

APRIL 2017

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

SWCA MEETING

APRIL 27

7 PM

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Mon - Thur 8:30 am - 4:30 pm

Fri 8:30 am - 12:00 noon

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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
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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Editorial Submissions

newsletter@southwoodconnects.ca

All editorial submissions must be submitted by the 5th of the month for the following month’s publication.

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

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PRESIDENT'S MESSAGE

Winter Fest came and went. It was a lovely crisp cold day. I looked back at my pictures and memories from the 2016 Winterfest, and found that the temperature and the weather were the same then. The skate shack had good use, with lots of people, young and old on the pleasure rink. We also had hockey games taking place on the big rink. Of course, the most beautiful sight of all was the horse drawn sleigh and wagon. Watching it plow through the snow with delighted people on board.

Thanks again to Rob and the volunteers who helped to organize this event. We are a fortunate community to have such dedicated volunteers.

We had our meeting on January 17th with the City Engineers and residents, regarding the sewer issue on Sabrina Road. They gave a good report outlining the History, Investigations, and Actions to be taken. The first priority, was the investigation into the effect in relation to Public Health. Residents need to sign a Homeowners consent to get filtering devices installed on their roof vents along the affected area (Sabrina Road). We have extra consent forms which we will try to get out to the homeowners. However, if these are rental properties, and the renters do not pass the notices to the landlord, the filters cannot be installed. You can contact me for the consent forms.

We will be having a presentation by a representative of Southland Crossing Development. Regarding Southland Crossing LOC2015-0194. They are giving us an overview presentation at our meeting on Feb 23 and Mike Coldwell from Urban Systems will be attending this Board Meeting.

Community Clean Up: we are waiting on the confirmation of the date to be assigned by the city. We have a lead for pick up of used, old paint cans. The company doing this is a Painting company, and they pair with CA's to do this and donate money to the Food bank for the cans collected.

It will be the 55th Anniversary of the Southwood Community Association on October 17. We will be thinking of ways to celebrate. Does anyone have some ideas out there and would like to share them with us? Call me!!

So, that is all from me for this month.

A reminder about memberships: MARCH IS MEMBERSHIP MONTH. You can buy your membership online at Southwoodconnects.ca/Memberships.

The next meeting will be on February 23rd at 7.00pm. Please feel free to join us!

Kind regards,

Vivien Jonathan

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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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Newsletter	Barb Short	newsletter@southwoodconnects.ca	403-255-6049
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Learning Tree Pre School	Megan	thelearningtreepre-school@shaw.ca	403-680-9868
Skate park Liaison	Mark Zan	ecozaan@hotmail.com	
CPA Community Liaison	Cst. Josh Young		403-428-6642
Neighborhood partnership Co-ordinator	Jenna Findlater	Jenna.Findlater@calgary.ca	
Air Cadets	Guy Varty -Chairperson	52ssc.chair@gmail.com	
Hall Rental	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845



TRIVIA

Measurements

The wristwatch was invented in 1904 by Louis Cartier.

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.



Lost Pets

Happy Spring!

Spring is always an exciting season at Calgary Humane Society. At the shelter our dog walkers are thrilled to say 'goodbye' to all the snow and our dogs are even more thrilled to say 'hello' to all the mud! Thankfully we have some top notch volunteer groomers who keep all our furry friends spic and span. Spring also marks a rush of activity for our animal admissions staff. Spring is our busiest season at Calgary Humane Society, in part due to an increase in lost and stray animals.

Having a cherished family pet go missing is extremely stressful, but there are a number of steps you can take to bring Fido or Fluffy home safe and sound.

- 1. Start making lost reports.** When you call, provide as much information as you can about where and when your pet was lost and provide a good description of your pet. The following organizations are a good starting point for lost reports. Make sure to check the lost and found section of the City of Calgary and CHS website as well!
 - Calgary Humane Society Animal Admissions: 403-205-4455
 - City of Calgary Animal Services – 311
 - Post a lost listing on Kijiji/YYC Pet Recovery/Local Buy/Sell websites
- 2. Check with local veterinary clinics.** Many lost pets are found by Good Samaritans and brought to local veterinary clinics.
- 3. Put out your pet's things to entice your pet home.** Put food, a favorite bed, litterbox and other familiar objects out to help tempt your pet back home.
- 4. Arrange a search party.** Call friends, relatives and neighbours to help search for your pet. Choose the people that your pet is *most familiar and friendly with* to go out and search.
- 5. Create lost posters and hang them up.** Create lost posters with a picture of your pet. Include a number that you can always be reached at (like a cell phone) on the sign. Hang up the posters in the areas that you think your pet might be, concentrating on areas where lots of people will see the signs.
- 6. Above all, never lose hope.** At Calgary Humane Society we have seen some amazing reunions. We have reunited pets with their family years, and even a decade after they went missing.

