

MARCH 2017

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

SWCA MEETING

MARCH 30
AT 7 PM

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2

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www.tricocentre.ca



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



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Editorial Submissions

newsletter@southwoodconnects.ca

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

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91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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

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

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

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
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Director at Large	Don Nauffts	don@naufftsaccounting.com	403-234-7705
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Director at Large	Thalia McRae	thalia.mcrae@gmail.com	403-698-9133

ASSOCIATES			
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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	Jenna Findlater	Jenna.Findlater@calgary.ca	
partnership Co-ordinator			
Air Cadets	Guy Varty -Chairperson	52ssc.chair@gmail.com	
Hall Rental	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845



“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”
- Oscar Wilde

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.

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.



PRESIDENT'S MESSAGE

Winter Fest came and went. It was a lovely crisp cold day. I looked back at my pictures and memories from the 2016 Winterfest, and found that the tem-

perature and the weather were the same then. The skate shack had good use, with lots of people, young and old on the pleasure rink. We also had hockey games taking place on the big rink. Of course, the most beautiful sight of all was the horse drawn sleigh and wagon. Watching it plow through the snow with delighted people on board.

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

We had our meeting on January 17th with the City Engineers and residents, regarding the sewer issue on Sabrina Road. They gave a good report outlining the

History, Investigations, and Actions to be taken. The first priority, was the investigation into the effect in relation to Public Health. Residents need to sign a Homeowners consent to get filtering devices installed on their roof vents along the affected area (Sabrina Road). We have extra consent forms which we will try to get out to the homeowners. However, if these are rental properties, and the renters do not pass the notices to the landlord, the filters cannot be installed. You can contact me for the consent forms.

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

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

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

So, that is all from me for this month.

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

The next meeting will be on March 30 at 7.00pm. Please feel free to join us!

Kind regards,

Vivien Jonathan



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 16

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At Doig Optometry, our Patient Care Priority helps us make sure your eyes are healthy, well coordinated and that your glasses and contact lenses work for you. That's why our eye exams take a little longer than you may be used to. When you book your next eye exam at Doig Optometry, we'll ask that you set aside about an hour for your examination. This will allow us time to explain the purpose of the tests, help you understand the questions we ask along the way, and of course, explain the results to you.

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Gentle Tuesday Morning Yoga

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

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

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

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

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



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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.

IN & AROUND SCHOOLS

St. Gerard School

With the warming of the weather, we're easily reminded of the changing of seasons before us. Thankfully, St. Gerard School strives to capture every moment throughout the school day in building opportunities in French Immersion that are enriching and purposeful, building individuals into ethical citizens and engaged thinkers.

Our students will be showcasing their philanthropy through fundraising projects targeting local and global communities in an effort to make the world a better place, one small but steady step at a time. Our WE charities will benefit from the students' work in bridging groups near and far to our school through monies raised in support of food and nutrition programs and sustainable water sources. *"In the face of unjust and painful situations, faith brings us the light which scatters the darkness."* ~ Pope Francis

French-Canadian customs and traditions will be celebrated and promoted in our week-long Carnaval, a time when St. Gerard School will host French Canadian presenters, games and festivities that have historically denoted the pride that is true to French Canadian culture. Meanwhile, we continue the work of providing meaningful experiences through our clubs and extracurricular activities, such as our Reading Club, Intramurals Program and Curriculum Support Initiative (homework support).

We are happy to announce that due to the success of our first **Open House**, we will be offering a second on **March 9th at 6pm**. We look forward to meeting all prospective new families to St. Gerard, and are forever grateful to all families, new and old, that form the root condition of this school, one with kindness and love at its core.

Important Dates:

March 2nd: Sandwich Ministry Drop off
March 6th: Healthy Hunger
March 9th: St Gerard Open House (parents and children welcome), St. Gerard School Council Meeting
March 10th: Calgary Opera
March 13th: Healthy Hunger
March 22nd: Sammy's Pizza
March 27th: Spring Holiday begins, Classes resuming April 3rd



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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

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Southwood Real Estate Update

Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$444,500	\$427,500
December 2016	\$529,450	\$510,000
November 2016	\$418,000	\$395,000
October 2016	\$429,900	\$430,000
September 2016	\$459,950	\$449,250
August 2016	\$466,950	\$461,000
July 2016	\$412,062	\$410,000
June 2016	\$425,000	\$408,000
May 2016	\$449,900	\$445,000
April 2016	\$442,400	\$416,750
March 2016	\$449,900	\$425,000
February 2016	\$519,900	\$505,000

Last 12 Months Southwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	7	6
December 2016	2	2
November 2016	3	1
October 2016	5	3
September 2016	6	8
August 2016	7	6
July 2016	6	6
June 2016	10	9
May 2016	6	7
April 2016	3	4
March 2016	8	1
February 2016	3	3

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

D-PACT Awareness

New pilot program connects police and mental health professionals

The Calgary Police Service is proud to be partnering with Alberta Health Services on a one-year pilot to supplement an existing program that brings together police and mental health professionals in the community.

