

SEPTEMBER 2017

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SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**COMMUNITY
CLEAN UP!**

SEPTEMBER 16, 9 AM TO 2 PM

**NEXT BOARD
MEETING:**

THURSDAY, SEPTEMBER 28
AT 7 PM

AT REDEVELOPMENT AT
SOUTHWOOD CORNER

**BACK TO SCHOOL
TIME!**

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CROSSING OUR ROADS

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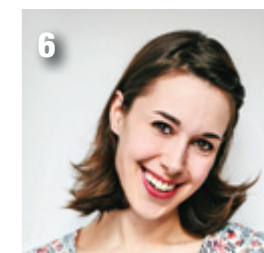
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newsletter@southwoodconnects.ca

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

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The 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		511
Weather Information		
Gamblers Anonymous	403-237-0654	

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

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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
 Calgary Family Eye Doctors

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.

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.





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PRESIDENT'S MESSAGE



We put together these newsletters a full month ahead of time and so in the heat of August it feels funny to be thinking ahead to early fall. Whether you have children headed back to school, are headed back yourself, or are

years away from that experience (like me), it seems like there's still a sense of starting a new year each September – of possibility and renewal.

Your Community Association will be getting back into full swing after a few months off by hosting a **Community Clean Up** with Southwood United Church on **Saturday, September 16th**. This is a great chance to clean up our yards, alleyways and garages. It includes garbage, special recycling programs, and donations! You'll find more info in this issue and even more details at southwoodconnects.ca. Please take advantage and consider helping a neighbor do the same.

We are also hosting a moderated **Municipal Candidate Forum** on **Thursday, September 21st** at the community hall (upstairs in the Chateau Room), beginning at 7:00 pm. This is a great chance to hear candidates for Ward 11 city councilor talk about their platforms as you decide on your vote for the October 16th municipal election, and to submit your own questions.

This fall is a great chance for you to bring your energy and ideas to make Southwood an even better place for yourself and your neighbors. If you have a bit of time to volunteer for existing events like the Halloween Howler and Winter Fest, or have an idea for your own initiative you'd like to lead, get in touch with me at president@southwoodconnects.ca or at 403-826-6797.

Another great way to support the Community Association's work is by officially **becoming a member** at southwoodconnects.ca/memberships. A membership is now only \$15! Neighborhood businesses are also welcome to join. Welcome to Calgary Family Eye Doctors, our newest corporate member.

You are also always welcome to attend a Community Association Board Meeting to see what's in the works. Our next one is **September 28th at 7:00 pm** at the community hall (11 Sackville Drive SW).

Take care,

Ellen

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.

Southwood Corner Presentation

On Thursday, September 28 at 7p.m., please join us as the Community Association welcomes Sable Developments and Rick Balbi Architects Ltd. for their first general presentation to the Community. The presentation will be held at the beginning of the SWCA monthly meeting. The Developers and Architect will take you through the plans and concepts they have slated for the Southwood Corner site. This will be a great time for you to ask any questions regards your concerns as they relate to the redevelopment of this site.

Should you have any further questions, please contact Becky Poschmann, your Director of Development.

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.

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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



That's no puppet...it's brain food!

Puppets, LEGO, balls, costumes, crayons, blocks, books...play comes in many forms and helps build a child's brain. Visit a Calgary Public Library Early Learning Centre with the little ones in your life and watch them grow.

calgarylibrary.ca



SOUTHWOOD COMMUNITY CALENDAR SEPTEMBER 2017

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

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Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

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Discover your authentic self

Email shift@hoffmaninstitute.ca to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.



FOR ART'S SAKE



Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18

YOUR CITY OF CALGARY

Blue Cart Recycling Tip of the Month

Make a difference, one straw at a time
Did you know? Plastic straws and cutlery **can't** be recycled in the blue cart. These small plastic items are too small to be sorted at the recycling facility and end up contaminating the proper recyclables instead.

- Here are a few tips to follow:
- Refuse. Unless you actually need a plastic straw or cutlery don't take one.
 - Reuse. Wash and reuse plastic straws and cutlery a few times before disposing in the garbage.
 - Keep reusable cutlery on hand so you'll always have something to use.