Wishing you all a safe and happy spring!

cbe.ab.ca

invite

Eugene Coste School
Open House
April 6, 2017
6:30 p.m.



Spanish Bilingual Kindergarten / Grade One Open House

Thank you for your interest in the International Spanish Academy at Eugene Coste School. If you are considering registering your child for our Spanish Bilingual Kindergarten Program or are new to Grade One for fall 2017 then the information below is for you:

The agenda will include the following:

- An overview of our Kindergarten – Grade One program
- Ideal qualities of students in Bilingual settings
- Overview of current research and outcomes of students in bilingual programs
- Similarities and differences between a bilingual program and an English only program
- Parent volunteer requirements and process
- What will happen on the first day of school
- What to send with your child to school
- Question and answer period
- This is an adult only parent information meeting

If you have questions regarding our Open House information please call us at 403-777-8511.

Liana Appelt
Principal



Gentle Tuesday Morning Yoga

10:00 am - 11:30 am - Drop in fee \$10

Meet Tuesdays at Southwood Community Hall for a practice of graceful movement tied to breath, gentle awareness of alignment to keep the body at ease, ending with rest and relaxation. Follow with coffee and conversation with a great group of people.

Come as you are and work at your own pace, no prior yoga experience required.

Current participants ages 40s to 80s. All welcome.

Contact June Kwak for more information.
403-710-5126 / june@regroovenating.com.

IN & AROUND CALGARY

Engaging Vulnerable People

A message from the Federation of Calgary Communities
Join us in partnership with the City of Calgary and the Calgary Drop-In & Rehab Centre Society to learn more about engaging vulnerable Calgarians who experience homelessness due to poverty, mental health, and addiction issues. We will also address community concerns around homelessness and different approaches you can take.

It's FREE for the public to attend!

Date: Thursday, April 20, 2017

Time: 7-9pm

Location: Bridgeland-Riverside Community Association
- 917 Centre Ave NE

Register at <https://calgarycommunities.com/workshops-events/>

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	

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.



Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

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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.


APRIL MOON CALENDAR




First
Quarter
April 3



Full
Moon
April 10



Last
Quarter
April 19



New
Moon
April 26



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BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 16

CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Message from the Calgary Board of Education Board of Trustees

As Trustees, we are passionate about public education, student success and the lasting impact education has in our community and on society.

We continue to welcome and support each and every student because it is the right thing to do. Every child is entitled to a great education and we know Albertans agree with us. We also know that this is a tough time for Alberta, and the economic struggles faced by our province are challenging. We do believe, however, that education is the best investment we can make in our future, our province and our children.

Protecting education means more than providing funding for student enrolment growth. Our system continues to grow, and with our students' learning needs as our focus, our school board simply does not have the capacity to absorb additional costs without directly impacting learning.

If you are interested in sharing your perspectives with your Trustee, please contact us at boardoftrustees@cbe.ab.ca. To learn more about our ongoing advocacy efforts, please visit our website.

Traffic Safety

Ensuring our students get to school safely is everyone's responsibility. Please be mindful of crosswalks, parking rules and speed limits when you are driving near our schools, especially during the morning drop-off and afternoon dismissal times. Our students' safety is at stake!

Chinook Learning Services

Did you know that the CBE offers classes for adults?

If you're interested in improving your English, discovering a new hobby or high school upgrading, visit chinooklearning-services.com

CBE Website

Check cbe.ab.ca for updates and stories about the great work being done every day by our students and staff. We're proud to share these stories with you!

Follow the Calgary Board of Education on Twitter @yycbedu

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SOUTHWOOD CHURCH OF GOD

Regular Service:

Sunday: 1:00 PM Worship
Wed: 7:00 PM Prayer & Communion
Friday: 7:00 PM Bible Study

Location: Lutheran Church of the Cross
10620 Elbow Dr. SW
Contact: Pastor Alfred
Phone: 403-650-0380

Prayer has power to change any situation!



I have great faith in fools — self-confidence, my friends call it.

