

FEBRUARY 2017

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

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VALENTINE'S  
DAY**





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for 2017



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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	



## SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Dr. SW Calgary, AB – T2W 0W3  
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 www.southwoodconnects.ca

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### Editorial Submissions

newsletter@southwoodconnects.ca  
 All editorial submissions must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Southwood Community Association and Great News Publishing.*

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

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



## PRESIDENT'S MESSAGE

We are really getting a taste of winter as I write this. It is good for the rinks, for ice skating, and of course the Winter Festival on January 7th 2017.

Thank you to the wonderful residents who flood, clean and maintain the ice rinks in our community all winter long. The main rink at the hall, and the pleasure rink beside it. Not to forget the Adopt-a-Rink by the Library. This winter is the 34<sup>th</sup> anniversary of the Adopt-a-Rink.

So for all your hard work and efforts, thanks to:

Paul Webber and family and Alec Simpson, for the rinks at the Hall.

Bob Jonathan, Joe Short, and John (the manager at Jack Astors - who has come out to lend a hand as well), for the Adopt-a-Rink.

We will be having a meeting on January 17<sup>th</sup> with the City Engineers and residents regarding the sewer issue on Sabrina Road. I will report in the next newsletter regarding the information we get.

So that is all from me for this month. There will be more to report after the January meeting, so in the meantime I hope you all had a lovely and relaxing holiday season and wish you all the best for 2017.

A reminder about memberships: You can buy your membership online at [Southwoodconnects.ca/Memberships](http://Southwoodconnects.ca/Memberships). You can also purchase through Trico. March is Membership Month- so please come forward and support your Community Association and buy a membership.

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

Kind regards,

Vivien Jonathan

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# MARS

BLINDS & SHUTTERS

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Contact in confidence (fees paid by client)  
[info@divinematchmaking.com](mailto:info@divinematchmaking.com)  
[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870

# 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
Secretary	Anne WroblewskiLily	secretary@southwoodconnects.ca	403-671-7459
Past President	Mark Zan	ecozan@hotmail.com	403 255 0006
Vice-President	Ellen Close	ellenclose@gmail.com	403-826-6797
Director of Memberships	Ellen Close	membership@southwoodconnects.ca	403-826-6797
Director of Programs	Robert Dickinson	programs@southwoodconnects.ca	403-479-3750
Director of Transit	Dorothy Cornwall	dothome@shaw.ca	403-259-5048
Oriented Development			
Director of Development	Becky Poschmann	becky.poschmann@gmail.com	403-460-1451
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
Director at Large	Rick Kry	kryinternetuse@yahoo.ca	403 259 2951
Director at Large	Dorothy Rice	dorothy.rice@shaw.ca	403-919-7355
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Director at Large	Thalia McRae	thalia.mcrae@gmail.com	403-698-9133

## ASSOCIATES

Newsletter	Barb Short	newsletter@southwoodconnects.ca	403-255-6049
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Facility maintenance	Rob Schiaroli	schiarolirobert@gmail.com	403-815-1079
Community garden	Teresa McLaren	southwoodcommunitygardens@gmail.com	403-680-9868
Learning Tree Pre School	Megan	thelearningtreepre-school@shaw.ca	403-680-9868
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.



You have a lot riding on us getting it right.

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# Hall Rentals

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



# 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.





**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!

## 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	barblshort@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.



**Life.**  
We don't  
want you  
to miss it.™



Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)





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](http://www.tricocentre.ca) to find out more.

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

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule.

### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.



### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at [www.tricocentre.ca](http://www.tricocentre.ca).
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

### Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

### Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule and details.



## Southwood Real Estate Update

### Last 12 Months Southwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$529,450.00	\$510,000.00
November 2016	\$418,000.00	\$395,000.00
October 2016	\$429,900.00	\$430,000.00
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

### Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	2	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
February 2016	3	3
December 2015	2	6

To view more detailed information that comprise the above MLS averages please visit [southwood.great-news.ca](http://southwood.great-news.ca)

## IN & AROUND SCHOOLS

### St. Gerard School

Happy New Year! I would like to welcome you all back as we kick off 2017. We hope that everyone had a joyous and wonderful Christmas and school break.

