

NOVEMBER 2016

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



IN REMEMBRANCE

SWCA NEXT MEETING

NOVEMBER 24 AT 7 PM

WINTER FESTIVAL

JANUARY 7, 2017

FROM 2 PM TO 5 PM



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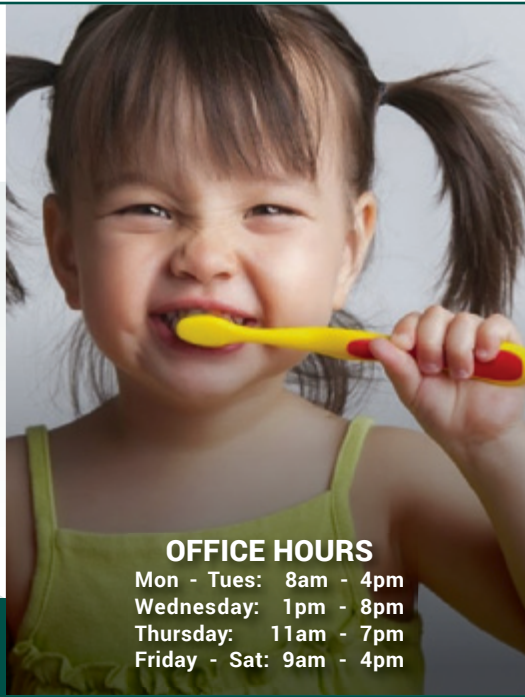
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OFFICE HOURS

Mon - Tues: 8am - 4pm
Wednesday: 1pm - 8pm
Thursday: 11am - 7pm
Friday - Sat: 9am - 4pm

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Southwood Community Association

11 Sackville Dr. SW Calgary, AB - T2W 0W3

Phone: 403.259.0919

southwood.info@gmail.com

www.southwoodconnects.ca

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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 2016/17

President	Vivien Jonathan	president@southwoodconnects.ca	403-253-5885
Treasurer	Alec Simpson	treasurer@southwoodconnects.ca	403-640-2730
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Past President	Mark Zan	ecozan@hotmail.com	403 255 0006
Vice-President	Ellen Close	ellenclose@gmail.com	403-826-6797
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Director of Transit	Dorothy Cornwall	dothome@shaw.ca	403-259-5048
Oriented Development			
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Director of Casino	Bob Jonathan	moneywiseman@shaw.ca	403-253-5885
Director of Ice Rink	Paul Webber	pdwebber@shaw.ca	403-253-5139
Director of Traffic	Amanda Taffs	amandataffs@gmail.com	403-830-2727
Director at Large	Don Nauffts	don@naufftsaccounting.com	403-234-7705
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Director at Large	Roszell Susan	susanshih2@hotmail.com	403-4832209
Director at Large	Thalia McRae	thalia.mcrae@gmail.com	403-698-9133

ASSOCIATES

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Skate park Liaison	Mark Zan	ecozan@hotmail.com	
CPA Community Liaison	Cst. Josh Young		403 428 6642
Neighborhood partnership Co-ordinator		Jenna.Findlater@calgary.ca	
Air Cadets	Guy Varty -Chairperson	52ssc.chair@gmail.com	
Hall Rental	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845

SOUTHWOOD COMMUNITY ASSOCIATION SUPPORTERS

Good Earth Cafe Glenmore Landing
 Southwood Corner Planet Organic
 Southwood Corner Chiropractic
 Southwood Corners
 The Box Discount Store

PLEASE SUPPORT OUR 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.

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.

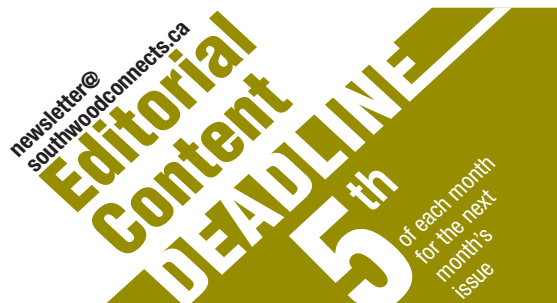
STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN	
01	GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02	MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03	HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



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

Southwood Little Free Library

The Southwood Community Association now has its own **Little Free Library** outside of the community hall at 11 Sackville Drive SW! These little buildings aim to promote the love of reading and bring people together and have been popping up across Calgary for several years.

