

JUNE 2017

DELIVERED MONTHLY TO 3,400 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



**JOIN YOUR NEIGHBOURS
GET INVOLVED IN SOUTHWOOD!**

RHUBARB FESTIVAL

SATURDAY, JUNE 3

11 AM – 5 PM

PLEASE BRING A FOOD BANK ITEM

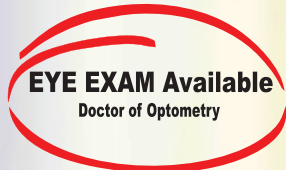
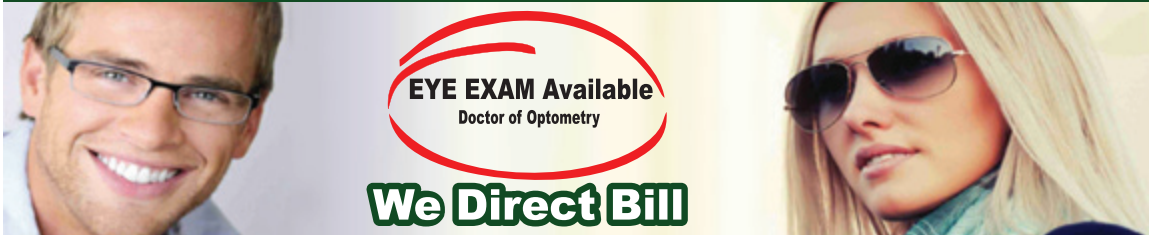
OR DONATION

AGM

JUNE 22 AT 7:45 PM

2 PAIR OF GLASSES
\$ 199.99

includes progressive or single vision scratch resistant plastic lenses



We Direct Bill

JAFFERY OPTICAL
www.jafferoptical.com

Jaffery Optical - Braeside Center
#25B - 11440 Braeside Dr. SW
Calgary, AB T2W 3N4
Ph: 403-452-1273

Jaffery Optical - Midnapore
258 - 22 Midlake Blvd SE
Calgary, AB T2X 2X7
Ph: 403-984-3275

ACADEMY
DENTURE CLINIC

www.academydenture.com

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall
Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

CONTENTS

- 5 PRESIDENT'S MESSAGE
- 10 PARK N' PLAY & STAY N' PLAY
- 11 CALGARY HUMANE SOCIETY:
5 SUMMER TRAVEL SAFETY TIPS
- 14 COMMUNITY CALENDAR
- 15 THEFT PREVENTION IN YOUR COMMUNITY:
RECYCLABLE CONTAINERS
- 16 CALGARY PUBLIC LIBRARY
- 17 JOIN US FOR RHUBARB FEST 2017
- 19 TAKE ON WELLNESS: AHS HOSPICE
- 22 BLACKFOOT DISTRICT GUIDES
- 24 MY BABYSITTER LIST
- 24 REAL ESTATE UPDATE
- 26 FOR ARTS' SAKE: WHY ART MATTERS





SOUTHWOOD CONNECTS

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

Advertising Opportunities

403-263-3044 | sales@great-news.ca

Editorial Submissions

newsletter@southwoodconnects.ca

All 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



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.

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



PRESIDENT'S MESSAGE

We reviewed our Budget for our Financial Year, March 2017 – February 28, 2018. The board approved the budget. Thank you so very much to Alec Simpson, our Treasurer, for his commitment and hard work. Where would we be without you?

The Annual General Meeting is on June 22nd at 7:45pm. Please try to attend. I will make sure that you all get the updates on our new board in the July newsletter. In the interest of succession planning, we would love more people to come and volunteer on the board. We are losing Rob Dickinson, who has played a big role as our events and programs Director. We will not say goodbye yet, because he will be here to help with passing on his portfolio.

The 55th Anniversary of Southwood is coming up! We had a lovely visit by one of our longtime residents, Peter McKenzie. He gave us some great ideas for celebrating Southwood Community Association's 55th anniversary in October this year.