The Police and Crisis Team (PACT) – established in 2010 – responds to incidents in Calgary involving people experiencing a mental health, addiction or psychosocial crisis, when they are a danger to themselves or others.

The new pilot program called District-PACT provides an Alberta Health Services (AHS) mental health clinician as an educational and consultative resource to police officers in Districts 3, 4, 5 and 6. The clinician will also work with individuals in the community, providing interim case management services and links to appropriate community supports.

This pilot is intended to assist police in helping individuals with mental health concerns and compassionately provide the people in our community with the resources needed to support them.

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.

invite

Eugene Coste School
Open House
January 5, 2017,
6:30 p.m.



Spanish Bilingual Kindergarten / Grade One Open House

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

The agenda will include the following:

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

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

Liana Appelt
Principal



Southwood Community Gardens

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

Interested in teaching children about growing food?

Do you want to meet other community members?

Join our community garden!

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

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



MORE FROM THE
Winter Festival

SOUTHWOOD COMMUNITY CALENDAR MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only)	2 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	3 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts
			8 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	9 6-9 pm - (P) - Moh Pai Martial Arts (1st & 2nd Thursdays of each month only) 6-9 pm - (C) - Garden Group Monthly Meeting	10 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	11 9-2pm Chakra Therapy Southwood
		14 10-11:30 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	15 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	16 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	17 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	18 9-2pm Chakra Therapy Southwood
		21 10-11:30 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	22 6-10 pm - (C) - BridgeNutz Bridge Club 7-9 pm - (P) - Narcotics Anonymous	23 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	24 1-3:30 pm - (P) - Home- schoolers' Girl Guides 6-9 pm - (P) - Moh Pai Martial Arts	25 9 am-5 pm Chakra Therapy (Chateau)
		28 10-11:30 am - (P) - June Kwak Yoga 6:30-7:30 pm - (P) - Sparks 6:30-8:30 pm - (C) - Brownies 8-10 pm - (P) - Moh Pai Martial Arts	26 7-9 pm - (P) - Gambliers' Anonymous	30 7-9 pm - (P) - Southwood Monthly Board Meeting	31	
5 8am-1pm - (P) - ECC Church (P) indicates Pioneer Room (C) indicates Chateau Room	6 7-9 pm - (P) - Gambliers' Anonymous	12 8am-1pm - (P) - ECC Church	13 7-9 pm - (P) - Gambliers' Anonymous	19 8am-1pm - (P) - ECC Church 3-5 pm - (C) - Chihuahua Playgroup	20 7-9 pm - (P) - Gambliers' Anonymous	26 8am-1pm - (P) - ECC Church

Buy a membership and be part of Southwood

Southwood Resident Memberships
purchases are growing!
Membership purchase helps Southwood be a vibrant
and sustainable community.

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

Upcoming Events:

Monthly Board Meeting
March 30
7:00pm



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

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

Southwood Community Association MEMBERSHIP

MARCH 1, 2017 to FEBRUARY 28, 2018

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

Family Name:..... First Name:

Address: Postal Code:.....

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

Phone #:..... Cell #:

Flat Rate for All \$15

Donation to the Community (Tax receipt Yes No)

Interested in Volunteering? YES NO

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

HAVE A VOICE
AND BE INFORMED
ABOUT
ISSUES AFFECTING
OUR COMMUNITY

VOLUNTEER
AT EVENTS
JOIN THE
SOUTHWOOD
COMMUNITY BOARD

IN & AROUND CALGARY

Southland Leisure Centre

NEW Did you know February 24th was the start of summer? The Spring/Summer 2017 Program Guide is on stands now. Southland Leisure Centre's summer day camp registration began February 13th.

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

Friday Night Dance Party: March 24 from 7:15 - 10:00 p.m. 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! See calgary.ca/leisurecentres for schedules and more information.

March Break Day Camps: Register your children for some fun in Southland Leisure Centre's day camps. Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for lots of great day camp programs over March/April Break.

Drop-in Climbing and Gymnastics: 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. See calgary.ca/leisurecentres for schedules and more information.

Drop-in Badminton and Basketball, Soccer, Pickleball: Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Family Swim: Every Sunday, 8:00 a.m. to noon. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Find out more at calgary.ca/leisurecentres.