~Edgar Allan Poe



April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide

It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children's drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck

- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults

- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner's Yoga, Focus on Powerlifting
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth

- Lots of new children's programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

SOUTHWOOD COMMUNITY CALENDAR APRIL 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						8
8am-1pm - (P) - ECC Church	7-9 pm - (P) - Gamblers' Anonymous	3 10-11:30 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	4 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	5 6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only) 6-9pm - (C) - Garden Group Monthly Meeting	6 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	7
9 8am-1pm - (P) - ECC Church	7-9 pm - (P) - Gamblers' Anonymous	10 10-11:30 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	11 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	12 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	13 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	14 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts
15 9-2pm Chakra Therapy Southwood						22 9 am-5 pm Chakra Therapy (Chateau)
16 8am-1pm - (P) - ECC Church 3-5 pm - (C) - Chihuahua Playgroup	7-9 pm - (P) - Gamblers' Anonymous	17 10-11:30 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	18 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	19 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	20 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	21 1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts
23 8am-1pm - (P) - ECC Church	7-9 pm - (P) - Gamblers' Anonymous	24 10-11:30 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	25 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	26 7-9 pm - (P) - Southwood Monthly Board Meeting	27 7-9 pm - (P) - Southwood Monthly Board Meeting	28
30						29

Buy a membership and be part of Southwood

Southwood Resident Memberships
purchases are growing!
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:

Monthly Board Meeting
April 27
7:00pm



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

MARCH 1, 2017 to FEBRUARY 28, 2018

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 #:

Flat Rate for All \$15

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

2000 Southland Drive SW
Visit calgary.ca/leisurecentres for more information.

NEW Did you know February 27th was the start of summer? The Spring/Summer 2017 Program Guide is on stands now. Register for Southland Leisure Centre’s summer day camp and keep your children happy and healthy!

Friday Night Dance Party – March 24 from 7:15-10:00pm.

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

BRAIN GAMES

SUDOKU

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



March Break Day Camps
Register your children for some fun in Southland Leisure Centre’s day camps.

Drop-in Climbing, Gymnastics, Badminton, Basketball, Pickleball, and Soccer
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.

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.

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

Calgary AfterSchool 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.

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



Join us for Rhubarb Fest 2017

Saturday, June 3, 11 am - 5 pm
Southwood Community Hall, 11 Sackville Drive SW

Southwood’s favorite festival is returning! Join us on June 3 for:

- Live music
- A cash BBQ and marketplace
- Village Brewery beer garden
- Face painting and a petting zoo
- Kid bouncers, crafts and activities

We will be collecting donations for the Calgary Food Bank at Rhubarb Fest again. Last year thanks to your generosity we collected 320 lbs in food donations.

Live Music
We are in the process of booking the bands for Rhubarb Fest. Stay tuned to find out who will be playing

Information about the bands performing will be posted on the community website at www.southwoodconnects.ca.

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 programs@southwoodconnects.ca.

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 52 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 programs@southwoodconnects.ca.

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.

HeritageTime Out

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

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

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.

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

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

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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.

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

LAWN FORCE YARD MAINTENANCE: Lawns cut and trimmed starting at \$25. Spring cleanups starting at \$100. Power raking/aerating/hedge trimming/shrub and tree pruning/fertilizing/tree planting and more. Senior discounts. For quality and dependable care, call Rick at 403-397-9837.

SPRING IS COMING! Get your yard ready for the beautiful days ahead. Now booking for spring clean ups. Power rake, aerate, fertilize. 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.

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.

ROOFING, 5 YEAR WARRANTY: Express reroofing - 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.

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.

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

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The
name Easter
owes its origin from
Eastre, the Anglo-
Saxon goddess who
symbolizes hare
and egg.

IN & AROUND CALGARY

Calgary Fire Department

Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lake-shores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
- For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx>

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please <http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx>

Stay Safe!



Guides
Canada

BLACKFOOT DISTRICT



It's Cookie Time!!

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

The Spark units are eagerly looking forward to spring. The change in the season will see them keep busy with sleep-overs, a visit to the animal clinic, participating in

Sparklefest, potting plants and looking for ways to be outside and celebrate Earth Day.

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

The Guide units made birthday boxes for the Calgary Interfaith Food Bank, went curling and many 3rd year Guides are finishing up work on their Lady Baden Powell Award by preparing for tent camping and organizing service projects.

