

JANUARY 2017

DELIVERED MONTHLY TO 3,400 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

A photograph of two brown horses with white markings on their faces, harnessed together and pulling a sled through a snowy field. A person is visible on the sled behind the horses. The background shows snow-covered trees and branches.

WINTER FESTIVAL

JANUARY 7, 2017
2 PM TO 5 PM

BOARD MEETING

THURSDAY JANUARY 26, 2017
7 PM



Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



Brought to you by



CONTENTS

5	PRESIDENT’S MESSAGE
5	VOLUNTEER APPRECIATION CELEBRATION
7	WINTER FESTIVAL
8	GENTLE TUESDAY MORNING YOGA
9	SOUTHWOOD COMMUNITY GARDENS
10	SOUTHLAND LEISURE CENTRE
12	SOUTH WEST COMMUNITIES RESOURCE CENTRE
17	THE INDOOR GARDENER: PRAYER PLANT
22	AT A GLANCE
24	MY BABYSITTER LIST



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 Weather Information	511
Gamblers Anonymous	403-237-0654



SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Dr. SW Calgary, AB – T2W 0W3
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southwood.info@gmail.com
www.southwoodconnects.ca

Delivered monthly to 3,400 households and businesses for 9 years!

Advertising Opportunities
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Editorial Submissions
newsletter@southwoodconnects.ca

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

Published by Great News Publishing
Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB T2C 2K2

Check out our website: www.great-news.ca



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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



Happy New year to all. We are wishing everyone a better and more prosperous New Year for 2017.

To celebrate the New Year we will be having our Winter Fest in January. We hope you will all come out to enjoy the fun. This is one festival where we hope for snow. What would a sleigh ride be without the snow?

We had an issue with some sewer smells in an area of Southwood. This had been troubling residents for about a decade. The residents contacted the City on many occasions. Sadly, no solution was obtained. We thank the residents for bringing this to our attention. The Ward 11 office has an active investigation into the problem. We have been assured that we will be having a meeting with the City Water and Sewer department on an update of this. This is how a Community Association can advocate for its residents.

Our Development and Traffic Directors have been busy ensuring we are kept in the loop with the proposed Southland Crossing development. In addition, we are working together to establish a link with the Haysboro Community Association, to work with them on pedestrian issues along Southland Drive in the vicinity of Southland Crossing.

You can buy your membership online at Southwood-connects.ca/Memberships. Our membership year has changed by the ratification of the vote to submit the bylaw amendment to March 01 through 28/29 February each year. This has been submitted to Alberta Registries. If you are purchasing through Trico, we will honor their system. Call or email Ellen for information regarding renewals.

The first meeting of the New Year will be held on January 26th at 7.00pm. Please feel free to join us!

Kind regards,

Vivien Jonathan

PROGRAMS REPORT

Rob Dickinson
programs@southwoodconnects.ca



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

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

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



Volunteer Appreciation Celebration

The volunteer appreciation celebration was held on Saturday November 12, and a noisy, cheerful time was held by all. These are only some of the volunteers who have helped to make Southwood a wonderful area in which to live! It was organized and emceed by Rick Kry.

Speeches were given by Rick, Bob Jonathan, Vivien Jonathan, and Rob Dickinson. All who attended were given a warm welcome along with wine and snacks.

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
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Director of Ice Rink	Paul Webber	pdwebber@shaw.ca	403-253-5139
Director of Traffic	Amanda Taffs	amandataffs@gmail.com	403-830-2727
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Newsletter	Barb Short	newsletter@southwoodconnects.ca	403-255-6049
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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.



JANUARY 7, 2017
2 PM TO 5 PM

Great fun for the whole family!

KidSport Skate Shack will be on site – free access to skates for anyone who does not own a pair!





SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

“An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence.”

Enform IRP 9 (Revised)

safetysync.com
403.668.6402

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.

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.

Gentle Tuesday Morning Yoga

10:00 am - 11:30 am - Drop in fee \$10
Classes begin on Tuesday, January 10th, 2017.


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.





YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

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	

Gardening by the phases of the moon

January 5 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 12 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

January 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 27 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



Southwood Community Gardens

January 2017 Update

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 **January 12th at 7 pm** and we will have monthly meetings on the second Tuesday 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, join our **facebook page** called “**southwood community gardens**” or call

Teresa at 403-539-1364 if you are interested or want to know more.

SOUTHWOOD AUTOMOTIVE



KEEP CALM AND BE SYN-FULL

587-352-9990

IN & AROUND CALGARY

Southland Leisure Centre

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

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. If you are interested in hearing more about MEND or wanting to register, please contact:

Southland Leisure Centre - 403-648-6593

Ages 2Y – 4Y: A 10 week healthy eating and activity program for families.