If you're not sure what to do with an item, find the answer on the online search tool at calgary.ca/whatgoeswhere.

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Did you know that your restaurant can put a menu in our newsletter?

YOUR INSERT HERE

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

87 Monthly Community Newsletters
391,000 Households

Linda Johnson
FOR CALGARY WARD 11

- ✓ Listen to the feedback, concerns, and questions in Ward 11 – and represent those interests in the decision making process.
- ✓ Collaborate with community groups, residents, and governments at all levels to deliver policy results that builds sustainable and vibrant Ward 11 neighborhoods.
- ✓ Support Calgary's entrepreneurial spirit and invest in a future that continues to make this city the best place to live while respecting our economic realities.

lindajohnson.ca @lindajohnsonyc

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
- Members receive a discount when renting the Community Hall.
- Exclusive offerings for Southwood Community Association Members at community events

Upcoming Events:

Community Clean Up

September 16

Next Board Meeting

September 28 at 7 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 #:

Flat 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



Are your legal affairs in order?

Do you have a will?

If not, there will be no one named to take charge of your estate or of children who are minors in the event of your death, and your assets may not be distributed as you wish.

Do you have an Enduring Power of Attorney?

If not, there will be no one named to take charge of your financial affairs in the event that you become incapacitated, and a Court application appointing a Trustee may be required.

Do you have a Personal Directive?

If not, there will be no one named to make decisions regarding your care and other personal matters should you become incapacitated, and a Court application appointing a Guardian may be required.

We can help. Please call for a free consultation or drop by to pick up complimentary information.

Arlene C. Schultz
Barrister & Solicitor
A211, 1600 - 90 Avenue SW
Calgary, Alberta T2V 5A8
403-252-3200
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Serving the communities of SW Calgary for 25 years

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

It's the start of a new season, and a perfect opportunity to try something new.

Did you know that residents living in South West Communities have free access to all our programs and services? This September we are introducing new programs and opportunities to make a difference in the lives of our families:

- Parenting Courses: "Positive Discipline" - an 8-week program for parents of children of all ages. Starts Tuesday September 19th.
- Speaker series: "Brain development of young children" - 5 sessions start September 13th
- Youth Tutoring: Wednesday evenings 6:00 pm for grades 7 - 12. Starts September 27th (Consider becoming one of our volunteer tutors/mentors for the year).
- Stress Management: an 8-week program with the Canadian Mental Health Association. Starts September 20th.
- Skill building workshops: finding employment, using a computer, money management and more! Dates to be confirmed.

If you are interested in any of these please give our office a call at 403 238-9222 for more information.

If you're not sure what you are looking for, come visit our Community Resource Workers. Marylou and Aynsley would be happy to talk about what you may need and help you access the right information and resources.

Everyone is welcome in our Community Resource Centre.

COMMUNITY ANNOUNCEMENTS

Deadline - 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Gentle Yoga

Tuesday mornings: 10:00 - 11:30

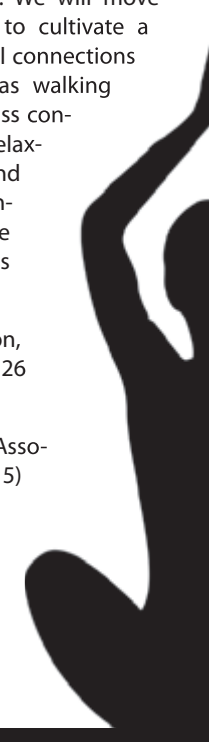
Fall session (Sept 12 - Dec 12): 14 weeks for \$140

Drop in fee: \$12 or \$10 for *SCA members

A central focus of this class will be the spine. You will learn simple exercises that mobilize the spine and release strain held in the body. We will move mindfully through yoga poses to cultivate a strong and supple body. Practical connections to everyday movements such as walking will also be highlighted. Each class concludes with time for rest and relaxation. This class provides space and time to connect with a more centred version of ourselves. Explore in a gentle way, moving with less strain and more ease.

