

## New Home For Christmas....

### Homes Available in Southwest

 <b>\$339,900</b> <b>Southwood</b> – bungalow, hardwood floors, huge master, living room, eat in kitchen, double garage, close to public transit, shopping, schools	<b>\$199,900</b> <b>Haysboro</b> — high rise, one bedroom with a den, apartment condo, indoor parking, building amenities, very close to shopping and LRT <b>\$9,995 down, \$778/mo- new mtge**</b>	<b>\$209,900</b> <b>Okotoks</b> — large 2 bedroom apartment condo with 2 full bathrooms, newer complex across from Health & Wellness Centre, big corner unit. <b>\$10,495 down, \$817/mo- new mtge**</b>
---	---	--

\*\*calculated at 2.55%-2 year rate, 30 year amortization with 5% down payment

Just curious to see what your home is worth? Call...

*Lori Beaton* Realtor®

Your Resident Southwest Specialist

Royal LePage Solutions - 651-9449

lkbeaton@shaw.ca

Not intended to solicit properties already listed for sale



**Accurate Reprographics offers it all with Excellence**  
*Serving South Calgary Communities and Businesses for 24 years*

*\* To Advertise in the  
community Newsletter  
Call Sid 403-251-6654*



# Southwood CONNECTS

The Official Newsletter of the Southwood Community Association  
[www.southwoodconnects.ca](http://www.southwoodconnects.ca)

Nov. 2009

# YOU'RE INVITED

- WHAT:** KIDS HALLOWEEN PARTY; DANCE, GAMES, TRICKS AND TREATS
- WHEN:** SATURDAY, OCTOBER 31ST, 1-4PM
- WHERE:** SOUTHWOOD COMMUNITY HALL, 11 SACKVILLE DR. SW
- NOTE:** THE ADMISSION FOR THIS EVENT IS INCLUDED IN YOUR SOUTHWOOD COMMUNITY ASSOCIATION MEMBERSHIP, NON MEMBERS PAY \$5 EACH



Sponsored by:



**PLANET  
ORGANIC™**  
M A R K E T

The Board Meeting, will be held on the second Wednesday of the Month Oct. 14, 2009 at 7pm in The Chateau Room at the hall.

Please note that the deadline for submissions for the Dec. newsletter is Nov. 4, 2009.

**Did you know?**  
**A wealth of knowledge is at your fingertips by simply calling 3-1-1 or 2-1-1.**  
**What's the difference between the two?**

For information on services specifically provided by The City of Calgary, including:

- Animal & Bylaw Services
- Calgary Fire Department
- Calgary Police Service
- Calgary Transit
- Community & Neighbourhood Services
- Land Use
- Parks
- Recreation
- Roads
- Transportation Planning
- Urban Development
- Waste & Recycling
- Water Services
- And more!

Call 3-1-1 (24 HRS), or visit the website [www.calgary.ca](http://www.calgary.ca)

For other Community, Government, Health and Social Service Information, including:

- Aboriginal Services
- Addiction Services
- Child Protection and Welfare
- Legal Information/Services
- Counseling
- Education
- Health Services
- Hospitals
- Income Support and Employment
- Consumer Services
- And more!

Call 2-1-1 (24 HRS), visit [www.informcalgary.ca](http://www.informcalgary.ca)  
 or email [csdinfo@calgary.ca](mailto:csdinfo@calgary.ca)



## Schultz Birklein Bruce

### BARRISTERS & SOLICITORS

- Divorce & Separation
- Child Custody & Access
- Common Law Relationships
- Mediation Services
- Wills & Estates
- Real Estate & Mortgages
- Small Business Law
- Personal Injury Claims



Open Tuesday Evenings Until 9:00 p.m.

For Your Convenience

NEW CLIENTS WELCOME

**252-3200**

A211, 1600 - 90th Avenue S.W. Calgary

### Monthly Advertising Rates

Per community: (add GST)  
 Page One insertion Minimum 3 insertions 6-12 ins

Full	\$291	\$267	\$243
3/4	\$233	\$213	\$194
1/2	\$173	\$159	\$145
1/4	\$119	\$108	\$99
1/8	\$81	\$72	\$62

Add 30% for a cover page, if available.