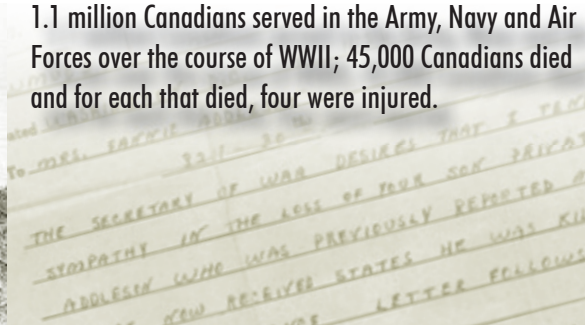
Inspired by Southwood's RhubarbFest and community gardens, our library was painted with images of local produce by Calgary artist Heather Close (<http://www.hclose.com/>)

You can help us get the Little Free Library going by:

- **Dropping by to borrow a book or two** – there are already some great novels for you to take and we're hoping to add some kids' books soon
- **Bringing by a book or two to donate** – no need for a whole box, the library will thrive if community members bring by books that they're excited to recommend to others
- **Telling a friend or neighbour about the project**

This project was initiated by volunteers of the Southwood Community Association. Visit www.southwood-connects.ca to become a member, to volunteer to support an existing project or to bring your own idea to life!

1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.



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CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

Central Library

Thursday, December 1 | 5:00 pm–8:00 pm
Everyone welcome!

Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary

Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit LibraryFoundation.eventbrite.com or call 403.260.2631.

Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at calgarylibrary.ca.



PRESIDENT'S MESSAGE

The Little Free Library is up and running. Thank you to Ellen and Col. We have registered the site on the world wide LFL map. Please start using this, by putting a book in and taking a book out.

We held the Community Clean Up on September 17th in conjunction with the Southwood United Church. They did the bookings and supplied the location. We learnt a lot from this Clean Up. The city has a website that we will publish next time, so residents can go online to see what the city will or will not pick up. In addition to the city pickup, we were fortunate to get an electronic recycling bin, plus a used household goods drop off truck. At the very last minute, we got a scrap metal recycling opportunity. That was quite a coup even though it was last minute, literally at 10.00am that day, because the price for scrap metal has really declined and we thought there would be no-one willing to take it.

The Community Clean up had 10 people registered for pick up by Sanil Dosaj. He is a star. We cannot thank him enough. He took his truck and came back with load after load from the people who had registered. He even went back to one of the first pick up points where he had left the scrap metal to pick it up at the end of the day.

I would like to thank the kind gentleman who brought Tim Horton's coffee for the City workers. It was a very thoughtful gesture and one that was much appreciated.

Rob organised a Music in the Park event this September. It was enjoyed by those who attended, so thank you once again to Rob.

On the business side of the board's responsibilities, we have presented the budget at the meeting in September, we have gone over all the job descriptions for board members, and from the budget we will be up-dating the Business Plan. This is a busy board who are a pleasure to work with.

Please call at any time if you have questions.

Kind regards,

Vivien Jonathan

PROGRAMS REPORT

Rob Dickinson
programs@southwoodconnects.ca



Winter Festival

January 7th, 2017 from 2pm to 5pm
at the Community Hall and Rink

An afternoon of skating, face painting, sleigh rides, petting zoo, activities, and crafts! It will be another fun winter afternoon out on the rinks and inside the community hall!

The KidSport Skate Shack will be on location again. This enables those of you who don't own skates, or perhaps have never tried skating, to borrow skates and have some fun out on the ice.

Music in Anderson Station Park

On Wednesday September 21st we had an evening of music at Anderson Station Park. This park is a great location for potential future music in the park events or a wide variety of other potential activities. Such as: a picnic in the park, a play day in the park, a market in the park and more.

The weather was crisp but stayed dry and it was great seeing so many families and children out listening to the music, and playing in the playground. We had three bands perform and the sound was provided by BassBus. The Rolls Rice food truck was on location serving up their delicious menu.

I was there with my children and really enjoyed the event. If you attended, I hope you also had a great time. Southwood Community Association is committed to continuing to bring a variety of programming to the neighbourhood. Stay tuned for future events! If you have any ideas or suggestions for programming you would like to see in our community, please send me an email.

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

FIND SOLUTION ON PAGE 16

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



Let's make sure that no one in our communities go hungry this holiday season.