The Pathfinder & Ranger units attended Alberta Girls Parliament in Edmonton, went downhill skiing, made doodle bags and are prepping for backpacking and camping.

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

If you have any questions regarding Guiding or registration please call

Calgary Area Girl Guides at 403-283-8348 or email at ggcinfo@calgarygirlguides.com

Girl Greatness Starts Here!



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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.



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

The high cost of mandatory school fees are one of those things that I've heard from parents in every neighbourhood in Calgary-Acadia. The rising cost has been a stress on families every September for years. It can be a real scramble for a family to cobble together the funds to get their kids out the door and into their schools. This can have a real impact on family budgets, costing hundreds per child. That's why I campaigned on reducing school fees, and I am proud today to give you an update on fulfilling this promise.

In Bill 1, our government announced the first step in significantly reducing school fees for families. When your kids go back to school in September, your fees will be reduced by an average of 25% across Alberta.

In Calgary, for instance, parents with three kids attending a public school will save an average of \$300 in the 2017-18 school year. The downturn in the economy has taken its toll on many families and that's exactly why we are reducing school fees, starting with the instructional supply and material fees (ISM). As well, we are eliminating busing fees for the children that are travelling to their designated school.

I've heard from many of you how expensive these fees are. I am happy to share that your government is taking action to reduce them.

We know that this is just a start for reducing fees and making life affordable for Albertans, and we have more work to do with school fees and other issues.

As the economy recovers, Albertans expect their government to help them through the downturn to make life better. Reducing school fees will mean one less thing that families have to worry about. I am proud to stand up for quality education and to make sure it's affordable for all families.

A lot of people have talked to me about their ideas for practical things that will make life better for Albertans, and I am so happy that one of those things was tackling the high cost of mandatory school fees. Please send me your personal stories on what this will mean to your family.

You can reach my office by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

IN & AROUND SCHOOLS

St. Gerard School

Happy Spring! We hope all of our families had a relaxing and enjoyable Easter break! March was a busy month for us at St. Gerard School. Our students received their second Report Cards and parents had the opportunity to meet with teachers to discuss their child(ren)'s progress. The hard work of teachers was also acknowledged with a supper planned and organized by Parent Council. On March 9th, we had the opportunity to host new families to our school for an Open House. Families were able to tour the school, speak to teachers, families and administration, and get a feel for the energy inside our building. Within our classrooms, students are continuing to grow in their learning. Teachers have been making excellent use of the chromebooks and student knowledge and comfort levels continue to increase.

All are invited to attend our School Council meeting on Thursday, April 20th at 7pm in the library. This is a wonderful opportunity to meet other parents at the school, learn about what is happening at Ecole St. Gerard and to ask questions. We look forward to our grade one teacher presenting at this meeting.

Have you subscribed to receive messages from our school? To do so please go to <https://www.cssd.ab.ca/schools/stgerard> and click "Contact Us".

April Events:

April 3rd: Classes Resume
April 3rd - 7th: Zoo School Grade 4/5
April 3rd, 10th, 24th: Healthy Hunger Special Lunch
April 13th: Liturgy 2:30pm
April 14th: No School (Good Friday)
April 17th: No School (Easter Monday)
April 20th: Parent Council Meeting at 7pm
April 24-28th: SoundKreation Dance Residency

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What to do if You've Got an Issue with Your Legal Bill

By Brian Seaman

If you've got a legal bill that seems too high for the work that was done on your behalf, did you know that you have an option to possibly get it reduced? This process is unique to the legal profession and is set out in the *Alberta Rules of Court*. The review process applies not only to a legal bill and disbursements but also applies to retainer agreements.

The process is relatively straightforward. The provincial department of Justice and Solicitor-General has Queen's Bench Review Officers at its 11 judicial centres located around the Province; in Calgary, the centre is located at 601 5th Street SW. These Review Officers hold law degrees, have practiced law, and act as important gatekeepers of the integrity of the legal profession by ensuring fairness.

If you have not received a satisfactory explanation as to the charges and disbursements from your lawyer, you may apply for a review of your bill. You have six months from the date that the bill was sent to file what's called a Notice of Appointment of Service; this Form, along with the various other forms you'll need including the Affidavit of Service, can be found online at [https://albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer-s-bill-sample-forms-\(november-2010\).pdf?sfvrsn=0](https://albertacourts.ca/docs/default-source/default-document-library/review-of-a-lawyer-s-bill-sample-forms-(november-2010).pdf?sfvrsn=0). The cost for filing is \$100.00 and is payable by cash, credit, debit or cheque or money order payable to the "Minister of Finance and Enterprise of Alberta." Court orderlies at the judicial centre can direct you to the proper counter to file your

documents. You need to file the original document, plus three copies, and you'll need to include the account(s) that you want reviewed.

