founded by religious leaders in the community who were all collecting food and giving it to those in need. They decided to join forces to make the most impact within their community.

May at Trico Centre cont'd

- 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.
- 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.

Spring Activities for Families, Children, Youth

- 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.

The majority of people they assist are working-poor Calgarians struggling to make ends meet. The Calgary Food Bank is not a government or United Way agency. They rely solely on the generous support of our community. Over 40% of their clients are children, which is 5% higher than the national average and 1 in 9 Calgarians visited the Food Bank in 2009.

Our next Open House is on Saturday May 28 from 1:30-3:30pm. We would love to have you come and join us for a coffee and chat. Come with questions and stay for the great conversation.

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



BLACKFOOT DISTRICT

Spring is in the air! It's time to register for fall 2015!
For registration information go to www.girlguides.ca.

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of Zumba, are working on WAGGGS challenges, potting flowers for Mother's Day, and having a sleep-over at Telus SPARK science centre. They will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advance to new adventures with the Guides in the fall.

The Guide units went curling, are prepping for tent camping and a sleep-over at the zoo. Many units helped green our world by holding litter clean-ups for Earth Day. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder, Ranger & Trex units went to 4 Cats Art Studio, attended the Junos, went to the Opera attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are travelling this summer and others are attending the GGC national camp Guiding Mosaic being held right here in Alberta.

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

Check out our website at www.calgarygirlguides.com or go to www.girlguides.ca to register for fall 2015!

Girl Greatness Starts Here



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:

I would like to update you on the government's progress since the opening of the second session of the 29th Legislature on March 8th, 2016 with a Speech from the Throne. Subsequently, I am proud to say that it was a moment of honour for me to rise in the chamber and respond on behalf of my respected constituents. Therefore, in this newsletter I would like to share with you the highlights of that response and share insights into the direction the Alberta government is taking to foster progress in our province.

Alberta Child Benefit and the Family Employment Tax Credit: During the throne speech, her Honour, the Honourable Lois E. Mitchell, spoke to our government investing into the Alberta Child Benefit and Family Employment Tax Credit. This will benefit not only the constituents of Calgary-Glenmore but all Albertan families. Further information can be found at: www.finance.alberta.ca/business/tax_rebates/personal-income-tax/alberta-family-employment-tax-credit.html.

Retraining and Skill Development: Alberta's government is offering financial support for training to assist adult Albertans attain the skills they need to get a job, get a better job, or increase their skills to keep their job. Grant funding is available for full-time training programs and may include income support, tuition, books and supplies. The Skills Investment Bursary helps with costs for part-time training programs. Alberta Works also offers services, training and resources to help Albertans plan a new job path, and search and apply for positions. Further information can be obtained at: www.humanservices.alberta.ca/financial-support/3172.html.

Financial Support for Small and Medium Businesses: The Throne Speech from the Throne highlighted that government is taking steps to support business by making \$1.5 Billion available to Alberta Treasury Branches (ATB). These funds will increase lending to small and medium size businesses. This is in addition to directing AIMCo to earmark half a billion dollars for Alberta based companies with growth potential. Further details about this program can be obtained at:

IN & AROUND CALGARY

Sweeping crews speeding through spring clean-up

Spring Clean-up launched April 3 this year, with crews working seven days a week to remove winter materials and debris from our roads. Thanks to good weather in March and April, crews have been able to stay ahead of schedule. The faster sweepers are able to clean up streets, the less material goes into City storm drains.

Keeping Calgary roads clean and safe is a collaborative effort between crews and citizens. We're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from roads when signs are posted in the community.

Keeping the road clear allows crews to clean efficiently, without having to sweep around obstacles. Leaving your vehicle on the street during sweeping means being at risk of a ticket or tow. This year, that includes weekends, if signs are posted.

- During street sweeping, visit calgary.ca/sweep to:
- Find answers to questions on the FAQ.
 - Visit a live map to track sweeper progress across the city.
 - Enter your address to confirm your street sweeping date. Note that the schedule may change due to weather, so check back regularly!

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

www.atb.com/business/products/borrow/term/Pages/government-guaranteed-loans.aspx.

The hardcopy of the Speech from the Throne can be picked up at our constituency office.

My response to the speech can be accessed by scrolling to 3:56 pm at: www.assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3240&EssenceFormatID=139&date=20160316&browser=0.

Save The Date: MLA Stampede Breakfast is on July 13, 2016 from 7:00 am to 10:00 am at Heritage Park.

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."

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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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$100, aeration \$45. 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 and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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.

EMPIRE ELECTRICAL ENTERPRISES: New home wiring, home upgrades and renovations. Service changes and panel upgrades (insurance requests). Hot tubs, garages, carbon monoxide and smoke detector installs. City licensed and insured. Call Fred at 403-614-7584 or email electricpro@shaw.ca.

BUSINESS CLASSIFIEDS

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

NORWEX CHEMICAL FREE CLEANING: I'm Diana, your Norwex Independent Sales Consultant and I would love to help you eliminate the chemicals in your home. With Norwex patented microfiber system you will not touch or inhale any chemicals! You will save time and money! Contact me today at 403-671-7107 or visit my website at www.dianapitman.norwex.biz.

ROOFING, 5 YEAR WARRANTY: Express re roofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 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. Paul 403-714-3644.

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.

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BRAIN GAMES SUDOKU

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



Southwood mybabysitterlist

Name	Age	Contact	Course
Alana	25	587-888-4854	Yes
Alana	25	403-869-1993	Yes
Ella	12	587-583-6583	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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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111

OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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The Southwood Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

2016

RHUBARB FEST

Saturday June 4
11am - 5pm

Southwood Community Hall & Grounds
11 Sackville Drive SW, Calgary

We will be collecting donations for the Calgary Food Bank

Live Music
Cash BBQ & Marketplace
Village Brewery Beer Garden
Face Painting & Petting Zoo
Kid Bouncers, Crafts & Activities
James Jordan - Magic Shows
Permanent Skatepark - Grand Opening





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\$449,900

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****



\$469,900

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****



\$489,900

Canyon Meadows - Large Bungalow Kitchen has quarts counters, island, gas range, 5 bdrms, 3 baths, basement dvlpd with wtt

SOLD

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