Thank you for your support of Mission Mexico and St. Vincent de Paul Christmas Hamper program! Although December can be a challenging time for all of us as we budget for gifts, juggle time, decorate spaces, and welcome relatives while working no less, through it all, our school community was able to generously support Mission Mexico as well as several families with Christmas Hampers of gifts. Merci!

Kind regards,  
Christian Harries | Principal

### Important Dates:

- January 9th: Classes resume; SPARK (daily physical movement program) Presentation; Healthy Hunger special lunch
- January 11th: Sammy's Pizza Lunch
- January 12th: Grade 6 Field YouthLink
- January 16th: Healthy Hunger special lunch
- January 17th: Grade 6 Criminal Justice Presentation
- Jan 19th-20th: Grade 6 Canada Olympic Park
- January 23rd: Healthy Hunger special lunch
- January 23rd-25th: Alien In-Line Skating K-2
- January 27th: PD Day

## 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](mailto:swca@shaw.ca).

**Active Learning**  
Programs Ltd.

**Open House February 12, 2017**  
1:00 p.m. - 4:00 p.m.

French Immersion Preschool  
(some Transportation provided)

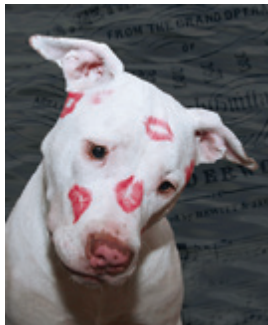
Out of School Care for Acadia, Fairview  
& Lake Bonavista Schools

403.473.0600 | [www.activelearningprograms.ca](http://www.activelearningprograms.ca)  
2 - 430 Acadia Dr. SE, Calgary, AB



### Happy Thinking Day!

**2017** So what is this Thinking Day? World Thinking Day –February 22nd- is the joint birthday of Lord and Lady Baden-Powell the founders of Boy Scouts and Girl Guides. World Thinking Day gives Girl Guides and Girl Scouts the world over the chance to reflect and show camaraderie with their sisters in far flung places. Units will hold parties or special events in celebration of Thinking Day and raise funds for the CWFF (Canadian World Friendship Fund). These funds will go to WAGGGS



### Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

(World Association of Girl Guides & Girl Scouts) for development of programs in other countries.

Blackfoot District will be hosting a bridging roller skating night at Lloyd's Recreation for all its members. This is an event sure to be filled with spins and thrills- can you do the Hokie-Pokie on roller skates?

The Spark units will be visiting the fire hall, celebrating Valentine's Day with cupcakes and cards, and learning about Guides from around the world.

The Brownie units will be working on Keys, sleeping over at Telus Spark & the zoo, celebrating Thinking Day through games, songs, dances and crafts from our sister Guiding countries.

The Guide units will be learning about the 4 World Guiding Centres by participating in activities from Mexico (Our Cabana), India (Sangam), Switzerland (Our Chalet) and England (Pax Lodge) in celebration of Thinking Day.

The Pathfinder & Ranger units will be winter camping, snowshoeing, making birthday boxes for the food bank and will be attending STEM Day at U of C.

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 contact

Calgary Area Girl Guides at 403-283-8348 or [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com).

**Girl Greatness Starts Here**

# SOUTHWOOD COMMUNITY CALENDAR FEBRUARY 2017

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

(P) indicates Pioneer Room  
(C) indicates Chateau Room



# 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](http://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  
February 23  
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](http://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

403-648-6576

#### **MEND Mind, Exercise, Nutrition...Do it!**

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. Ages 2Y - 4Y: A 10 week healthy eating and activity program for families.