Once you've filed your documents, you must serve the Notice and supporting Affidavit on the lawyer whose account you're challenging. This can be done by personally attending the lawyer's office and serving the documents, by recorded mail through Canada Post, or by hiring a process server. In any case, unless the lawyer or an assistant has acknowledged service in writing, you will need to file an Affidavit of Service.

You should note that neither Court clerks nor Review Officers can give any assessment as to whether you have an arguable bill for review and what the outcome might be. You should also note that though you may have an agent or proxy to act/speak on your behalf, it is important to attend the Review hearing. If the Review Officer determines that the bill was justified, an award of costs may be made against you. Both you or your former lawyer may appeal a finding of the Review Officer. Finally, there are two exceptions to the rule regarding review of legal charges: i) the beneficiary of a Will can't get the Estate lawyer's charges reviewed; and ii) a Legal Aid account can't be reviewed.

This commentary provides general information about the legal account review process, reflects the author's opinion and is not legal advice. Brian Seaman is a freelance writer/legal researcher.



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:

I hope you are well and enjoying some spring weather and activities with family and friends. Thanks to all those who came to our office open house on March 17th. I trust it was useful discussing transferrable skills in the oil and gas and renewable industry with our special guest from Iron+Earth. As Alberta's Legislative Assembly is in session, we are diligently doing estimates on the provincial budget of 2017-18. Being a member of the Standing Committee on Resource Stewardship, I appreciate reviewing how funds are allocated to Environment and Parks, Transportation, Municipal Affairs, Treasury Board and Finance, Energy and Indigenous Relations.

Based on inquiries lately, I would like to provide further information on natural gas bills in this newsletter. Please do not hesitate to contact us or call the **Climate Leadership Plan Hotline at 310-0000** for specific feedback.

Carbon Levy: Because it is based on natural gas consumption, it will decrease considerably in warmer months for most consumers. In addition to rebates, the carbon levy is funding energy saving efficiency programs that will help Albertans reduce their energy use, allowing them to save even more of their rebate, and additional energy costs. The cost of the carbon levy is much less than historical fluctuations we have seen in natural gas prices. It is vital that we protect families from energy price volatility. By funding energy efficiency programs, the revenues from the carbon levy will help Albertans directly. Incentives and program information is available at energyefficiency.alberta.ca

The carbon levy is only a small part of the increase. EN-MAX stated: "about 80 per cent of the increase in bills can be directly attributed to the extended and extremely cold temperatures we've experienced this winter" as compared to our very mild November. Natural gas prices have also increased slightly. Most households can expect to pay around \$120 extra in 2017 for natural gas.

The carbon rebate for couples making up to \$95,000 per year is \$300, with an additional \$30 per child.

Recently, Alberta's government announced a \$36-million rebate program for solar installation on residential and commercial buildings. By 2019, the new program is expected to:

- support the creation of 900 jobs in Alberta's solar sector
- cut solar installation costs up to 30 per cent for residences and up to 25 per cent for businesses and non-profits
- reduce greenhouse gas emissions in Alberta by about a half million tonnes, the equivalent of taking 100,000 passenger vehicles off the road

Distribution Charges: Any higher distribution charges are a result of continuous investment and improvements in the distribution systems that bring gas to your homes and businesses.

Regulated Rate Option: Our government announced a 6.8 cent per kWh price ceiling on the regulated rate option that will take effect June 1, 2017.

Any questions about your bill can be directed to your energy provider or to the **Utilities Consumer Advocate**. The UCA can be reached by phone at 310-4822 or email at UCAhelps@gov.ab.ca



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Southwood mybabysitterlist

Name	Age	Contact	Course
Alana	26	587-888-4854	Yes
Alana	26	403-869-1993	Yes
Alex	18	587-225-7463	No
Ariel	18	587-500-6166	No
Ariel	18	587-500-6166	No
Chloe	15	403-975-7037	Yes
Kim	25	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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- Have relief from anger and depression and more...