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



Babysitting Room. Monday – Sunday, 8:30 a.m. – 12:30 p.m., Monday - Thursday 4:00 - 8:00 p.m. Reasonable rates for a well-deserved break!

Calgary After School: 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. Monday to Thursday, 3:00 – 6:00 p.m. and Fridays, 1:00 – 5:00 p.m. For details, call our centre at 403-648-6550 or online at calgary.ca/leisurecentres or calgary.ca/afterschool.

Youth Night: Fridays, 7:30 to 10:00 p.m. 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. Visit calgary.ca/leisurecentres for more information.

BRAIN GAMES

SUDOKU

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



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.

March 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. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)
- Affordable swim specials: 8:30-9:30pm Monday to Satur-

day, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

Spring/Summer Program Guide

Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs fro 12 months to 14 years.

Register for Spring/Summer Programs

Registration for Spring/Summer programs (including day camps) starts Monday March 6 and Tuesday, March 7 an ongoing for pass holders and begins Wednesday, March 7 for non-pass holders.

Adults/Older Adults

Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/

~continued on page 21~

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

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.



Guides
Canada

BLACKFOOT DISTRICT

Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders & Rangers will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighborhood or at a local retail location. They are only \$5.00 a box and support our many activities.

Blackfoot District held a super roller skating event at Lloyd's! Everyone enjoyed themselves with laps around the rink and dancing to the hokey-pokey!

The Spark units will be attending STEM (Science, Technology, Engineering & Math) Day, completing "Canada 150" challenge, have a visit from a GG music trainer and be visiting a vet.

The Brownie units went to Brownie Academy at Camp Jubilee, are having a movie night, visiting the library and learning about the weather and our feathered friends.

The Guide units will be busy with camping, snowshoeing, rock climbing and St. Patrick's Day celebrations and cookie selling in March.

The Pathfinder & Ranger units had a baking contest, are going bowling, cross country skiing, will be attending Calgary Area spring Pathfinder/Ranger camp and going to Alberta Girl's Parliament in Edmonton.

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



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

Girl Greatness Starts Here!



MLA Calgary-Glenmore

Anam Kazim

#A208, 1600 - 90th Avenue SW • Calgary, AB Canada T2V 5A8

Ph: (403) 216-5421 • Fax: (403) 216-5423

Email: calgary.glenmore@assembly.ab.ca

Facebook: Anam Kazim - MLA for Calgary Glenmore • Twitter: @anamkazimMLA

Dear Constituents:

As we enter spring, the spring session of the 29th Legislature of Alberta opens March 02, 2017 with the Speech from the Throne at 3PM. It will be the beginning of setting new goals and direction to drive our province forward and serve the best interests of Albertans. I feel honoured and privileged to represent the exemplary constituents of Calgary-Glenmore who leave no stone unturned to demonstrate tremendous leadership and stewardship.

Coal Transition: Coal plants are a major source of air pollution, releasing pollutants like:

- cadmium
- lead
- mercury
- nitrogen oxides
- sulphur dioxide
- This has an effect on the health of Albertans. Poor air quality has been linked to a number of health conditions, including: asthma, chronic bronchitis, chronic obstructive pulmonary disease, heart disease, stroke and diabetes.
- In 2012, the Government of Canada quantified the benefits of transitioning from coal-fired generation to natural gas or carbon capture and storage. These benefits included health benefits, primarily from reduced smog exposure.
- Alberta's action on phasing out emissions from coal-fired generation by 2030 is expected to have similar benefits.
- A recently released a report – in collaboration with a group of health organizations representing health professionals and patient groups – estimate benefits based on federal methodology. For more information: <http://www.pembina.org/pub/out-with-coal>.

The Costs of Clean Coal:

- When applied to coal-fired generation, carbon capture and storage (CCS) technology has been demonstrated to reduce carbon dioxide emissions. However, CCS applied to coal plants is rare around the world because

low carbon alternatives to generate electricity are readily available and are more economic, like natural gas generation and renewable energy technologies.

- Because of the costs, a high subsidy to industry is typically required to retrofit coal units with CCS technologies.
- Alberta's *Climate Leadership Plan* called for zero pollution from coal-fired generating units by 2030. There are currently no CCS technologies that can achieve this goal.

Support for Communities:

- An advisory Panel on Coal Communities (APCC) has been formed – to ensure workers and community members are consulted and heard, and to understand their challenges and ideas for the long-term economic sustainability of their communities.
- The province will work with industry, along with the Government of Canada and communities, to understand options for the future, including new natural gas generation facilities, coal to gas conversions, hydro-electricity, renewable energy opportunities, and other forms of economic development.