#### **Southland ProShop**

"Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

#### **Friday Night Dance Party at Southland Leisure Centre - February 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!

#### **Family Valentine's Crafts & Cookies**

Tuesday, Feb 14 - 9:30 a.m. - 11:30 am and 6:30 p.m. - 8:30 p.m. - Family Valentine's Crafts & Cookies at Southland Leisure Centre

Celebrate family month and Valentine's. Make some Valentine's crafts for your family and friends and enjoy some light refreshments. Drop-in to our lobby!

**Family Day Week-end Climbing & Gymnastics Drop-in**  
Sunday, Feb 19 - 3-5 p.m. - Family Day Week-end Climbing & Gymnastics Drop-in at Southland Leisure Centre. The whole family is welcome to our special Family Day week-end Climbing (Indoor rock Climbing) and Gymnastics Drop-in.

#### **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.

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

Please see [calgary.ca/recreation](http://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.

#### **Babysitting Room at Southland Leisure Centre**

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

Mon - Sunday - 08:30am - 12:30pm, Monday-Thursday 04:00pm - 08:00pm

Reasonable rates for a well deserved break!

#### **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.

Cost: Free

Ages: 11 - 15

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

Location: Southland Leisure Centre (2000 Southland Dr. SW)

#### **Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre**

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.

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Calgary, AB, Canada T2H 0Y8  
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calgary.acadia@assembly.ab.ca

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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](http://www.communitymediation.ca), 403-269-2707.

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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.

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Hi friends and neighbours

You may have heard in the news that last month our Government banned door-to-door sales of household energy products at the beginning of the year.

I am really proud of this decision, which helps protect Albertans from misleading, high-pressure sales.

The Government had received more than 1,000 consumer complaints about energy products and services, including:

- Deliberate misrepresentations,
- Selling products they don't really need,
- Energy contracts not being cancelled upon request, and
- High-pressure tactics

Under these new rules, Alberta has banned door-to-door sales of:

- Furnaces
- Hot water tanks
- Natural gas and electricity contracts
- Air conditioners
- Windows
- Energy audits

Energy companies can continue to sell directly to Albertans, including telephone and online sales, kiosks, and advertising. Consumers are still able to invite salespeople to their homes if they choose, and at the customer's request.

Alberta's *Fair Trading Act* protects consumers from unfair business practices before, during, and after a consumer transaction. Anyone with concerns about door-to-door sales should:

- Call our consumer protection line at 1.877.427.4088, and
- Visit [servicealberta.ca](http://servicealberta.ca) to learn more about their rights

Alberta's Utilities Consumer Advocate website offers tips on buying energy products; helps customer shop around by comparing utility rates online; and explains utility bills. [UCAhelps.alberta.ca](http://UCAhelps.alberta.ca)

Open House Saturday March 28th from 2-4pm. Chat with your neighbours and friends over coffee and a snack. Bring your questions and join the conversation.

As always, my staff and I are here to help and hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by email at [Calgary.Acadia@assembly.ab.ca](mailto:Calgary.Acadia@assembly.ab.ca), by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

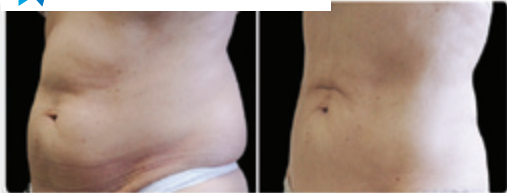
## BRAIN GAMES SUDOKU

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5	1	4	8					
6		8		7		2		

FIND SOLUTION ON PAGE 20



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# Southwood Community Gardens

Do you want to grow fresh flowers, fruit and vegetables?

Interested in teaching children about growing food?

Do you want to meet other community members?

## Join our community garden!

Our first meeting of the year will be **February 9<sup>th</sup> at 7 pm** and we will have monthly meetings on the second Thursday of the month. Meetings will be held in the Southwood Community Hall Upper floor.