To register or for more information, contact June Kwak, 403-710-5126
June@regroovenating.com

*SCA = Southwood Community Association (Annual membership is \$15)



South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. The new Fall Program Guide is now available. See below for some of the programs happening in September 2017. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

Please join the fun on September 9th, 2017 at the South Health Campus for the 4th Annual Fun Run & Kids' Zone. This is a fantastic family-friendly event!

Campus Fun Run: 5K/10K/ Kid's Dash at 10:00 am. Kids' Zone (11am-2pm).

To Register for the Fun Run please visit: calgaryhealthtrust.ca/SHCrun. For More Information on the Kids'Zone Please call: 403-956-3939

South Health Campus YMCA Sports Court is open for community use.

Did you know YMCA Calgary operates fitness facilities here at South Health Campus? For more information call the South Health Campus YMCA at 403-956-3900

Emotional Well Being

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

September 22 12:15-1:15pm

September 28 6:30-7:45pm

Emergency Preparedness

September 26 1:00-3:00pm

HeartMath®

September 27 6:00-8:30pm

Bouncing Back

September 28 6:30-7:30pm

Employment:

Resume Writing

2-Week Series (September 2 & 9 9:00am-4:00pm)

Interview Skills

2-Week Series (September 16 & 23 9:00am-4:00pm)

Health Management

Better Choices Better Health

6-Week Series starts September 14 10:00am-12:30pm

Heart Healthy Cooking and Living

September 14 2:00-3:00pm

Quit Smoking (QuitCore)

6-Week Series begins September 18 6:30-8:30pm

Managing Shift Work and Sleep

September 26 6:30-8:00pm

Let's Talk Diabetes

September 26 6:30-7:30pm

Getting Ahead of Your Headaches

September 28 10:00-11:30am

CareGiver / Family Support & Support Groups

Family Peer Support

September 12, 19 5:45-8:00pm

Seniors Home Safety Fixes

September 20 10:00-11:30am

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

Parents/Parents to Be

Baby and You for Moms

4-week Series Begins September 7 1:30-3:30pm

Feeding Your Baby

September 12 1:00-3:00pm

Nutrition for New Moms

September 13 10:00am-12:00pm

Story Time & Play Date

September 15 or 29 10:00-11:30am

How to Talk to your Children about

Sexuality

September 19 1:00-2:30pm

Healthy Eating for Pregnancy

September 21 6:30-8:30pm

Street Drugs

September 21 6:30-8:30pm

Food, Nutrition & Cooking

Kids Culinary Day Camps: (Note: \$Fees apply)

September 22 8:00am-3:00pm

The Truth about What Works in Weight Management

September 16 9:00-11:30am

The Top 5 Tips to Reduce Calories

September 16 1:00-3:30pm

Canning: Pickles with Flair: (Note: Fees apply.)

September 20 6:00-9:00pm

Preserve the Harvest

September 30 10:00-1:00pm

ATCO Blue Flame Kitchen (Demo & Hands-on): (Note: \$Fees apply)

Fall Harvest

September 14 7:00-8:00pm

Mexican

September 23 10:00-11:30am

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



Southwood Real Estate Update

Last 12 Months Southwood

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$429,950	\$419,000
June 2017	\$419,494	\$432,500
May 2017	\$514,450	\$504,700
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

Last 12 Months Southwood

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	4	6
June 2017	9	6
May 2017	7	4
April 2017	5	6
March 2017	4	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

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

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www.littlevictoriesphotography.com
littlevictoriesphotography@gmail.com

September Community Clean Up

The date to put in your calendars: **September 16, 2017, from 9.00am to 2.00pm.**

This is again being held in conjunction with the Southwood United Church.

For general information on what the city trucks will recycle and dispose of you can go to their web page: http://www.calgary.ca/CSPS/ABS/Pages/Partnership-programs/About_Community_Cleanups.aspx.

This link is on our own Website and Facebook pages.

In addition to what the city takes, we will provide electronics re-cycling by Techno Trash, scrap and waste metal re-cycling.