Friday Night Dance Party at Southland Leisure Centre – January 27 and 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!

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.

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

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 Aqua-Play 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.

SOUTHWOOD BUSINESS MEMBERS

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

Please Support These Local Businesses

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

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

THE LEARNING TREE PRE-SCHOOL



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

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Haysboro Community Centre

REGISTER NOW FOR NEW YEAR CLASSES

DISCIPLINE | FOCUS | SELF-ESTEEM | FITNESS



STEP INTO FALL

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

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

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

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

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




CHECK OUT OUR NEW CLASSES AT THE DOJO!

Children's Class (4-6 year olds)
Mondays 5:30pm - 6:15pm

**Women's Class with
Self-Defense specifics**
Fridays 6:00pm - 7:00pm

Drop in and try a class free

Buy a membership and be part of Southwood

Current Membership participation is increasing 5% of Southwood residents.

Membership purchase helps Southwood be a vibrant and sustainable community.

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

Upcoming Events:

January 7, 2017
from 2pm to 5pm

Winter Festival



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

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

Southwood Community Association MEMBERSHIP

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

Family Name:..... First Name:

Address:Postal Code.....

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

Phone #:.....Cell #:

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

**SOUTHWOOD COMMUNITY
ASSOCIATION MEETINGS
ARE HELD
THE LAST THURSDAY OF
EACH MONTH @ 7 P.M. -
ALL ARE WELCOME
11 SACKVILLE DR SW**

**HAVE A VOICE
AND BE INFORMED
ABOUT
ISSUES AFFECTING
OUR COMMUNITY**

**VOLUNTEER
AT EVENTS
JOIN THE
SOUTHWOOD
COMMUNITY BOARD**

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Programs Ltd.

Open House January 15

French Immersion Preschool
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& Lake Bonavista Schools

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2 - 430 Acadia Dr. SE, Calgary, AB

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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!



Southwood Real Estate Update


Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2015	\$439,850.00	\$425,750.00

Last 12 Months Southwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
January 2016	5	2
December 2015	2	6

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



The Indoor GARDENER

Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAY PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



50 REASONS TO SMILE

BUY A NEW TRICO PASS, AND GET A \$50 COUPON!

CONTACT GUEST SERVICES TO LEARN MORE

Coupon can be used towards a Trico Program, 3-Session Personal Training Package, or 10-Visit Pass for family and friends!

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



RBC Dominion Securities Inc.



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There's Wealth in Our Approach.™

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Guides Canada **BLACKFOOT DISTRICT**



Happy New Year One And All

2017 marks the **105th** anniversary of Girl Guides in Alberta and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1 or (5&6 year olds)
Brownies	Grades 2 & 3 or (7&8 year olds)
Guides	Grades 4, 5 & 6 or (9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9 or (12 to 15 year olds)
Rangers	Grades 10, 11 & 12 or (15 to 17 year olds)
Leaders	(18 years and over)

The Spark units will be visiting the fire hall, sledding, learning about our feathered friends and making a bird feeder.

The Brownie units will be skating, learning some camp skills at Brownie Academy at Camp Jubilee and working on badges.

The Guide units will be having sleep-overs, visiting 4 Cats studio and snowshoeing.

The Pathfinder units will be going to camp, volunteering at Brownie Academy and attending a Hitmen hockey game.

The Ranger units will be snowshoeing, winter camping and volunteering at Brownie Academy.

Upcoming District activities include roller skating at Lloyd's in early February.

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

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

Girl Greatness Starts Here!



COFFEE

Trico

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds



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

January 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, KidsSport). See 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.

Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.



- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

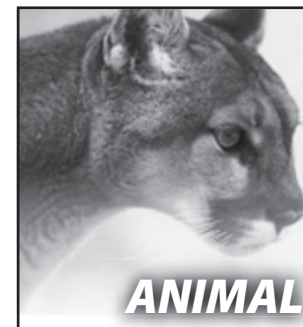
Children & Youth

From "just learning to walk" to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

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



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

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AFFORDABLE DENTAL CARE: We follow Alberta Blue Cross fee guide no extra billing. Our dentists and hygienists are Canadian trained. Visit www.calgarydentalcenters.com. Save money and smile. All dental plans accepted. Direct billing. Payment plans available OAC. Call 403-272-7272 or 403-287-6453.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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

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.

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

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

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.

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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BRAIN GAMES

SUDOKU

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3								2
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4				5			1	
6		5			7			8

FIND SOLUTION ON PAGE 23



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,

As we usher in the New Year, our thoughts are turning to the new Carbon Levy and ways we can save on our energy bills. I'm NOT going to tell you to put on a sweater, take transit and get rid of your car but there are so many small things that can be done around the home to reduce our personal environmental impact.