Quite some time ago, I started collecting stories from our long-time residents who remembered this neighborhood in its infancy. I am sad to say that I had a computer meltdown and I lost those emails that I had saved in a folder for future use. So, if you sent something in to me, please can you resend it? If you have memories you would like to share, please bring them to our Anniversary Event at the hall. Search your basements and boxes of memorabilia for old photos, maps, building permits, memories of what the area was like before it ever was ever developed. We want to celebrate our heritage as a community. Of course, anyone wanting to come forward and help us with this will be more than welcome! Thank you to Peter!

We thank all of you who have purchased/renewed your memberships recently. You can buy your membership online at Southwoodconnects.ca/Memberships.

The next meeting will be on May 25th at 7.00pm. The AGM and regular monthly meeting on 22nd June 2017. That will be the last meeting then we break for summer and recommence on September 28th at 7.00pm. Please feel free to join us!

Kind regards,

Vivien Jonathan



Canada Day!
at
Central Library

July 1
10:00 am - 5:00 pm

- Indoor Campfire!
- 150+ Acts of Reconciliation
- LEGO Construction Site
- Storytimes Throughout the Day

Central Library 616 Macleod Trail SE

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	Lily Ann Wroblewski	secretary@southwoodconnects.ca	403-671-7459
Past President	Mark Zan	ecoza@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
Director at Large	Susan Roszell	susansh2@hotmail.com	403-4832209
Director at Large	Thalia McRae	thalia.mcrae@gmail.com	403-698-9133

ASSOCIATES

Newsletter	Barb Short	newsletter@southwoodconnects.ca	403-255-6049
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Facility maintenance	Rob Schiaroli	schiarolirobert@gmail.com	403-815-1079
Community garden	Teresa McLaren	southwoodcommunitygardens@gmail.com	403-539-1364
Learning Tree Pre School	Megan	thelearningtreepre-school@shaw.ca	403-680-9868
Skate park Liaison	Mark Zan	ecoza@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

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.



Fish Creek Provincial Park in Calgary is Canada's second largest urban park behind St. John's Pippy Park. People enjoy walking and biking on the park's 80 km (49.7 miles) of trails.

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.

DEEP ROOTS. COMMUNITY PRIDE. AND A GREAT FUTURE AHEAD.



City workers love our city, and we want the best for Calgary.

And we want you to get the best value for your money. That's what providing city services is all about.

We're proud to deliver great services in the most cost-effective way. To help provide the foundation for a growing economy. And to be there for people in good times or bad.



GREAT SERVICES. GREAT CITY.

Gentle Tuesday Morning Yoga

Tuesdays 10:00 am - 11:15 am
Spring session May 9th - June 13th
\$60 for 6 weeks

Meet on Tuesday mornings 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. All welcome.

Classes held at Southwood Community Hall, 11 Sackville Drive SW

Contact June Kwak to register. (403) 710-5126 / june@regroovenating.com

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.

VOLUNTEERING
is good for the soul

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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 11

KANTO SHO KARATE

Expert Instruction of Traditional Karate
Open all summer

403-681-8833 | www.renbukaikarate.com

40 years of experience. We provide training that develops self-control and character. The Dojo is safe and fun, for all ages.

Haysboro Community Centre
The Dojo and all Black Belt instructors registered in Japan

Check out our new Children's age 4-6 and women's classes

Discipline | Focus | Self-Esteem | Fitness



the Gutter Doctor

EAVESTROUGH
Cleaning • Repair • Installation

FASCIA • SOFFIT • SIDING • ROOFING

20,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca



NOW OPEN

New Location
is two blocks west of the old one!



Go to www.bottledrives.ca
for more information on our Bottle Drive Program,
... use our free trailers for easy community fundraising!

- Full refund on all eligible containers, including milk
- Honest, fast & accurate counting
- Ample Parking and no self-sorting required
- Pick-up service for schools, hotels, golf courses, and the hospitality industry.