Southwood Real Estate Update

Last 12 Months Southwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$447,400	\$448,000
January 2017	\$444,500	\$427,500
December 2016	\$529,450	\$510,000
November 2016	\$418,000	\$395,000
October 2016	\$429,900	\$430,000
September 2016	\$459,950	\$449,250
August 2016	\$466,950	\$461,000
July 2016	\$412,062	\$410,000
June 2016	\$425,000	\$408,000
May 2016	\$449,900	\$445,000
April 2016	\$442,400	\$416,750
March 2016	\$449,900	\$425,000

Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	15	4
January 2017	7	6
December 2016	1	2
November 2016	3	1
October 2016	5	3
September 2016	6	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

To view more detailed information that comprise the above MLS averages please visit southwood.great-news.ca

Councillor, Ward 11
Brian Pincott
P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

I have had the greatest pleasure to be the Councillor for Ward 11 in Calgary since 2007. I embarked on this journey dedicated to explore opportunities to make our community and our city a more sustainable and inclusive place. My passion for this work has never waned throughout the past almost 10 years. I am as committed to our community today as I was when I decided to make the step into municipal government. I remain committed to building and supporting our community as I take my next step.

All that said, as of February 7th, 2017, I have decided to not run in the 2017 Municipal Election.

When I started in 2007, I was passionate about a number of issues and had many goals that I wanted to achieve. I feel that I have done so, including changing the way we grow our city, abating the unsustainable and expensive suburban sprawl pattern we had experienced for the last 50 years, improving cycling infrastructure, expanding transit, and supporting a vibrant arts sector. I discovered a few goals along the way that surprised me, especially my passion for improving the auditing process at the City of Calgary - a process I led in 2008-11. And through it all, working with communities across Ward 11 to support them, addressing their challenges and issues, and initiating new ways to engage their neighbours has been incredibly rewarding.

There are issues that I was determined to make significant headway on that I think need more work. I wish that I had been successful on getting a ban on the cosmetic use of pesticides in our city, to protect our children when they are playing in the yard or the neighbourhood park. As I have worked on the affordable housing file for many years with the Federal and Provincial governments, as well as the Federation of Canadian Municipalities, I have come to realize the challenges for addressing this very significant issue in Calgary lie with the other orders of government. Provincial and Federal policy and financing are key barriers to making real progress to provide safe and affordable housing for all. As well, the work of Reconciliation with indigenous peoples is just beginning. This too will require the commitment of all orders

of government to work together to be true partners with our indigenous brothers and sisters.

There is more work to be done. I don't know what my next step is; but I do know that the only way to discover what opportunities lie ahead is to close the current door.

I will continue to work for a more inclusive community, where everyone has a chance to succeed in their own way and on their own terms. I remain dedicated to the deep egalitarian principles that I believe are embedded in the psyche of this great city, our strong province, and our welcoming and inclusive country. I truly am excited to see how I might be doing that in the future.

I have deep thanks to all those who have supported me as the Ward 11 Councillor for the past 10 years. It has been an honour to work with and learn from all of you. It has been a pleasure working with the wonderful staff in the Ward 11 office; they have made it a joy to come to work each day. I also have had the honour of working with City of Calgary staff who are dedicated, day in and day out, to making our city better. Last, and never least, has been the opportunity to work with residents across Ward 11 to make their communities better. You have always been an inspiration to do more and to try harder.

ST. GERARD

CATHOLIC CHURCH

ALL are WELCOME to join us for any of our services – or choose a church of your choice in the area!

We are located at 8944 Elbow Drive
📞 403-253-2251
🌐 www.stgerards.ca

CARDS & GAMES every Tuesday morning in the parish hall; 9:30 AM

Friday, April 7th - Mass at 9:00 AM, followed by coffee & muffin social; Stations of the Cross at 7:00 PM

Palm Sunday, April 9th - Services at 9:00 & 11:00 AM

Monday, April 10th - Chrism Mass at St. Mary's Cathedral at 7:00 PM

Holy Thursday, April 13th - Mass of the Lord's Supper at 7:00 PM

Good Friday service - 3:00 PM

Saturday, April 15th - EASTER VIGIL - 7:00 PM

EASTER SUNDAY - masses at 9:00 & 11:00 AM

Saturday, April 22nd - Knights of Columbus GARAGE SALE

April 29th & 30th - Baptism of infants – must contact the parish office to make arrangements

Weekday mass times: Tuesday – Friday at 9:00 AM; Saturday at 5:00 PM; Sunday at 9:00 & 11:00 AM



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