Everyone is welcome to attend. Please contact us at [southwoodcommunitygardens@gmail.com](mailto:southwoodcommunitygardens@gmail.com), join our **facebook page** called "southwood community gardens" or call **Teresa at 403-539-1364** if you are interested or want to know more.

## BRAIN GAMES SUDOKU

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

## IN & AROUND CALGARY

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

**February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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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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BEFORE	AFTER
	
BEFORE	AFTER
	
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**Anam Kazim**  
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Ph: (403) 216-5421 • Fax: (403) 216-5423  
Email: [calgary.glenmore@assembly.ab.ca](mailto:calgary.glenmore@assembly.ab.ca)  
Facebook: Anam Kazim - MLA for Calgary Glenmore  
Twitter: @anamkazimMLA

Dear Constituents:

As we enter the second month of the New Year, I am happy to mention that I am chairing the Caucus Budget Advisory Committee: it works closely with the Minister of Finance and provides assistance to the ministry to prepare the upcoming spring budget 2017. I am glad to have this leadership opportunity to provide my insight into the budget to serve Albertans' best interests.

We are working hard towards job creation in our province: with new initiatives like the Energy Efficiency Program, the Alberta Investor Tax Credit and the Capital Investment Tax Credit, the Petrochemicals Diversification Program and with capital investment in roads, hospitals and schools, you will begin to see the effects in our economy. Since August of 2016 the province has added 25,000 jobs.

- Two new facilities approved under the **Petrochemical Diversification Program**.
  - These plants, for the first time in Alberta, will process propane extracted from natural gas resources into value-added plastic products that people all over the world use every day. Both plants will operate in the Edmonton area (Sturgeon County and Strathcona County).
  - During construction of the Pembina/PIC petrochemical processing facility, there would be an average of 2,000 to 2,500 workers on site, with more than 150 full-time operations and head office jobs upon completion. Construction is expected to start in 2019, with the facility operating by 2021.
  - The second project, by Inter Pipeline, will create 2,000 full-time equivalent jobs over the three year construction period. About 1,600 of those would be at the site and the rest would be in fabrication or module shops and engineering firms. An additional 95 full-time operations positions would be created upon project start-up. Construction is expected to start in 2017, with the facility operating in 2021.
- New wells drilled under **Modernized Royalty Framework**

- Since July, 129 new wells have been drilled in Alberta under the modernized royalty framework.
- Each new well supports 135 direct and indirect jobs and about \$4.5 million in spending.
- It was clear that the old method of confrontational politics of shouting at Ottawa and the other provinces, was not working to get Alberta better access to markets for our oil and gas products.
- We chose a different path and decided to build a plan that would protect our environment and build our energy economy. The pipeline approvals are proof that this plan worked: When Prime Minister Trudeau announced these pipeline approvals, he said, "Let me say this definitively, we could not have approved this project without the leadership of Premier Notley and Alberta's climate leadership plan."
- Starting in early 2017, **Energy Efficiency Alberta** will deliver a variety of programs and services for energy efficiency and small scale renewables.
  - Free installation of residential efficiency products such as lighting, water fixtures, and heating components in homes across Alberta.
  - Rebates for efficient appliances, lighting, and insulation for homes.
  - Incentives for high-efficiency retrofits of lighting, heating, cooling, and hot water systems for businesses, non-profits, and institutions.





# 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
Chloe	16	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](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



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.



**Councillor, Ward 11**  
**Brian Pincott**  
P.O. Box 2100 Stn. M, #8001A  
Calgary, AB T2P 2M5  
403-268-2430 • [www.ward11calgary.ca](http://www.ward11calgary.ca)

On January 5th of this year, the Assessment Department mailed out the 2017 Property Assessment Notices to property and business owners in Calgary. The assessment process is how property taxes are distributed among all property owners to meet The City’s budget needs to pay for services all Calgarians benefit from like police, fire protection, transit, parks, recreation and more. Your property assessment provides the basis for your share of taxes, relative to all non-residential properties in Calgary. On June 27th, 2016, City Council made the decision to reduce the 2017 property tax rate increase to zero through a one-time rebate. Please note this only affects The City’s portion. Your property assessment is based on your property’s estimated market value on July 1st, 2016, and is used to calculate your property taxes. Your property assessment can change year to year.