(403) 246-7250

Best Price, Service & Warranty

MARS

BLINDS & SHUTTERS

ELITE
WINDOW FASHIONS

4519 - 1st Street SE
email: mblinds@telus.net

50% OFF
Hi Lites

75% OFF
2" horizontal wood/fauxwood
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

403-531-1500

PRESENT THIS COUPON FOR AN EXTRA 5% OFF

Park n' Play & Stay n' Play



These free, safe, supervised programs help children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles.

Programs run weekdays and are weather dependant.

Dates: July 10th - July 14th

Community: Southwood

Address: 11 Sackville Dr. S.W.

In partnership with Southwood Community Association

Stay n' Play FREE

Ages 3Y - 5Y

10 a.m. - noon

Participants must be accompanied by an adult/guardian

Park n' Play FREE

Ages 6Y - 12Y

10 a.m. - 3:30 p.m.

For more information visit
calgary.ca/communitysummerprograms.



5 Summer Travel Safety Tips

Happy (almost) summer everyone!

We hope you have been having a great June so far! June is always a busy month at the shelter as preparation for our summer camp program kicks in to high gear. All month long we will be preparing to welcome hundreds of young campers to enjoy their summer with us! With summer vacations on the horizon our call centre has also been getting a lot of questions about how to best keep pets safe while travelling this summer, so this month we are bringing you our top 5 summer travel safety tips for your pet!

- 1. Make sure identification is up to date!** Nothing is more scary than having your pet go missing in a strange place, but having up to date identification greatly increases the chances your pet will get back to you safely! Double check your pet's collar tag and the registration on their tattoo or microchip to ensure your information is correct. If you will be using a different phone number while on vacation consider having a special collar tag made for the trip.
- 2. Update your pet's vaccines and preventative medications!** Pay a visit to your vet before vacation to find out what vaccines and preventative medications your pet should have. Just as with humans, vaccinations should be based on where your pet is visiting. Your vet is the best person to advise on what vaccines are most appropriate for your pet.
- 3. Bring fresh water for Fido!** Just like humans our pets can catch parasites, like giardia, from drinking out of streams or rivers. Bring fresh water to keep Fido happy and hydrated.
- 4. Bring plenty of your pet's regular food!** Sudden changes in food type can leave a pet with an upset tummy. We recommend bringing a few extra days' worth of kibble, just in case!

5. NEVER leave your pet in the car! The temperature inside a car can climb dangerously high very fast, even when parked in the shade. Pre-plan your journey to be pet friendly and bring a leash so a travel companion can take your pet for a walk if you need to stop for supplies.

Would you like more information on how to keep your pet safe this summer? Do you have questions about Fido's behaviour before you hit the open road? Interested in learning more about all the fun summer programs running at the shelter? We would love to hear from you! Visit www.calgaryhumane.ca or call 403-205-4455.

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED **UNSEALED**

KILBCO
CONCRETE CURBING

Locally Owned & Operated

BBB A+

Brad 403.875.8463 | Stephen 403.478.1737

BRAIN GAMES SUDOKU

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

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:

RHUBARB FESTIVAL

Saturday, June 3, 11 am – 5 pm
 Please Bring a Food Bank Item or Donation

AGM

June 22 at 7:45 pm



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 #:

Flate Rate for All \$15

Donation to the Community YES NO

Interested in Volunteering? YES NO

THANK YOU FOR SUPPORTING YOUR COMMUNITY

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



SOUTHWOOD COMMUNITY CALENDAR JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only)	1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	
8am-1pm - (P) - ECC Church	7-9 pm - (P) - Gamblers' Anonymous	10-11:15 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	6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only)	1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	
8am-1pm - (P) - ECC Church 3-5 pm - (C) - Chihuahua Playgroup	7-9 pm - (P) - Gamblers' Anonymous	10-11:15 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	6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only)	1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	9-2pm Chakra Therapy Southwood
8am-1pm - (P) - ECC Church	7-9 pm - (P) - Gamblers' Anonymous	10-11:15 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	6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only)	1-3:30 pm - (P) - Home-schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	9 am-5 pm Chakra Therapy (Chateau)