The Urban Painter will be on hand to pick up your old/used paint cans. They traditionally donate to the Food Bank per can dropped off and also take Food Bank donations.

The Salvation Army will be there to take used clothing and furniture donations.

For extra information on these items please go to our Website: www.Southwoodconnects.ca and our Facebook Page, which we will be updating as we get confirmation on the attendance of the various recyclers.



Give your child **AN EDGE!**

Looking for something to keep your child occupied during upcoming PD days? How about a **STEM workshop?** Call today & receive **2** for the price of **1!**

403-777-4974

*Valid @ Canyon Meadows Dr. location ONLY. This ad must be presented at the centre for the offer to be valid.

Southwood Community Gardens

Southwood Community Gardens are very happy to host a group of young people in August and September 2017 from Redefin'd (www.redefinocalgary.org). Redefin'd provides a compassionate work environment and meaningful work opportunities for young people with barriers to employment. With financial support from the Calgary Foundation's Stepping Stones Grant the Redefin'd Krew will reconstruct and re-plaster the cob bench that has been weather worn and vandalized at the Community Garden. The project will introduce young people to placemaking and community engagement and the members of the community will be introduced to a population that they may not have had a chance to connect with otherwise. Cob is an affordable sustainable building material made from local clay, sand and straw. Working with cob is a hands-on experiential learning opportunity requiring teamwork, creativity, physical and sensory engagement. This will be an excellent opportunity for the youth to learn new skills in sustainable building, contribute to the community in a unique and meaningful way, and give them a space to feel accomplished.

BRAIN GAMES SUDOKU

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



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

Hello friends!

I hope that you had a fun and relaxing summer and had the opportunity to take in some of the many community activities and festivals in and around our beautiful city.

I enjoyed the opportunity to meet with many of you over the summer, whether at my constituency office, or at a community event such as the Riverbend Community Association Stampede breakfast, the Acadia Community Garden Art in the Park event, my annual Pancake Breakfast with the WillowRidge Community Association, the Emergency Services Appreciation BBQ at the ARC, or FLC Seniors' Annual Registration day at Trico Centre. It's been great to meet you, hear your suggestions, and talk about your compliments or concerns. If we haven't had a chance to meet yet, please do be in touch with my office – contact details below.

It's also been a summer of great announcements from our new Government. Like many residents in Calgary-Acadia, I was thrilled to hear that we will be building a new Calgary Cancer Centre at the Foothills Hospital Campus. The Centre will include additional inpatient beds, outpatient services, radiation therapy, and systemic therapy such as chemotherapy. This facility will be a vital part of our health services in Alberta, and provides much needed treatment for Albertans who are battling cancer.

This summer, I also attended committee and caucus meetings to prepare for the fall Session of the Legislative Assembly. As we move in to the fall season, the Special Committee on Ethics and Accountability will be seeking feedback on the Elections Act, the Elections Financing Act, the Whistleblowers Protection Act and the Conflicts of Interest Act to ensure they best serve Alberta's public interest. As Deputy Chair of the Committee, I look forward to hearing from you about these issues.

The Committee on Families and Communities will be reviewing the Mental Health Amendment Act - 2007.

This Amendment Act deals primarily with Certification (involuntary confinement), Notification upon Release, Community Treatment Orders, and the role of the Mental Health Patient Advocate. This review is in addition to the review of services provided under the Mental Health act that is being undertaken by a different committee. If you have any questions or concerns about this Act, or the Mental Health Services review, please be in touch.

As your MLA, I represent all residents of Calgary-Acadia. If you have any questions, compliments or concerns about the steps our government is taking, I want to hear from you. You can count on me to listen and bring your perspectives to the government and the Legislature. Likewise, if you are having some difficulty dealing with the provincial government or accessing provincial services, please contact me – you can count on me to assist you to the best of my ability.

You can contact our office by email at Calgary.Acadia@assembly.ab.ca, or by phone at 403-640-1363. You can also visit our office at #10, 8318 Fairmount Dr SE, Monday-Thursday, 10 am to 4 pm, and Fridays 10 am to 3 pm.