1. Purchase magnetic vent covers for heating vents. These covers block out air for floor, wall and ceiling metal vents. We all have those vents that heat areas that we don't use often. Available at hardware stores and online for less than \$20 and can be cut to size.
2. Deal with drafts at electrical outlets. Most of the drafts in our homes come in around electrical outlets. Electrical outlet insulation solutions are available in a number of forms depending on your level of handiness. Available in hardware stores and online for less than \$20.
3. Unplug your gadgets when you aren't using them. Unplug the tv or computer when you are away. Don't leave things charging overnight. Or purchase a power bar to plug in to, which you can easily switch off at night or when you're not using those devices.
4. Choose energy efficient bulbs for your lighting. Great advances have been made in the last 10 years so energy efficient lighting is reliable and cost effective. Many retailers in Calgary-Acadia have great affordable range of LED and CFL (compact fluorescent light) bulbs.
5. Buy local. We are so fortunate to have the Calgary Farmers Market located in Calgary-Acadia. Purchasing from local producers supports the economy and reduces the impact of shipping on the environment. And some of the carrots from the market are the best around, so sweet and yummy.

These are small, low cost changes, many of which I've adopted in my own home. While the Carbon Levy is not applied to electricity, small changes can add up to big results, and I would love to hear some of your energy-saving tips.

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, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10-3 and Tuesday - Friday 10-4.

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FEB. 25 - 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL

The Organizing Committee Calgary will be
hosting the 2017 ISU World Sprint Speed Skating
Championships at the Olympic Oval from Feb.
25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
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See important artifacts in Cochrane's acclaimed
career, including the 1963 Gretsch guitar, used by
Cochrane in the music video for 1988 single "Big
League". More info www.studiobell.ca



YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral
videos Pat Kelly and Peter Oldring are hitting the road with
a new version of their popular live show - This Is That LIVE! If
you have ever been curious how just two guys provide all the
voices for this completely improvised radio comedy, well this
is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper
Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this
type of role playing game, this D&D meet-up could be for
you. Join this group who are dedicated players and welcome
everyone, and with multiple ongoing campaigns new
dungeon masters are encouraged to step up as well. More
info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly
different worlds find themselves locked in a dangerous battle
of opposing ideologies and mutual desire. At times deeply
personal, at times shockingly confrontational, this is one of the
greatest intimate plays ever written. Watch, up close, as the
embers of a broken relationship spark, ignite, and illuminate
exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees
were afforded the opportunity to sample hundreds of
red, white, port, sparkling, fruit and dessert wines from
15 different countries! To complement the delicious sips a
selection of palate pleasing hors d'oeuvres will be served,
along with a variety of tantalizing bites available from local
businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at
various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun,
family-friendly fundraiser that raises money for the hungry,
homeless, and hurting across Canada. Coldest Night of the
Year 2017 officially launches on December 1, 2016, but you
can register now! You'll see more and more features magically
appear on the site as we get closer to launch. More info and
registration www.canada.cnoy.org



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:
Happy New Year!

I hope all of you had an excellent holiday season with fam-
ily, friends and loved ones. I would like to express my deep
gratitude to all of you who came to our Holiday Open
House on December 9, 2016. My staff and I were thrilled to
share joyous moments with you there. As we are entering
the New Year, I am delighted to share our government's
achievements along with my participation and contribu-
tions in the house in 2016.

Pipelines: I am very proud the Kinder Morgan and Line
3 pipelines were given federal approval. I know we Alber-
tans have been waiting for this day for a very long time;
finally our Premier and governments tireless efforts have
paid off. Our made-in Alberta plan is getting results to en-
sure Albertans do not have to choose between jobs and
the environment; this proves we can have the best of both.
This decision means access to the largest market in the
world and fairer value for our oil and gas resources, jobs
and prosperity for Albertans and Canadians alike, and an
end to Alberta's energy resource landlock. Many congratu-
lations to all of you and thanks to the federal government.

**Alberta Investor Tax Credit (AITC) & Capital Investment
Tax Credit (CITC):** While in session, another moment of
pride for me was to represent Calgary-Glenmore as co-
sponsor of Bill 30: *Investing in a Diversified Alberta Economy
Act* through the Ministry of Economic Development and
Trade. This bill is a big step towards promoting economic
diversification, supporting employers and entrepreneurs,
creating jobs and new opportunities, encouraging invest-
ment and providing security for future generations.