### Accurate Reprographics

Proud to be the Publisher of  
 Your Community Newsletter

To place an Ad, please call,  
**Sid at 403-251-6654**

All ads must be in by the 10th of the month prior  
 email: [accuraterepro@shaw.ca](mailto:accuraterepro@shaw.ca)

**SOUTHWOOD COMMUNITY ASSOCIATION**  
 11 Sackville Drive S.W.  
 Calgary, Alberta  
 T2W 0W3  
 (403) 258-0919  
 Website: [SouthwoodConnects.ca](http://SouthwoodConnects.ca)

### Southwood Connects

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 each month to all residents of Southwood.

### 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.

### 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.

**Editor**  
 Kathryn Dupasquier

**Photographer**  
 Ken Brown

**Writer**  
 (Vacant)

**Webmaster**  
 Teresa McLaren  
[southwoodwebmaster@gmail.com](mailto:southwoodwebmaster@gmail.com)

**Distribution**  
 52 Squadron Air Cadets

**Publisher**  
 Accurate Reprographics  
 Call 251-6654 for advertising requests  
 (including Classified Ads)

### BOARD MEMBERS

President	Blaine Moen	403-252-0441
Past President	Jill Negenman jkobelak@shaw.ca	403-253-8586
Vice President	Margaret Moen	403-252-0441
Treasurer	Alec Simpson	403-640-2730
Secretary	Darren Oxbury darren@whca.ca	
Director Family, Senior Membership	Beverly Hardstaff	403-252-4871
Director Corporate Membership	Ed Stewart ed-stewart@shaw.ca	403-252-5679
Director Traffic	Darren Oxbury darren@whca.ca	
Director Anderson TOD	Dorothy Cornwall dothome@shaw.ca	
Director of Ice	Paul Webber	403-253-5139
Casino Director	Bob Jonathan moneywiseman@shaw.ca	403-253-5885
Director Development	Margaret Moen	403-252-0441
<b>OTHER COMMUNITY CONTACTS</b>		
Hall Rentals	Geof Crossman geofrey@telusplanet.net	403-807-6389
Newsletter Editor	Kathryn Dupasquier kathrynd@calgaryzoo.ab.ca	
Southwest Community Resource Centre	Lora Probert	403-238-9222
Community & Neighbourhood Services	Kate Daniel	403-537-7583
Girl Guide Leader	Vicky Klassen	403-255-4810
Boy Scouts Leader	Alec Stroud	403-281-1132
Air Cadets Liaison	Mary Skidmore. Chairperson	403-698-6467
Calgary Police	Cst. Earl Courage pol3386@calgarypolice.ca	403-567-6600
Calgary Block Parent	Ann Pyne	403-640-0143
Community Social Worker	Main Office	403-537-7599
MLA		403-216-5421
Alderman	Diane Colley -Urquhart	403-268-1624

## **PRESIDENT'S MESSAGE**

**By Blaine Moen**

Hi all. By the time you read this, we will have held our meeting to deal with Speeding in our community. Hopefully, with some help from The City, we can make some progress on getting people to slow down in their vehicles.

It's that subject that I'd like to address this month.

### **Speeding in our Community.**

When I say speeding it is really a broad and oversimplified word, but what I actually mean is "drivers not paying attention to the road".

We are ALL busy. Too much time spent doing things we don't want or have to do and not enough time doing what we enjoy. This is the underlining excuse we all use for unacceptable behavior, MYSELF INCLUDED!

There are times that we all need to take a step back, take a breath and remember that although traffic is bad and there isn't enough time in the day, we MUST be accountable for our actions. There are other people on the road just going about their daily routines too.

Talking on our cell phones while driving.

Texting while driving.

Speeding.

These are all things that are within our control to stop, plain and simple.

I'm not naive enough to believe that young people read this, but for the few more experienced folks that do, I ask you to speak to your children, grandchildren, wife or husband about what they might be doing while they're driving.