Coal Mines

- Alberta's coal phase out only addresses emissions from coal-fired power stations, and does not contain any policy stance on coal mining within the province.
- Any metallurgical coal mines that export their coal outside of Alberta for steel making and other purposes will be unaffected by the phase out of coal-fired emissions.

Please share your ideas by completing this online survey: <https://www.surveymonkey.com/r/albertacoalsurvey>

Open House: I will be happy to see you on March 17, 2017 at our open house from 4:30 pm to 6:30 pm at our Calgary-Glenmore constituency office. We have invited Kerry Oxford from IRON + EARTH: Oilsands Workers for Renewable Energy as our guest to speak informally on transferrable skills.



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

Hello Neighbours!

March is here and your government is working hard to support Alberta families. We know that job creation and job security are the most pressing concerns right now - you want to know that you will be able to build and maintain a happy and stable life for yourself and your family. Your government is focused on job creation and building a brighter future for all Albertans.

Alberta has been and will continue to be an oil and gas province, with our energy sector being a main source of income for many Albertans. In order to revive our oil and gas economy, after the global drop in the price of oil, we needed to break through Alberta's land lock so that we can sell our oil around the world. Through our government's hard work with other provinces, and a focus on both environment and the economy, our Oil and Gas industry now has approval for three new pipelines. This is excellent news for Alberta. These pipelines mean more work for our Energy industry, and will help bolster jobs in other sectors.

If you are looking for resources to find employment, please visit www.alis.alberta.ca, this website has information to help with your career path - please contact my office if you have any questions.

If you are considering a career change, or if your kids are approaching college or university age, we know that the financial pressures of increasing tuition fees can be a real concern for families. That is why we've frozen tuition fees for the last two years, and are working with post-secondary institutions to find ways to keep university and college affordable for Alberta families like yours. We're currently reviewing the overall funding model for colleges and universities, and would love to hear your input - visit www.tuitionreview.alberta.ca to share your thoughts and ideas.

In order to support our economy, high-quality and affordable child-care must be more widely available to Alberta families. This is why we've launched a new Child-Care Pilot program, which will create 1,000 new child-care spaces with 230 new child-care jobs. The program will focus on addressing gaps in the existing system, including

flexible schedules for parents doing shift work, support for children with diverse needs, and easy-to-access location - all within a \$25/day fee and with a focus on early childhood development. The pilot locations will be announced in mid-2017, and we will use these new spaces as a model for other programs over the coming years.

If you have questions about these initiatives or anything else our government is doing, I would welcome you to join us during the upcoming Office Open House on Saturday, March 18th from 2-4pm. Chat with your neighbours and friends over coffee and a snack. Bring your questions and join the conversation.

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

March at Trico Centre cont'd

body classes. Options for all fitness levels and ages.

Families

- Children's Drop-In activities: check out our new expanded schedule of parented drop-ins for pre-schoolers. Drop-In Playtime is now offered 5 times a week, Drop-In Gymnastics is 3 times a week. Plus Drop-In Crafts on Sundays, Drop 'N Go on Saturdays, and the brand new Storytime, Thursdays at 2pm. All drop-ins are free for pass holders.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

Children & Youth

Spring Break Day Camps: week-long and daily camps available. Choose from Adventurer Camp for 6-8yrs or 9-12 yrs or Aqua Adventurers for 6-12 yrs, all running March 27 to 31. Daily Spring Break Camp for 6-12yrs is also available for full-day, mornings or afternoons. Pre-care is available from 7 to 9am and post-care from 4 to 6pm.



WINTER FESTIVAL

It was a chilly afternoon but that did not deter many neighbours joining us at the community hall for some fun. It was wonderful seeing the children having fun doing crafts, playing on the ice rink, getting their faces painted and visiting the petting zoo. As I stood warming up at the fire, I watched families travelling around the field on sleigh rides and others borrowing skates from the Kid Sport skate shack to make use of our rinks. Seeing our community come together and enjoying an afternoon of winter fun was truly uplifting.

These events couldn't happen without the help of volunteers. The volunteers who tirelessly go out and build and maintain ice rinks, and those that created the crafts and worked with the children creating art pieces during our festival. The volunteers who helped coordinate sleigh rides, organize the food and beverages and of course, those that helped set up and clean up the festival.

I would also like to thank good Earth Café at Glenmore Landing for donating hot chocolate and apple cider to our festival. Once again we had the support of Youth Central, who provided a number of youth volunteers to assist us on the day of the festival.