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

Ward 11 Summer Newsletter 2017

Welcome to your Ward 11 Summer Newsletter. There are a number of important updates to projects underway or coming up in this newsletter.

Event:

61st Avenue Greenway Corridor Celebration & Thank You Event – July 29

After a long construction period, The City organized an event on Saturday, July 29 to celebrate the new features along 61st Avenue SW and thank the area businesses for their patience.

News:

ATCO Pipeline Natural Gas System Upgrade & Project Construction Notification from Acadia to 14 Street SW

Construction along 14 Street SW is on track to be complete by late August as per the original schedule. You can view the 14 Street SW projects on the ATCO website.

- The Project Notification is for the installation of a natural gas pipeline starting late July from Ancourt Road SE and 88 Avenue in Ward 9. Construction will continue westbound along 88 Avenue SE through Bonaventure Park. Construction will enter Ward 11 at MacLeod Trail between 86 Avenue SW and 90 Avenue SE, heading west along 89 Avenue and Hoover Place, finishing at 14 Street SW.

OFF THE MENU

Since 2015, throwing away food is illegal in Seattle. Failing to compost will result in a fine for citizens and businesses.

Green Cart Program & Collection

The Green Cart Program for single-family homes (up to and including fourplexes) continues to roll out across the city. Collection started in the SW on July 17. Learn about the program, collection, what goes in your cart and composting:

- How the Green Cart Program works
- Collection schedule
- Using your Green Cart
- What goes in the Green Cart
- Compostable bags and alternatives
- Composting facility

Southwest Ring Road Project

The Southwest Ring Road Project is underway. The Government of Alberta is responsible for the design, construction, management and operation of Calgary's Ring Road. For more information on the construction of the SWRR, the contractor KGL's website contains information on construction, alignment maps and traffic detours.

- Pile Driving near 90th Avenue SW

KGL will be pile driving near 90 Avenue SW in the Transportation Utility Corridor for the future interchange of the SWRR and 90 Avenue SW. Residents in Oakridge and Lakeview may hear elevated construction noise until August 4th. KGL may be contacted directly at 403-242-0565 24 hours a day.

The City of Calgary is also beginning work to extend streets to connect Calgary's road network to the ring road, while improving some existing roads to make sure the SWRR fits with our city's road network.

- Anderson Road Widening

The City is widening Anderson Road SW from four to six lanes between the SWRR and Elbow Drive SW to improve the road network and east-west travel. Construction will begin in late July or early August. Construction of the noise barriers along Anderson Road will also start this year.

SW Transitway BRT Construction Update

Construction on the transit only lane in the road right of way at the southeast corner of the Crowchild Trail and Glenmore Trail SW interchange has started. This new lane will be used by BRT buses only during times of congestion on Crowchild Trail to the Glenmore Trail flyover. This construction is expected to be complete by October 2017.

We hope you're having a great summer!



BLACKFOOT DISTRICT

September-Get into the Guiding Action!

We are looking for new and returning girls and women to join us for fun and adventure. Guiding provides all girls with an opportunity to learn new skills, try new activities, to develop self-esteem and leadership skills. Some Blackfoot units will be camping in September, planting trees, having outdoor campfires, learning new songs, crafts and games. Blackfoot District will host a swim night for all units in October. Join a unit in your community to be a part of all the action!

Guiding is also a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experienced required!

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

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

Registration for the 2017/2018 season can be done online by going to www.girlguides.ca.

Units are accepting girls and leaders!

Guiding is a great place for girls of all ages to build new friendships and experience new challenges.

Girl Greatness Starts Here!





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:

I hope all of you had a great summer with family and friends. As we enter the beginning of the fall season, I am happy to look back to share the most recent and upcoming initiatives of Alberta's government to make life of Albertans even better.

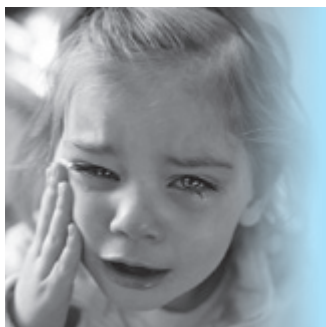
Economy and Job Creation:

Job creation and diversification is our government's top priority. In the last year, Alberta has created 48,000 full time jobs.