Theft Prevention in your Community: Recyclable Containers

Theft of recyclable/refundable items, such as bottles and cans, continues to be a concern for many Calgary communities. To prevent your home or property from becoming a target for thieves, the Calgary Police Service offers the following tips:

- Take refundable containers such as pop cans and milk jugs to bottle depots. Refundable containers left in blue carts encourage people to go through the contents, which can lead to littering and vandalism.
- Refundable containers left out and accessible may also attract bottle pickers to your community.
- Do not leave refundable containers unattended in your backyard. These items offer a target for thieves who may enter your property.
- Lock refundable containers in your home or garage.
- Lock any gates with access to your property to deter unwanted individuals from entering.
- If you don't find recycling depots convenient, you may also consider donating your refundable containers to local bottle drives, or simply dropping the containers off at a bottle depot. Many depots have a bin for donations and the money collected goes to charitable organizations.

If you notice your recyclables have been taken from your backyard without your consent, contact the police non-emergency line at 403-266-1234 or report online via www.calgarypolice.ca. If you see a prowler outside your home, call 9-1-1 immediately.

Join your neighbours - Get involved in Southwood

Whether it's running events like Rhubarbfest, maintaining our rinks, or acting as a voice for community interests, The Southwood Community Association works hard to make our neighbourhood stronger. None of this would be possible without the support of our volunteers - Southwood residents just like you!

We are always looking for people who want to get involved. This year we are especially interested in:

Volunteers who can help plan or support our events

Volunteers to help with our membership drive

New members of our board of directors, including a Treasurer, Programs Director, Membership Director and Vice President

If this sounds like you, get in touch. Either contact Vivien Jonathan at president@southwoodconnects.ca, or come out to our Annual General Meeting on Thursday, June 22, 7:45 pm at the Community Hall - 11 Sackville Drive SW.

Hope to meet you soon.



THE TRUE NORTH STRONG AND FREE

In honour of Canada's 150th birthday, Great News Publishing wants to know...

WHAT IS YOUR FAVOURITE PART OF BEING A CANADIAN?



Submit your best answers for a chance to be featured in upcoming newsletters!

canada150@great-news.ca

#34, 4550 112 Ave SE, T2C 2K2

Visit our Facebook page for more details

facebook.com/GreatNews.ca



Smile 32 Dentistry

Dr. PARTHA BORUAH B.D.S D.M.D & Associates

Family Dentistry

403-278-4322

Suite 580, 10655 Southport Rd SW

smile32dentistry1@gmail.com www.smile32dentistry.com

SECOND CUP COFFEE CO.

Buy any breakfast sandwich & get a medium brewed coffee

FREE

ONLY AT BRAESIDE SHOPPING CENTRE

Offer only valid at Braeside Shopping Centre until June 15th, 2017 or while supplies last. Entitles customer to a free medium brewed coffee with the purchase of any breakfast sandwich at regular price. Coupon must be surrendered at time of purchase. Plus applicable taxes. At participating location only. Product may not be exactly as shown. TMTrademark of The Second Cup Ltd.



CALGARY PUBLIC LIBRARY

School's Out: 3 Things for Canada Party!

We're celebrating Canada and the launch of our Summer Learning Program. Join us for games and food for the whole family. No registration required and all ages welcome.

All Library Locations
June 17 | 10 am – 4 pm

Celebrate Canada Day! at Central Library

For the first time, Central Library will be open on Canada Day and we invite you to join our indoor campfire, 150+ Acts of Reconciliation, LEGO construction site, and storytimes throughout the day.
Central Library
July 1 | 10 am – 5 pm

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca or call 403.260.2600 to find out how you can be entered to win great prizes just for reading!

Heritage Time 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.



Join us for Rhubarb Fest 2017

Saturday, June 3, 11 am - 5 pm

Southwood's favourite 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. Discount on food and beverages for SWCA members.

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.