And of course thank you to those who attended - see you next January!

Save the date: Rhubarb Fest returns Saturday June 3, from 11am to 5pm.



Southwood my babysitter list

Name	Age	Contact	Course
Chloe	15	403-975-7037	Yes
Kyra	16	403-397-3870	Yes
Alex	17	587-225-7463	No
Ariel	18	587-500-6166	No
Ariel	18	587-500-6166	No
Alana	25	587-888-4854	Yes
Alana	25	403-869-1993	Yes
Kim	25	587-585-4647	Yes
Rexilla	40	403-478-9465	Yes

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 Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
 Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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This year as we celebrate Canada's 150th Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

Connectivity is a word I really like and use often. Connectivity is the quality, state, and capability we have of being connected to each other, within our communities, and across our city. For me, it captures what I strive to do, what The City of Calgary strives to do, and what our Community Associations strive to do.

Together, we are continually working to strengthen the connectivity between people and their environment, natural and built. We're continually working to improve the accessibility of those connections, whether that is a pathway to your local park, marked pedestrian crossings, or providing the option of a sliding scale fee for low-income transit passes.

When we talk about connectivity, we're also talking about our values – individually and collectively. As a city we value our parks and our pathway systems, our festivals and events, our educational institutions, our attraction for business and tourism, our ability to be innovative, our desire to be diverse and inclusive.

This year began with a small act of inclusivity, with Council voting to rename the Langevin Bridge to the Reconciliation Bridge. The Calgary Aboriginal Urban Affairs Committee has further recommendations on how we can heal our community, and achieve great things together. This small act of reconciliation is an important first step along the path towards healing and understanding.

If you're wondering how to connect, a great place to start is your Community Association. Becoming a member to your Community Association supports events and local improvements in your area.

There are many ways we can support each other. Remember, a small act of kindness goes a long way!

If you have not, please subscribe to your Ward 11 Updates, and connect with your Ward 11 team.

South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8
Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

The SWCRC is your local resource centre that helps families and individuals develop skills and build resilience to move forward when times are challenging. We are located in the Oakridge Coop Plaza and have a warm and welcoming space that is open and inviting to everyone who calls south west Calgary their home. *Please stop by and let us tell you more about the programs and services we offer at **no-cost**. There is something for everyone!*

Now Accepting Registration:
 Positive Discipline in Everyday Parenting – Tuesday mornings April 11 to June 6th 2017.

Our social workers provide free parenting programs that teach children, youth and parents on how to manage behaviour, develop empathy, and enhance self-respect and respect for others. This 8 week course provides insight for parents of children of all ages and helps everyone manage stress, handle conflict and consider people's feelings. This popular course fills up quickly so give our office a call at 403 238-9222 if you are interested.

We are happy to partner with Chartered Professional Accountants who will be offering low-income families living in SW Calgary a *free* Tax Clinic on March 28th and 30th. If you are interested in getting your taxes done and your family income is less than \$50,000.00, call our office to register for a time at the end of March.

We are always looking for outstanding **volunteers** to help with a variety of tasks. This spring we are engaging community residents who are interested in social media, writing stories of impact, or have an interest in photography, please call our office if you would like to support our work. You can also follow along with all our news at www.facebook.com/calgaryswcrc or on [twitter@SWCRC_YYC](https://twitter.com/SWCRC_YYC).



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HeritageTime Out

McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)
Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!
Wednesday mornings, 9:00 – 11:00 a.m.
Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

Here's another reason to look forward to summer!

Can you see better near compared to far? You are likely myopic a.k.a. nearsighted. While it is thought that nearsightedness is caused by a combination of genetic and environmental factors the exact cause is not known. One factor that seems to help prevent nearsightedness, in children, is being exposed to indirect sunlight. But what about all those times you were told to wear sunglasses to protect your eyes. That is still important but like everything in life you need to strike a balance. So, make sure that your kids take advantage of those beautiful summer days and put in some quality time outside. Being nearsighted is not all bad though, it is associated with higher IQ and income levels. If you have a question or an idea for an upcoming article, please email me at drhopfauf@gmail.com.



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\$469,900

Southwood - Bungalow.

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\$23,495. down, \$2,031. monthly/new mtg**

March is SCA membership drive month
Volunteers will be door knocking.



\$428,000

Southwood - Bungalow.

Newly renovated kitchen, granite counters & S/S appliances. Brazilian HW, upgraded electrical. 3 + 1 bdms. 2 full bathrooms. Developed basement + Carport and front drive. Great location.

\$21,400 down. \$1,850 monthly/new mtg**

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Lori Beaton

403-651-9449

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