The AITC is a great incentive for entrepreneurs because it
supports enterprises in the early stages of development.
It gives a 30% Tax Credit to investors in a wide range of
sectors, including renewable energy, manufacturing
or processing, agriculture, agri-business and agri-food,
transportation and logistics, financial services, creative
industries and tourism. This credit would support up to
4,400 new jobs over three years and contribute up to \$500
million to the province's GDP.

The CITC supports large scale capital investments in
manufacturing, processing, infrastructure and tourism
through a 10% tax credit.

My participation in the house to support this bill consist-
ed not only a speech but also a short poem I wrote. You
can see both of these on my Facebook page. Both credits
apply to a wide range of investments and I would highly
encourage you all to consider applying for them. For fur-
ther information on these investment credits please con-
tact our office and we will be happy to assist you.

Every time I enter the House, I feel very proud of the ex-
tensive entrepreneurial spirit, exceptional talents and ex-
traordinary intellect in Calgary-Glenmore that I represent.
As this New Year gets under way, I want to wish you the
best in all your endeavors and look forward to working
with you to move our province forward.

BRAIN GAMES SUDOKU

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

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BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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(No religious content, non-denominational)

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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.



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

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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.



Councillor, Ward 11
Brian Pincott

P.O. Box 2100 Stn. M, #8001A

Calgary, AB T2P 2M5

403-268-2430 • www.ward11calgary.ca

A Year in Review

Happy New Year! I hope you had a great holiday season. I wanted to take a moment and share a 'Year in Review' for Ward 11 in 2016, and to talk about what is on the horizon for 2017.

This past year we've had some exciting developments in the Ward:

20th Street SW Bikeway

The bike lanes are open for you use! This project brought road design improvements and new pavement along the route. Remember we all need to move together, and be aware of pedestrians, cyclists, vehicles, and some changes to parking.

37th Street SW Storm Trunk Project – Phase 2

Phase 2 includes construction from south of 66th Avenue SW to the Elbow River. This portion is currently in the preliminary design phase.

50th Avenue SW Corridor Study

The City is wrapping up Phase 3 engagement of its Transportation Corridor Study of 50th Avenue SW between Crowchild Trail and 14A Street SW. As part of Phase 3, the project team sought feedback to help inform the evaluation, identify a preferred design concept and refine the recommended design concept.

61st Avenue SW Greenway Corridor

Construction on 61st Avenue SW continues. Please check the proposed alternate routes map to help you avoid delays on your commute. In conjunction with this project is the construction of the 61st Avenue SW Pedestrian Bridge, aiming for completion late 2017.

Anderson Pedestrian Bridge

The Pedestrian Overpass is now open to pedestrians and cyclists, connecting the communities of Cedarbrae and Woodbine. This connection replaces at-grade crossing at Anderson Road and 37th Street SW, to which pathway users will no longer have access to when construction begins on the South West Calgary Ring Road.

Crowchild Trail-Flanders Avenue Interchange

The Interchange is now open! Landscaping and final

finishing work will begin in spring 2017, with all interchange construction complete in summer 2017.

Crowchild Trail Study November Update

The City is now in Phase 6: Reporting and Completion of their study looking at Crowchild Trail between 24th Avenue NW and 17th Avenue SW. Although this portion does not pass directly through Ward 11, Crowchild Trail is an important commuter road to other parts of the city.

Deerfoot Trail Study Update

The City of Calgary and Alberta Transportation are working together to study Deerfoot Trail and recommend safety and mobility improvements. Although not in Ward 11, Deerfoot Trail is used by many of us, and is a significant artery in the city.

South Crosstown BRT

The South Crosstown BRT route is primarily set and will not require new roadways. With the exception of three new stations planned in the future, existing stop locations used for Route 306 will be used from Westbrook to Heritage LRT Stations. The route will then extend east of Macleod Trail to Quarry Park.

SW Transitway BRT

At this time, the project team is finalizing the designs of the north portion of the SW BRT, from Glenmore North to downtown. The project team expects to go to tender very soon, with construction beginning next year. For the south portion, the project team has been working with ATCO to prepare for their work on replacing the gas lines under 14th Street SW, as part of ATCO's Urban Pipeline Replacement Program. We expect that work to also begin in 2017. As soon as our office gets further information or notice of any public events, we will share this with residents of the area.

Thank you for your patience as the City works hard to create better connectivity through diverse modes of transportation for all citizens.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca, or by emailing my office at ward11@calgary.ca. Happy New Year!

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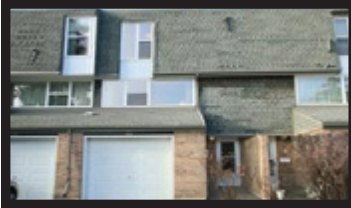


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*Happy New Year
Southwood!*

*We look forward to working
with you in 2017*

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