Recently, I was following a young gal southbound on 14<sup>th</sup> Street as I was headed home. She was in the far right lane and without much notice, signaled and quickly cut across three lanes of rush hour traffic, all the way into the far left hand turning lane at Heritage. As all the vehicles were stopped at a red light, I had a chance to watch her and she was gesturing with one hand as she held her cell phone in the other, obviously worked up about something. Then, when the light changed, she held up the traffic behind her and cut back to the lane beside her to go straight through the intersection instead of turning. She crossed over all the lanes without signaling, cutting off two cars, all the way back into the far right hand lane and turned off into Glenmore Landing. The entire time she was talking on her cell phone! What was so important that she was risking her life and the lives of those around her?

I think back to the sixteen year old driver a couple of years

ago that fumbled with her phone as she drove through a crosswalk and into a mother and her child in northwest Calgary. Let's hope that girl has changed her driving habits, but a tragedy SHOULDN'T have to happen before people wake up.

This is what I'm talking about. Not people talking on cell phones while driving, but us, not doing anything about it!

I ask you again to talk to your family about the difference between the privilege (and it IS a privilege NOT a right) of driving and the agony of living the rest of your life knowing you killed a kid crossing the road because your conversation was more important than another person's life.

When I was 14, I was at my uncle's place, south east of Sacramento Drive, and I was playing football in the park with a friend. I watched in horror as a 3 year old boy ran out onto Sacramento Drive and was struck by a truck. I'm not going to go into the details, but it has stuck with me ever since.

At our September board meeting there were a couple of pessimistic people who were more or less asking "why bother, nothing ever changes anyway?"

THIS IS WHY! We all have an obligation to make our community safe, for ourselves and our neighbours.

So here's what I need all of you to do. Phone your MP and MLA and demand legislation on distractions while driving. I'm not just talking about cell phones, but all distractions. People MUST be responsible for their actions, and the more complicated our world gets, the more people seem to ignore common sense.

I'm no lawyer, so I can't speak to the legal implications of criminalizing distracted drivers, but I don't think the parents of a child hit crossing the street on their way to school would care that the person that hit their child was texting, drinking their coffee or was drunk. They shouldn't be doing anything other than paying attention to the road.

It's time to call your MP and MLA today and demand changes to distracted driver laws.

Also, do your part, slow down and report irresponsible drivers to the police at 403-266-1234. We have the power to change the community around us if we only care to get involved and do so.

Hope to see you at our next meeting in November. We normally meet on the second Wednesday of the month at 7:00pm at the Hall, but as that falls on Remembrance Day, the November meeting date may change. Please check the front doors of the hall for a sign marking the day of the next meeting if it has changed, or call me at 252-0441 and I will let you know.

Blaine

## **CLASSIFIED ADS WANT TO PLACE AN AD?**

### **Here's How.**

**E-mail your ad to: [accuraterepro@shaw.ca](mailto:accuraterepro@shaw.ca) or bring/send your ad to: Accurate Reprographics, 2812 Cedarbrae Drive S.W., Calgary, AB T2W 1X9**

Please include your written ad with payment. Deadline for placing an ad is the 4th of each month prior to the issue it will appear in (eg. Jan 4th for Feb issue).

Ads can be up to a maximum of 40 words. No newsletter is published for July or August. No receipt given for classified ads.

**PRICES: \$10.00/month cash or cheque + GST  
Credit card \$11.00 + GST**

**We reserve the right to edit if ad is too long. For further information please contact Miriam (by phone 403-251-6654 or by e-mail: [accuraterepro@shaw.ca](mailto:accuraterepro@shaw.ca)).**

### **LABOUR / CONSTRUCTION**

**Neptune Plumbing & Heating Ltd.** Qualified journeyman, plumbers/gasfitters, very experienced in Southwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Call **403-255-7938**. "Showering you with great service".

**Carpentry Work** - General carpentry work, Reasonable rates. Basements, renovations, painting, decks/fences. Certified Carpenter. John **403-255-5564**.