The holiday season is just around the corner and this year the South West Communities Resource Centre (SWCRC) will be helping local families in 28 communities make it through the stressful time of November and December 2016. Our community resource workers often see local families who require food hampers and help others with resources for basic needs; unfortunately the demand for these services are expected to grow in the weeks to come. We understand that the neighbourhoods in South West Calgary are diverse and there are many who continue to thrive, while others are struggling to pay bills, put food on their tables and meet their basic needs. We need the help of **Neighbours Helping Neighbours**.

This holiday season the SWCRC will focus on the "Celebration of Food" – something that ties families together no matter what your culture is or your family's belief. Food is an extension of all cultures that brings people together and gives us something to share. It encourages conversations. Sadly many families will not have the gift of great food on their plates this year. Budgets for food are the first to slip and food hampers don't provide choice. This year we are asking for YOUR help in providing opportunities for vulnerable families to *purchase their own* groceries.

For six weeks in November and December 2016 we are asking neighbours to **help by purchasing a Grocery Gift card** for us to give to local families who can use your support. Your donation of \$50.00 will put fresh produce on the table for a family of four. A donation of \$100.00 will provide the dairy and breads with the fresh produce, and 250.00 will allow a family in South West Calgary celebrate a feast with all the trimmings. We ask that you provide a receipt with the card and you will be provided a charitable donation receipt. We are also happy to accept financial contributions which will support many of these families in 2017. Visit us online at www.swcrc.ca, call the office at 403 238-9222 or drop by our office in the Oakridge Co-Op Plaza. Thanks for helping to make south west Calgary the best place to live for all residents.

SOUTHWOOD COMMUNITY CLEANUP THANK YOU TO SANIL DOSAJ

for his hard work, great sense of humour, and ready smile.

We Really Appreciated All That You Did For Our Community.

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.

STORMTROOPERS



Canadian soldiers in WW1 earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.

STEP INTO FALL

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

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

By completing the 3 questionnaires you will receive:

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

To participate contact Research Coordinator: perryr@ucalgary.ca

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




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403.259.5506
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Unit 137,
1829 Ranchlands Blvd NW
403.452.5554
- Scenic Acres Pharmasave**
8555 Scurfield Dr NW
403.547.4323
- Beacon Hill**
Unit 250, 12024 Sarcee Tr NW
587.755.7955
- Forest Lawn**
#03, 1704 61 St SE
587.470.7751

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Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.

Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by "standard". There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren't willing to negotiate their commission while others are. That's their right. As a buyer or seller, you have the right to work with someone who charges a commission that you're comfortable with.

Before choosing a real estate professional, you'll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a "service."

When you're signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it's binding. If you don't understand something in it or you don't agree with something, don't sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn't a standard commission rate.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

SOUTHWOOD COMMUNITY CALENDAR NOVEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 8am-1pm - (P) - ECC Church (P) indicates Pioneer Room (C) indicates Chateau Room	7 7-9 pm - (P) - Gamblers' Anonymous	8 8-10 pm - (P) - Moh Pai Martial Arts	9 9am-4 pm - (P) - Home-schoolers' Geography/History Class 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	10 6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only) 6-9 pm - (C) - Garden Group Monthly Meeting	11 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	12 8am-1pm - (P) - Air Cadets do Southwood Newsletter Distribution
13 8am-1pm - (P) - ECC Church	14 7-9 pm - (P) - Gamblers' Anonymous	15 9-11 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	16 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	17 6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only) 6-9 pm - (C) - Garden Group Monthly Meeting	18 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	19 9-2pm Chakra Therapy Southwood Community Cleanup 10 am-4 pm Calgary Weekend Market (Vendor Market)
20 8am-1pm - (P) - ECC Church 3-5 pm - (C) - Chihuahua Playgroup	21 7-9 pm - (P) - Gamblers' Anonymous	22 9-11 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	23 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	24 6-9 pm - (P) - Southwood Monthly Board Meeting	25 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	26 9 am-5 pm Chakra Therapy (Chateau)
27 8am-1pm - (P) - ECC Church	28 7-9 pm - (P) - Gamblers' Anonymous	29 9-11 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	30 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous			

Buy a membership and be part of Southwood

Current Membership participation is increasing 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:

January 7, 2017
 from 2pm to 5pm

Winter Festival



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

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 LAST THURSDAY OF EACH 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



IN & AROUND CALGARY

Southland Leisure Centre

November 2016 - our program guide is still online and on stands. There are still spots available. www.calgary.ca/recreation

#GetMovingYYC Week - Join the movement - November 28- December 3, 2016

Winter is a great time to try new things, embrace our winter city and challenge yourself to *get moving!*

Moving more doesn't have to be a huge commitment. Making small changes to your everyday routine can have a huge impact on your health. Make 'moving more' a personal goal, a family activity or a community challenge. Where ever you are, whatever you're doing, there are so many ways to move in Calgary.