### Residential Property Assessment

The average home in Calgary saw an assessment decrease of 4 per cent. If your assessment decreased 4 per cent, you will pay about the same municipal taxes as last year. If your assessment decreased less than 4 per cent or increased from 2016, your municipal taxes will increase. If your assessment decreased by more than 4 per cent, you will see a decrease in your municipal taxes. Please note, the Provincial portion of the tax rate is not announced until spring, and will also have an impact on your property taxes.

### Non-residential Property Assessment

The average non-residential property saw an assessment decrease of 6 per cent. If your assessment decreased 6 per cent, you will pay about the same municipal taxes as last year. If your assessment decreased less than 6 per cent or increased from 2016, your municipal taxes will increase. If your assessment decreased by more than 6 per cent, you will see a decrease in your municipal taxes. Please note that regulated assessments are not subject

to the market value standard, and assessment changes may not be reflective of the average 2017 assessment changes for non-residential properties. The Provincial portion of the tax rate will impact your property taxes. This is not announced until spring. The Business Tax Consolidation will also impact your property taxes.

### Business Tax Consolidation

The City is phasing out the Business Tax through a gradual transfer of the business tax revenues to the non-residential property tax. Each year, business tax bills will go down and non-residential property tax bills will increase. The Business Tax will be eliminated in 2019. Consolidating the taxes into a single, easy to understand real estate-based assessment and tax system for non-residential property owners will make Calgary more competitive and attractive for business. Please note that Business Tax Consolidation will not impact your property/business assessment nor will it be reflected on your assessment notice. It will not increase the amount of revenues collected by The City.

### Customer Review Period

The Customer Review Period is from January 5th to March 6th, 2017. If you have any questions about your assessment, please contact 403-268-2888. Changes can only be made to your 2017 Property Assessment during the Customer Review Period.

The City offers online tools to help property owners understand and review their assessment. By logging into Assessment Search at [calgary.ca/assessment](http://calgary.ca/assessment), you can access details on your property to check and review the accuracy of the information The City has on file, and compare your assessment with other similar properties in your area to ensure your assessment is fair and equitable. You may also conduct more in-depth assessment research and can access sales, community and property reports.

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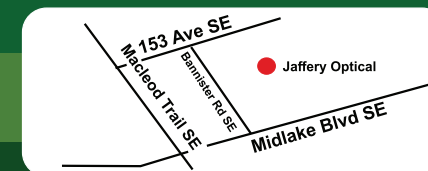
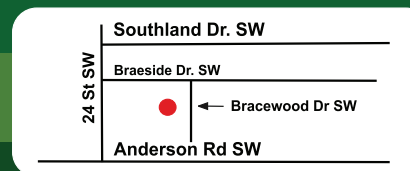


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## Your Resident Realtors Selling Southwood

Southwood Detached Homes			
Year	Total Sales	Avg Price	Avg Days
2014	49	\$464,039	31
2015	49	\$455,322	31
2016	48	\$451,322	38

Southwood Attached Homes			
Year	Total Sales	Avg Price	Avg Days
2014	24	\$273,408	23
2015	12	\$293,167	43
2016	14	\$273,233	72

Southwood Apartment Homes			
Year	Total Sales	Avg Price	Avg Days
2014	23	\$184,495	32
2015	8	\$199,113	55
2016	6	\$170,258	75

**Southwood  
Proves Stable  
Through a  
Turbulent 2016  
Market**

**Call Today for your FREE  
Home Evaluation**

**Your Condo Certified & Resident Southwood Specialists  
403 252 5900**

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Not intended to solicit properties already listed for sale