**RENOVATION/DEVELOPMENT:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone/Fax: **403-251-9023**.

**Another Reno by Reno:** All types of renovations: kitchens, bathrooms, basements, as well as decks, sheds and garages. Over 30 years in the business in Calgary. References available. Satisfaction guaranteed. Call Reno for a free estimate **403-816-3681**

### **MISCELLANEOUS**

**SRI-LANKA TSUNAMI RELIEF** Your empty Bottles and cans will help to fill hearts and lives with hope and possibilities. Our work continues on one step at a time, many more to go. Simple gifts together can make a difference. Please call Siri or Indranie at **403-253-1993** to donate your pop cans and bottles. Thanks and gratitude to those who continue to care and help.

**22 Years Experience Certified General Accountant:** Corporate & Personal Tax Returns (Efile), Tax Planning, Tax Minimization, Financial Statements & Incorporation. Flexible Hours, Affordable. Suite 211 Canyon Meadows Shopping Ctr. (Elbow & Anderson SW) Email: [angcga@telus.net](mailto:angcga@telus.net) **238-6088**. Albert Ng, B. Mgt. FCCA(UK),CGA

**Lighthouse Church** Join us for charismatic worship and preaching of the Word every Sunday at 10:30 a.m. at 9827 E Horton Road S.W. Come and enjoy God's presence! For info call **403-640-2099** or visit [www.calgarylighthouse.com](http://www.calgarylighthouse.com)

**Guitar.** Competent, experienced teachers for Classical- acoustic-electric- guitars, el.bass or ei. keyboard. Preparation for Exams. Competitions or Stage performance. Call Milos at **403-255-5863** or **403-255-1801**.

**Piano and Theory Lessons** in your home. 20 years exp. ARCT diploma. Ref. avail. Classical or recreational. RCM exams, recitals. Learn on your Keyboard. Contact Christina **(403)764-2953** or [cjs-now@live.ca](mailto:cjs-now@live.ca)

**Electrical Services.** Split Project Solutions offers a complete range of electrical upgrades including: service/panel changes, hot tubs, interior/exterior lighting, and upgrading existing devices. Call for free quote. **403-808-3303**

**PAWS Yard & Kennel Clean-ups.** Year Round weekly pet waste removal. Fall clean ups - Junk Removal - Half ton and one ton trucks, Snow removal, Southwood only. Contact Bruce **403-691-7297**.

**Reliable lady** is able to clean your home. Weekly or bi-weekly, for four hours. Bonded and insured. Telephone Mrs Batti at **403-720-8689** or **403-617-5534**. Please leave a message if not at home.

**After - School Care:** Looking for afterschool care for 7-year old, 6 - 7 afternoons / month. Would be able to pick child up at St. Stephens School at 3:00 pm. and provide care until 4:30 pm. Please call Debbie at **403-249-8446**.

**Dayhome In Cedarbrae:** Now accepting children ages 1-5 to learn through play in a safe , nurturing environment. Program includes: Arts and crafts, games, storytelling, fieldtrips, photographs and nutritious meals. Call Debbie at **403-238-8309**.

*DISCLAIMER The opinions expressed within any published article, report or submission reflects those of the author, and should not be considered to reflect those of the Southwood Community Association. The information contained in this newsletter is believed to be accurate, but is not guaranteed to be so. The Community Association does not endorse any person or persons advertising in this newsletter, and publication of these ads should not be considered an endorsement of any goods or services.*



### Ignite a star at the 2010 Festival!

By: Lisa Rushka

In a few months, almost 12,000 amateur musicians and speech arts performers will take the stage at the Calgary Kiwanis Music Festival. Whether a Kindergarten choral speech class or a Mozart class pianist, each of these performers is a star in our eyes. That's why we've chosen "Ignite a Star" as our theme for 2010. We believe the performing arts can spark a passion within and with the right encouragement ignite a star.

The Calgary Kiwanis Festival encourages classical and contemporary music and speech arts performance among amateur students of all ages and skill levels.

If you've ever wondered how to get involved with the Festival, the time is now! Registration deadlines are November 20<sup>th</sup> for piano and iDecember 4<sup>th</sup>, for all other disciplines. The syllabus outlining the classes available is online now at [www.calgarykiwanisfestival.ca](http://www.calgarykiwanisfestival.ca).

There are many reasons why music should be part of your life. Here are our top five.

#### Music...

1. ... is fun!
2. ... makes you smarter!
3. ... helps you express yourself!
4. ... makes you feel good about yourself!
5. ... makes you happy!