From November 28 to December 3, The City of Calgary and its partners are hosting events throughout the city to get Calgarians moving. Events may include Free Skates, Family Obstacle Course, Guided Walks and more!!

National Child's Day - Sunday, November 20 details at nationalchildday.ca

Friday Night dance - November 25 - from 7:15-10pm

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!

Drop-in Climbing and Gymnastics at Southland Leisure Centre

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

Babysitting Service - NEW

Attend one of our many programs or activities while your child visits our Babysitting room.

No booking required. Space is limited and on a first-come, first-served basis. Parents must remain in the building.

Babysitting Hours

Monday - Thursday 8:30 a.m. - 12:30 p.m. and 4 - 8 p.m.

Friday, Saturday and Sunday 8:30 a.m. - 12:30 p.m.

Drop-in Badminton, Soccer and Basketball at Southland Leisure Centre

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

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

Calgary After School at Southland Leisure Centre

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available. For details, call our centre at 403-648-6550 or online at calgary.ca/leisurecentres or calgary.ca/afterschool.

Cost: Free

Ages: 11 - 15

Day: Start September 19 Monday to Thursday, 3 - 6 p.m. and Fridays, 1 - 5 p.m.

BRAIN GAMES SUDOKU

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



November 7 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

November 14 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

November 21 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

November 29 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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

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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.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

EARN \$\$\$ FOR CHRISTMAS! We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$15 per hour to start. Call 403-225-3441.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

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HELP WITH RECYCLING 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.

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

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COUNCILLOR, WARD 11
BRIAN PINCOTT
P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

We've heard many questions and comments on different developments happening within our established communities and thought we'd share some information on The City's Planning System. In an effort to help make The City of Calgary's planning and development process both more accessible and clearer to citizens, The City has created a new online mapping tool: the Planning and Development Map (PD Map). You can find it online by entering 'PD Map' into the search bar at www.calgary.ca.

With the PD Map, you can track, contact and provide comments on Land Use redesignation proposals and large-scale development permits. Anyone can follow the progress of the file from submission through to decision by City Council. PD Maps is currently in its first phase; additional features will be added, such as the ability to comment on smaller Development Permits which are discretionary or are requesting relaxations. Here are PD Maps current features:

- Multiple Search Options
 - Find out what is happening in your community, or in the city. Search by address, community, ward or file number. You can also scroll around the map, apply the Google Maps layer, or roll over a file to highlight the area proposed for development.
- Social Media Sharing
 - Share file information on your social media channels to increase community engagement on a file.
- File Status Tracker
 - Follow the status of the application from initial to final submission by City Council. Learn about the process and at what times comments can be submitted.
- Direct Comments and Feedback
 - Your comments on a file go directly to the file manager or City Clerk's, depending on what stage the application is at.
- Accessible Online and by Mobile
- Plain Language Descriptions

PD Maps is also tied to another innovative Planning System project, the Notice Posting Pilot. You can find it online by entering 'Notice Posting Pilot' into

~continued on page 21~

Lest We Forget

November is a time when we reflect on the sacrifices our men and women in service made and continue to make fighting for the rights and freedoms of all people. We must never forget.

We would like to thank everyone who supported Guiding by buying a box of our yummy mint chocolate cookies. Cookies help support our many activities throughout the year.

All the units in Blackfoot District came together for a super swim night at Acadia Pool. It was a wild and wet evening of fun and games.

Spark units have been enjoying the good weather by going on nature walks and learning about animals. They have held enrolments, sold cookies, went on scavenger hunts and are making poppies for Remembrance Day.

Brownie units are working on their program, going to camp and doing outside activities. Some held Halloween parties, enrolments and will have a visit from a Girl Guide music trainer.

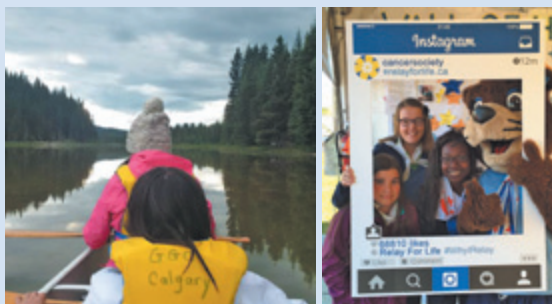
Guide units went to camp, sold cookies and will be having a fabulous bridging Laser Quest outing. Some girls will be volunteering at Remembrance Day ceremonies at the Jubilee Auditorium,

Pathfinder & Ranger units went to a Stampeders football game, had a campfire in Fish Creek Park, volunteered with the CIBC Run for the Cure, hosted Halloween parties & went to Nite Trek camp.

Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please call 403-283-8348

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

Hi Friends and Neighbours,

In November, we remember the lives and experiences of our veterans in service - to commemorate them in taking a standing against injustice. I would like to personally thank these individuals and their families for all you have contributed to Canada's strength - your actions and voices are heard this Remembrance Day and throughout the year.

In Alberta, we value our veterans, our families, and are communities' involvement in shaping our province's core beliefs.

Because this is your Alberta and it needs your voice.

One way to have your voice heard is through Alberta's agencies, boards and commissions, and now there is a centralized approach for recruitment and appointment. This will ensure fairness and transparency, and help end the perception that these appointments are solely rewarded political insiders. Also, did you know that these boards direct the spending of almost half of Alberta's budget? Therefore, it is important that they reflect the diverse experiences, situations, and expectations of the people of Alberta.

Information about the agencies, the work that they do, who is serving on the boards, any remuneration that may apply, and what opportunities are currently available, is now online at www.boards.alberta.ca.

If you're interested in a specific agency and there are no current opportunities - no problem. Just fill out the online form, select agencies of interest and you will receive an email when there is an opening. We want everyone to know about the important work that boards do and encourage Albertans, regardless of gender, ethnicity, or where they live in the province, to consider serving in this way.

To address the concerns of many Albertans - job loss and instability due to the global oil market - the Government of Alberta is working very hard to support persons into a new career, or to start up their own business.

My staff and I would be happy to direct you to the variety of resources, courses, grants, and funding to help you and your family stay resilient during these tough economic times. If you would like assistance in accessing these supports, you can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363, or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10:00AM-3:00PM and Tuesday - Friday 10:00AM-4:00PM.

If you missed our open house in October, we are hosting one more in November that you won't want to miss. It will be held Saturday November 26, 2016 from 2:00pm -4:00pm in our office, we hope to see you there!

COUNCILLOR, WARD 11 BRIAN PINGOTT

the search bar at www.calgary.ca. The City has redesigned Notice Postings (signs) so they are larger, more visually appealing, have easily understandable project descriptions, and direct citizens to the PD Map.

These complimentary tools are both intended to increase public participation in the application process. Please contact my office for help with this new tool, or to learn about other tools are at your disposal.

Lastly, remember to subscribe to your Ward 11 update at www.ward11calgary.ca to receive timely updates on projects in your community, and city.





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Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.



Southwood Real Estate Update

Last 12 Months Southwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$459,950.00	\$449,250.00
August 2016	\$466,950.00	\$461,000.00
July 2016	\$412,062.00	\$410,000.00
June 2016	\$425,000.00	\$408,000.00
May 2016	\$449,900.00	\$445,000.00
April 2016	\$442,400.00	\$416,750.00
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

Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	7	8
August 2016	7	6
July 2016	6	6
June 2016	10	9
May 2016	6	7
April 2016	3	4
March 2016	8	1
February 2016	3	3
January 2016	5	2
December 2015	2	6
November 2015	4	3
October 2015	12	5

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



MLA CALGARY-GLENMORE ANAM KAZIM

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

Dear Constituents:

As we begin the fall legislature, I want to look back and highlight many satisfying engagement opportunities I had in Calgary Glenmore throughout the summer. First of all, I want to thank everyone who participated in my Telephone Town Hall on September 21, 2016. We had over 1500 call-ins with numerous participants contributing excellent questions. I hope you felt as engaged as I during this new forum for constituency outreach. My goal is to offer diverse ways of staying in touch that work best so we keep working together and strengthening our communities.

It has been an exciting time. I attended the AGMs of SWCRC as well as many of our community associations along with other important events and board meetings in Calgary-Glenmore. I cherished moments at the 50th anniversary of our Calgary Rowing Club, Filipino Fiesta, Calgary Pride parade, Walk of Hope for Ovarian Cancer, Field of Fame by Alberta Champions and Alberta's Gift to the Nation: the Story of the Colonist car #1205 at Heritage Park, Women of Inspiration Award Ceremony, Making Treaty 7, An Engagement with Seniors at Centennial Calgary Branch 285 Royal Canadian Legion and several citizenship ceremonies. Based on the conversations I had, I would like to provide more feedback to recently asked questions. I hope you find the following helpful. For further inquiries please do not hesitate to contact our office.