Locally Owned & Operated



Free Estimates 403-875-8463



MLA Calgary - Acadia
Brandy Payne
 #10, 8318 Fairmount Drive SE
 Calgary, AB, Canada T2H 0Y8
 ☎ 403-640-1363 📠 403-592-8171
 ✉ calgary.acadia@assembly.ab.ca

Hi friends and neighbours,


My office is often asked, 'What are you doing for seniors?' so I'm pleased to let you know some of the ways we are working to make life better for Alberta Seniors.

Affordable Housing

\$1.2 billion investment in affordable housing projects over five years include many seniors housing units across Alberta. Affordable housing for seniors has not kept up with the demands and we are taking action to address this across the province. The Provincial Affordable Housing Strategy will support development decisions both now and for the future. Thirty-three housing projects specifically for seniors are currently underway and these projects will upgrade or replace approximately 2,000 units and add over 1000 units of new ones. In addition, investment is being made to improve the condition and safety of current facilities.

Aging in Place

Last year more than 116,000 Albertans (of all ages) received home-care services and Budget 2017 is boosting funding for home and community care by \$200 million, supporting more Albertans to home care and remain independent. This funding will provide seniors with important services that support them to live and participate in their communities. Home-care clients pay no fees for publicly provided personal care or professional health-care services.



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!

The Seniors Home Adaptation and Repair Program (SHARP), started in July 2016 to support independent living for Alberta's seniors. Seniors can use the equity in their homes to make the necessary repairs and adaptations that will allow them to stay in their own homes and communities. Low-interest home equity loans up to \$40,000 per household to seniors with household income of \$75,000 or less who have at least 25% home equity. These loans are for renovations such as roof and window replacements, electrical repairs, or accessibility changes.

Seniors Advocate

A new Seniors Advocate, Dr. Sheree Kwong See, was appointed in September for a term that will last until the end of 2019. In her role as seniors advocate she:

- Provides resolution support to senior Albertans and their families;
- Identifies trends and systemic issues affecting seniors; and
- Makes recommendations to the government on how to improve senior services and programs.

Other ways we are making a difference

- Banning door-to-door sales of energy products, seniors are being protected from misleading, high-pressure sales practices.
- Alberta Parks is removing barriers, to ensure parks are more accessible for seniors. Alberta Parks is working to identify all the facilities that are barrier-free and is making that information public. All parks facilities are now built for accessibility.
- The three-year \$3-million Taking Action Against Elder Abuse Co-ordinated Community Response (CCR) grant program supports the development or enhancement of community responses to elder abuse in all regions of Alberta through improved collaboration among service providers.
- Budget 2017 takes the next step in fulfilling this government's commitment to creating 2,000 new long-term care beds. It commits funds to build a new facility in Bridgeland and to upgrade and expand the Norwood Capital Care facility in Edmonton. Together these projects will create hundreds of new long-term care spaces. Both are fully publicly owned.

As always, my staff and I are here to help and to hear your feedback. You can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

TAKE ON WELLNESS



AHS – Hospice

Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

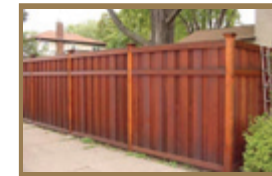


CUSTOMER SATISFACTION GUARANTEED



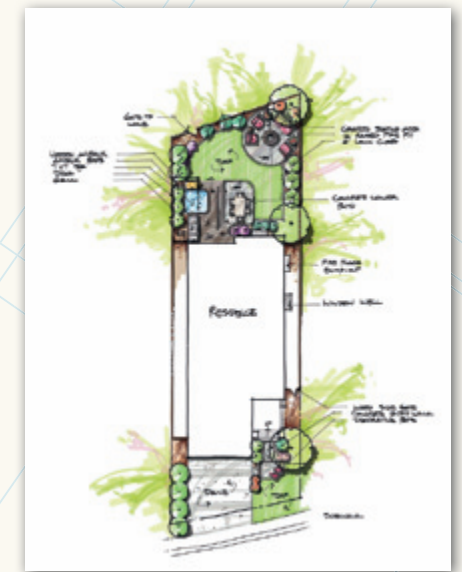
We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil



GOT A PLAN?