-The government's **Petrochemical Diversification Program (PDP)** will result in nearly \$6 billion in private investment in petrochemicals and plastics and over 4,000 related jobs - for a \$500 million investment (in foregone natural gas royalties)

-Besides two new petrochemical complexes with over 4,000 associated construction jobs, there are a number of projects advancing in Alberta that represent good jobs for Alberta tradespeople.

- Kinder MorganTMX – 15,000 jobs in BC and AB
- Enbridge Line 3 – 7,000 jobs
- Keystone XL – 5,000 jobs
- Oilsands projects and expansions including below – est. total 4,900 jobs
 - Cenovus Christina Lake Oil Sands Project Expansion
 - JACOS Hangingstone Expansion
 - Suncor Fort Hills
 - Harvest Black Gold Phase 1
 - AOSC Hangingstone Expansion



Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

- CNRL Horizon 3
- CNRL Kirby North Oilsands expansion
- Cenovus Foster Creek Oilsands
- Cenovus Narrows Lake
- Imperial Oil Aspen

Anti-Racism Initiatives:

- Our government is committed to making life better, promoting inclusion and mutual respect and it is clear that Albertans share our commitment.
- However, there is more work to be done to ensure that all Albertans are treated with respect and have opportunities to build successful lives for themselves and their families.
- We know that our strength is in our diversity, our sense of inclusion and our commitment to stepping up and helping one another.
- That is why we are reaching out to communities across Alberta to gather their input on racism in Alberta and on practical steps our government can take to fight racism, foster acceptance and promote inclusion and diversity today, tomorrow, and for generations to come.
- Several meetings throughout the province will be hosted this fall with community organizations working to combat racism.
- The government wants to hear from Albertans who are experiencing racism and find out from them if it's getting worse and work together on ways to fight it.
- There has been an increase in hate crimes across Alberta whether that is because racism is on the rise or not, or whether there's more support for people reporting these disturbing incidents but that's what that needs to be found out.
- A government website will be launched where Albertans can share the perspectives on how the government can support efforts to combat racism, foster acceptance, and promote an inclusive society where all Albertans are treated with respect.
- Together, we will continue to build a successful province and make life better for Albertans regardless of their faith, skin colour, or immigration status.
- It is a small group of people who don't represent Albertans or their/our values.



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	16	403-975-7037	Yes
Kim	25	587-585-4647	Yes
Kyra	16	403-397-3870	Yes
Rexilla	40	403-478-9465	Yes

Calling All BABYSITTERS
 Enroll free at mybabysitter.ca 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.



Fall Adult 50+ Skating Lessons

Register now for this new program! This exciting and fun class gives adults who are 50+ a 45-minute learn-to-skate lesson with a 15-minute social, free skate afterwards.

Date: September 12th – December 12th
 Time: 4:25 – 5:25 p.m.
 Days: Every Tuesday for 14 weeks
 Ages: 50+
 Location: Ed Whalen Arena – Southland Leisure Centre
 Cost: \$140
 Barcode: 5083

You can register online at Calgary.ca/recreation, by phone 403-268-3800 or at any City recreation facility.



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

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

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 WHILE KIDS IN SCHOOL: 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.

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 Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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LAWN AND GARDEN CARE: Bark chips, flower beds, regular or occasional lawn cuts. Locally owned and operated. Call for your fall cleanup as well. Please call Brenda at 403-615-7199.

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

YOUR CITY OF CALGARY

Fish Compensation project in Bowmont Park

Following the 2013 flood, The City undertook a number of projects to repair and reinforce riverbanks along the Bow River. These projects helped protect critical City infrastructure but in some cases, had compounding impacts on sensitive fish habitat along the river. In order to appropriately compensate for the loss of habitat, The City identified a number of sites that could supplement lost habitat at other locations. A project in Bowmont Park was one of the sites chosen.