Student Aid: Tuition, apprenticeship and material fees, and mandatory non-instructional fees for domestic students remain frozen throughout the 2016/2017 academic year. The government invested a two percent increase to post-secondary institution budgets for 2016. For example, Alberta's government doubled the value of grants targeted to low-income student borrowers, eliminating the use of spousal income as an eligibility criteria, expanding eligibility for student loans to apprentices, and increasing living allowances and loan limits. When needed, there are programs in place to help students set up manageable repayment plans that are in sync with their income and family size.

Curriculum Development: Our government's new approach to developing curriculum will span six years and work will be done simultaneously on six subject areas. This will build better connections across subjects and infuse First Nations, Metis and Inuit, as well as Franco-phone content into all areas of the curriculum. It is anticipated that the development of new curriculum will be completed for Kindergarten to Grade 4 in late 2018, Grades 5 to 8 in late 2019, and high school curriculum will be finished in phases throughout 2020 to 2022. Albertans will have the opportunity to provide feedback on the development of new curriculum before 2017. Specific attention will be given to our Indigenous partners, as we invest funding over six years to ensure they are properly consulted.

Save the date: Season's Greetings Office Open House on Friday, December 9th, 2016 from 4-6PM!

We always welcome your ideas/suggestion for more engagement opportunities with your MLA and therefore, please share your thoughts with us.



The National (Silver) Cross Mother represents all mothers whose sons or daughters died while on active duty. Chosen by The Royal Canadian Legion, the annual honouree places a wreath at the base of the National War Memorial at the National Remembrance Day Ceremony.



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.

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, swim, 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.)

Wellness Access Program

• Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. 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.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- 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

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out 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 lots of cool activities including leisure skate, youth shinny, and stick & puck.

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.



Daylight Saving Time

ends Sunday, November 6.

Set your clocks back 1 hour and enjoy the extra sunshine.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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



IN & AROUND SCHOOLS

Ecole St Gerard

Ecole St Gerard is a French Immersion school located in Haysboro, and is the Catholic French Immersion school designated for your community.

SPARK has BLASTED OFF! Friday, October 28th our Spark program will officially have begun. On our launch date, students participated in "Pound Rockout Workout Training. Physical education early in the day to stimulate brain function for higher levels of alertness and concentration.

Important Dates for November:

- November 3rd: School Council Meeting at 7pm
- November 4th: Photo Retakes
- November 10th: Remembrance Day Liturgy
- November 14th- 18th: Gail Bartel Artist in Residency

UPCOMING: On Thursday, December 1st at 7pm, come join our students in our Celebration of Learning.

A huge thank-you to our School Council for organizing and executing the Harvest Dance. It was a fun opportunity for our students to dress in their costumes and "run through the halls". Our school is lucky to have such a strong parent community.

Bienvenue!

CHRISTMAS CRAFT FAIRS

4th Annual St. William Christmas Craft Market: 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3rd 10am – 3pm.

St Gerard's Bazaar: Annual Bazaar and Garage Sale. Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

Auburn Bay Christmas Craft and Marketplace Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit www.auburnbay-connect.com.

Annual Bow Cliff Christmas Craft Fair and Bake Sale Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

Bonavista Christmas Craft Fair Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info www.lakebonavistacommunity.com.

Arbour Lake Christmas Craft Fair Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall

St. Andrew's Presbyterian Church Christmas Bazaar: Saturday, November 5th, 10am-2pm.



McDougall United Church, 8516 Athabasca Street S.E. (No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., next session September 7 – November 30.

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

Southwood mybabysitterlist

Name	Age	Contact	Course
Alana	25	587-888-4854	Yes
Alana	25	403-869-1993	Yes
Alex	17	587-225-7463	No
Ariel	18	587-500-6166	No
Ariel	18	587-500-6166	No
Chloe	16	403-975-7037	Yes
Kim	24	587-585-4647	Yes
Kyra	16	403-397-3870	Yes
Rexilla	40	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.

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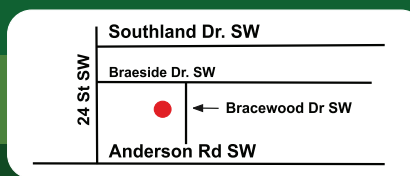


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