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

BUSINESS CLASSIFIEDS

For business classified ad rates call
Great News Publishing at 403-263-3044
or sales@great-news.ca

YOUR CITY OF CALGARY

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Southwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

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

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.

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

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

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.

DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

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.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

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.

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.

PROFESSIONAL HOUSE CLEANING SERVICES: Small dependable cleaning company looking to take on new clients. We care for your house as our own and truly value our relationships with our clients. 9 years experience. Contact Diana Today! 403-671-7107 or deescleaning@live.com.

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.

HELP WITH RECYCLING EMPTIES FOR SRI-LANKA POST-TSUNAMI RELIEF WORK: One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Please contact Siri or Indranie to donate 403-253-1993. Yes we can make a difference when we team together.

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



Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
- Dogs must have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw, we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.



Almost summer! Blackfoot District units are busy as bees with activities both inside and out as many units wrap up their Guiding year.

Sparks units are wrapping things up with campfires, neighborhood walks and will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

Brownie units are prepping for camp, year-end BBQs, and walks in Fish Creek Park. Some girls will advance to new adventures with the Guides in the fall.

Guide units attended Guide Camp Skills event at Camp Jubilee, are prepping for tent camp and travel. Third year Guides are finishing work on their Lady Baden Powell Award and some will be advancing to Pathfinders.

Pathfinder and Ranger units went to 4 Cats studio, to a backpacking weekend, tent camp, and some units are travelling.

The communities within Blackfoot District are:

- Acadia
- Elboya
- Meadowlark Park
- Britannia
- Erlton
- Mission
- Bel-Aire
- Fairview
- Parkhill
- Beltline
- Haysboro
- Ramsay
- Canyon Meadows
- Highfield
- Rideau
- Chinook Park
- Inglewood
- Roxboro
- Connaught
- Kelvin Grove
- Southwood
- Downtown East Village
- Kingsland
- Stanley Park

- Downtown West
- Manchester
- Victoria Park
- Eagle Ridge
- Mapleridge
- Willowpark
- Elbow Park
- Mayfair
- Windsor Park

If you live in one of these communities we can find a unit near you!

Registration for September is now open for everyone!

For more registration information and to find a unit near you go to www.girlguides.ca.

Guiding is a great place to build new friendships and experience new challenges.

Why not give us a try!

Girl Greatness Starts Here

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.



MLA Calgary-Glenmore
Anam Kazim
#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
☎ 403-216-5421; 📠 403-216-5423
✉ calgary.glenmore@assembly.ab.ca
📘 Anam Kazim - MLA for Calgary Glenmore
🐦 @anamkazimMLA

Dear Constituents:

As we reach the end of the session of Alberta's legislative assembly, I am pleased to share the government's most recent initiatives to make lives of Albertans better. Thank you to all who came to our Calgary-Glenmore office open house on May 12, 2017.

Participation in the House: I had first reading of the Calgary Jewish Centre Amendment Act, 2017 passed in the house; and sponsored the bill through the Standing Committee on Private Bills, which passed.

I was honored to propose Motion 508 to: "Urge the Government to recognize the first week of each February as World Interfaith Harmony Week in support of the United Nations General Assembly resolution 65/5"

Student Aid/Advanced Education Funding: The Alberta government is making life better by helping students receive financial support to pursue adult learning opportunities.

- \$630 million set aside this year for student loans to assist an estimated 81,000 students pursue post-secondary education. This is a \$51 million increase from Budget 2016.
- Affordability is an issue, which is why the government has budgeted \$252 million for student aid, including \$96 million in scholarships and awards to approximately 54,500 students and \$56 million in grants to approximately 16,400 students. This includes \$4.4 million more in funding for the Alexander Rutherford Scholarship to meet increased demand.
- Budget 2017 also provides an additional \$4.2 million to support more than 8500 students interested in accessing the Alberta Low Income Grant.

LRT/Green Line: We have been in close contact with Mayor Nenshi on this project. Calgary Council is still looking at their options, and have not landed on a specific proposal or estimated cost.