The project is located adjacent to and partly within Bowmont Natural Area Park (Bowmont Park) on the north bank of the Bow River. Work will entail:

- Reopening historic side channels
- Re-establishing flow to the side channels, through excavation and re-contouring, to provide year-round connectivity from and to the main channel of the Bow River
- Constructing additional fish habitat structures using large trees and boulders
- Re-planting of all areas disturbed and the new channel banks with native plants and grasses;
- Providing additional bank and channel enhancement and protection to promote natural channel function while protecting infrastructure and the environment.

The City will also replace the existing (North) pedestrian bridge with a longer single span bridge. When the existing pedestrian bridge was constructed in the early 1990s, the channel width was reduced from 35 m to 15 m, which has severely limited flood water flow under the bridge. This has likely contributed to the significant amount of gravel and river cobble that has accumulated upstream of the pedestrian bridge. Widening the channel at this location will help achieve our goal of creating healthy fish habitat.

Work on this project will begin this fall and continue through the winter. For more information on this project and The City's fish compensation program, visit Calgary.ca/fishcompensation.

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WE CARE TREE CARE SAYS; "BE FLARE AWARE!" All Spruce Trees in Calgary are terminally infected with Rhizosphaera Needle-casting Virus, making them extremely flammable! Have all of these UN-insurable hazards removed before they burn down your house... & you! No-cost Tree Health & Fire Risk Assessments (403) 254-8882.

YOUR CITY OF CALGARY

2017 Municipal Election: Vote for your Mayor, Councillor, and School Board Trustee

This Fall Calgaryans will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. Voters can choose to cast their ballot during the Advance Vote from October 4 - 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website www.electionscalgary.ca for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.



McDougall United Church, 8516 Athabasca Street SE
(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., our current session is April 5 to June 21. Our fall session will start Wednesday, September 6 and finish November 29. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

YOUR CITY OF CALGARY

Farewell to the Leaf & Pumpkin program

The City of Calgary will no longer be offering the community Leaf & Pumpkin drop off sites this fall. With the roll out of the Green Cart program, residents will now have a convenient option to compost their yard waste right at their door.

For residents that would like to remove their yard waste quicker, a Fall Yard Waste program will be available from September 29 to October 29, 2017. If you choose to, you can bring yard waste to a City landfill for free composting at that time. More details can be found at calgary.ca/yardwaste. Please do not bring yard waste to former Leaf & Pumpkin depot sites.

Thank you to Calgarians for helping to support the Leaf & Pumpkin program for over 20 years!



Calgary-Heritage
Bob Benzen, MP
1010 – 10201 Southport Rd SW
T2W 4X9
403-253-7990
bob.benzen@parl.gc.ca

Dear Constituents,

Since the by-election in April, it has been an eventful few months. From my swearing in ceremony in Ottawa, to moving the constituency office in Calgary, to celebrating Canada's Birthday and attending Stampede events, it has been a whirlwind of activity as I have worked hard to hit the ground running with my new job as your MP.

Following the by-election in the spring, we moved the constituency office to a convenient location on the corner of Macleod Trail and Southland Drive [1010 – 10201 Southport Rd SW]. Our office hours are from 9 AM to 4 PM, Monday to Friday. I am available to meet with constituents to help navigate government services, and to listen to your concerns regarding issues facing our community.

This summer was particularly memorable as we celebrated the sesquicentennial of Canada's Confederation. Canada's 150 Birthday offered us an opportunity to reflect on our history and shared values, and to look optimistically towards the future.

Over the summer, I was able to take in many events in our community. From Stampede BBQ's and pancake breakfasts, to fun charity activities; I had a wonderful time meeting and talking with constituents. I can't thank our community associations and their volunteers enough for putting on such terrific events – you really bring our communities together and it wouldn't be possible without your hard work.

As autumn approaches, I am preparing to head back to Ottawa. Parliament will soon be sitting again and I will be doing my best to represent our great riding. If you have any thoughts about what is being debated or voted on in Parliament, please send me a note [bob.benzen@parl.gc.ca] or call my office at 403-253-7990. I always appreciate hearing from you and it helps me represent you better in Ottawa.

I hope you have a safe, fun, and memorable autumn.

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