• Our government remains open to discussions about a provincial role in funding the Green Line, and we will continue to follow the proceedings at Calgary City

Council as it works out the details of the proposed project.

- On December 3, 2016 we announced \$147.8 million for critical work on Calgary's Green Line Corridor. Budget 2017 also includes \$305 million for the new Alberta Community Transit Fund, which will be announced later this year.

SWBRT: It is important to highlight that the City of Calgary has jurisdiction over city infrastructure development and transit routes, not the Province. More details can be found at: calgary.ca/swbrt

- The work currently happening on 14th street, throughout this summer, is not related to the SWBRT. It is ATCO work required for the SW Ring Road.
- SWBRT work on 14th Street will begin next year and will be completed in 2019.
- SWBRT project was approved by City Council in July of 2016 with the last round of public engagements completed a couple of months ago. Also approved and starting construction is the pedestrian overpass at 90th Ave over 14th street.
- The SWBRT design work and coordination with ATCO is completed and the budget allocated.
- I invited and attended the MGA review open house with community delegates last year.

CONCRETE Rejuvenation LTD.

"Increase the curb appeal and value of your home"

We REPAIR, RENEW & REPLACE
old and damaged concrete driveways,
walks, steps, garage slabs, and more.

We INSTALL new concrete driveways,
walks, retaining walls, basement
windows, garden water features, and
decorative concrete.

Call George for a FREE ESTIMATE
403-312-0332

Southwood mybabysitterlist

Name	Age	Contact	Course
Alana	26	587-888-4854	Yes
Alana	26	403-869-1993	Yes
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.



Southwood Real Estate Update

Last 12 Months Southwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$469,900	\$451,000
March 2017	\$467,400	\$459,950
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

Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	6	6
March 2017	5	8
February 2017	14	4
January 2017	6	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

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

SCHOOL SHOUT-OUTS

St. Gerard School

St. Gerard (French Immersion) School has had a wonderful Spring, epitomized by a week-long fieldtrip to the Calgary Zoo, in which Mme. Cote's grade 4/5 students participated in Chevron Open Minds Zoo School. Students experienced in-depth exposure to both local and global plants and animals. Through hands-on experiences and interactions with experts, students can become emotionally engaged with the conservation issues facing our planet, such as the mining of a popular mineral to the production of cell phones that is disrupting Gorilla habitat. To support the Zoo's conservation efforts, the Grade 4/5 class collected used cell phones in order to recycle the mineral, Coltan, used to coat electrical components. One recycled cell phone is one step further towards reducing the need to mine for Coltan, preserving natural gorilla habitat.

The St. Gerard School Council sponsored a SoundKreations Dance Residency. Students in all grades worked with an instructor and explored the world of Bollywood! SoundKreations' mandate is to introduce a method of maintaining physical health in a fun and accessible way and to give students an opportunity to develop new methods of healthy and creative recreation. The week culminated with a Bollywood dance showcase that was presented in front of the school community to the delight of parents and family members!

Monthly, St. Gerard School, thanks to the kind donations of parents, feeds the hungry through the provision of sandwiches. Last month, we contributed five loaves of uncut sandwiches to the Awo Taan Healing Lodge Society. As needs within the community change, so does our level of support for various local groups. Awo Taan is an emergency shelter whose mission is to provide short-term housing and long-lasting holistic support to Indigenous women and children, as well as those of all cultural backgrounds.

Last month, one student representative from each grade was invited to attend the Gala D'Art Oratoire at Bishop McNally High School in honor of student success in French Immersion. The Gala is a showcase and a celebration of student achievement in French public speaking. In the past, presentations were developed in

the classrooms under the supervision of the classroom teacher as part of the regular French Language Arts program of studies, such as the development of original texts, memorizations of fables, poems, etc. A wonderful way to promote language learning programs while praising individual accomplishment in front of friends and family of Calgary Catholic French Immersion schools at large!

Important Dates:

- June 1st: Sandwich Ministry
- June 5th: School Photo
- June 9th: Volunteer Tea
- June 13th: Scholastic Book Fair
- June 14th: Scholastic Book Fair & Family BBQ
- June 15th: School Council Meeting
- June 27th: Year-End Mass at St. Gerard Church
- June 29th: Play Day - AM

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca

RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™



**ROOFING-SIDING | EAVESTROUGHING
SOFFIT-FASCIA**



WCB-Licensed-Insured
Insurance Claims
FREE ESTIMATES



☎ **403-861-7067 Constantin**
☎ **403-831-1331 Vlad**
🌐 **www.nikoroofing.com**
✉ **nikoroofing@yahoo.ca**

PLAY. LEARN. GROW. CONNECT.
TRICO SUMMER DAY CAMPS (3Y-14Y)
JULY 3 - SEPTEMBER 1
Trico Centre for Family Wellness
11150 Bonaventure Drive SE
TRICO CENTRE FOR FAMILY WELLNESS IS A
NON-PROFIT CHARITABLE ORGANIZATION
www.tricocentre.ca

FOR ARTS' SAKE

Why Art Matters

By Tasha Komery

Many of us enjoy the experience of seeing a live show, be it music, dance, or theatre. We leave these experiences feeling more inspired, more creative, and more at peace with the world around us.

But in the grand scheme of things, does art really matter? Does it really have a powerful impact on our lives, on our health, on our community, and on our society?

We have solid research on the impact of the arts on the economy. In the *Arts Impact Alberta 2014* study, the Alberta Foundation for the Arts (AFA) found that "the total output of the sector is roughly \$347 million". Additionally, the not-for-profit arts organizations that Alberta Foundation for the Arts funded provided approximately 700 full-time and 2,700 part-time positions with the majority (85%) of Albertans reporting that they attend at least one arts event per year.

It seems the arts do improve our society. But what about us, personally? A recent study from The University of Western Australia has found that "participating in the arts for just two hours a week can improve mental health and wellbeing". Participants surveyed were asked how they felt after the experience, and the respondents used descriptors like "optimistic", "useful", "relaxed", and "good about myself". One of the study's co-authors concluded: "arts engagement increases people's happiness, confidence, and self-esteem, while reducing stress and social isolation".

Fortunately for us, Calgary is a great city to get out and experience art, whether it is in a gallery, on a stage, at a festival or even taking an art class. For a good overview of the breadth of arts and culture in Calgary, visit lifein-calgary.ca/todo/arts-culture

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues including the Jack Singer Concert Hall, as well as resident companies: Alberta Theatre Projects, Calgary International Children's Festival, Calgary Philharmonic Orchestra, Downstage, One Yellow Rabbit, and Theatre Calgary.

2017 RHUBARB FEST

Saturday June 3
11am - 5pm

Southwood Community
Hall & Grounds
11 Sackville Drive SW, Calgary

*We will be collecting
donations for the
Calgary Food Bank*

- Live Music
- Cash BBQ & Marketplace
- Village Brewery Beer Garden
- Face Painting & Petting Zoo
- Kid Bouncers, Crafts & Activities



Your Resident Realtor
Selling Southwood



SOLD MLS
Dorothy Rice
RE/MAX First 403-919-7355



Palliser - Estate Bungalow Villa
1340 sq'. Soaring cathedral
ceilings. 2 bdrms, 2 full baths, two
sided gas fireplace. Private
Deck. Dbl garage . On site
RV storage



Southwood - Captivating 4
Lvl Split. 2 Walk out levels!
Renovated. 4 bdrms, 3 baths.
Sauna & Hot tub. Wrap around
deck. 715M² Lot.
Double garage + carport.

Curious what your
home is worth?
Contact me!

Dorothy.rice@shaw.ca
403-919-7355

Not intended to solicit properties already listed for sale.

Are you looking for the perfect
free activity for your kids this summer?

SCHOOL'S OUT SUMMER LEARNING



3 things for Canada is a great way
to celebrate Canada & have fun!

calgarylibrary.ca/3things