So, make music part of your life. Check out what the Calgary Kiwanis Festival has to offer. Ignite a star!

*Travel All City*  
9 - 12 year olds

Participate in amazing activities with 9 - 12 year olds from around Calgary!

Call 403-268-3800 and use the course codes below to register.

**October 17 : *Gymnastics***  
(Course #254780)

**November 21: *Climbing***  
(Course #254781)

**FREE SATURDAY PROGRAM!**

Registration deadlines are in effect.

For more information and registration call 403-268-3800.



# DISCOVER YOGA

AT THE SOUTHWOOD COMMUNITY CENTRE  
NEW SESSION STARTING NOVEMBER 10<sup>TH</sup>, 2009

Classes are ongoing, join us anytime.

TUESDAYS 9:15 AM – 10:45 AM

7 SESSIONS FOR \$56.00 (FOR MEMBERS) \$70 (NON MEMBERS)

### MAKE THIS YOUR OPPORTUNITY !



- TO JOIN THIS BEGINNER CLASS DESIGNED FOR EVERYONE.
- TO IMPROVE HEALTH AND WELL BEING.
- TO STRENGTHEN THE BODY, PROMOTE BETTER CIRCULATION AND RESPIRATION.
- TO IMPROVE FLEXIBILITY
- TO ENHANCE CONCENTRATION
- TO CULTIVATE A SENSE OF PEACE.
- TO LEARN IYENGAR STLYE YOGA

*"BE THE CHANGE YOU WANT TO SEE  
IN THE WORLD."*

*MAHATMA GANDHI*

## JOIN US TODAY !

### INFORMATION AND REGISTRATION

PHONE CINDY : 403.995.3642

EMAIL : [cindylen@telus.net](mailto:cindylen@telus.net)



## Southwood Connects is on-line!

Check us out at [www.southwoodconnects.ca](http://www.southwoodconnects.ca). Here you will find information on:

- ⇒ Board Members
- ⇒ Childcare
- ⇒ Classifieds
- ⇒ Facility rental
- ⇒ Local businesses
- ⇒ Memberships
- ⇒ Programs
- ⇒ Seniors
- ⇒ What's going on around Southwood

You can also view the photo gallery to see all the fun people are having at community events or "visit" with other people in our community on the message boards.

We will make every effort to keep the most current information posted on the website and let you know about program/event changes or cancellations as soon as possible.

## Join the 52 Air Cadet Squadron!

Do you want to join an exciting youth organization where you can:

- Learn to fly gliders and planes?
- Attend free summer camp programs across Canada?
- Join in weekend outdoor camps during the year?
- Learn to lead groups, teach classes and coach sports?
- Participate in effective speaking activities?
- Get involved in community activities?
- Join a band (brass or pipes & drums) and learn a musical instrument?

The 52 "City of Calgary" Royal Canadian Air Cadet Squadron is located in Calgary South West (Southwood). It is designed for girls and boys aged 12 to 18, and is a free program. Weekly meetings are on Tuesday nights. To learn more about the Air Cadet program, plan on attending our open house for parents and youth on Saturday, September 6, 2008 between 10am and 3pm at the Southwood Community Centre, 11 Sackville Drive S.W. To sign up you will need a parent or guardian to complete the registration package, as well as your birth certificate and Alberta Healthcare Card. For more information, or if you are unable to attend the open house, check out our website at [www.52aircadets.ca](http://www.52aircadets.ca) or the national cadet program at [www.cadets.forces.gc.ca](http://www.cadets.forces.gc.ca).

## Babysitting Registry

Congratulations to these young entrepreneurs who have completed the Red Cross Babysitting Course. They are open for business!

<b>Brittany</b>	Age 13	403-398-7244	(female)
<b>Matthew</b>	Age 14	403-212-0313	(male)
<b>Morgan</b>	Age 12	403-212-0313	(male)
<b>Blain</b>	Age 13	403-259-0523	(male)
<b>Brittany</b>	Age 14	403-259-0523	(female)
<b>Colin</b>	Age 14	403-252-9746	(male) *
<b>Nicole</b>	Age 13	403-255-1991	(female) CPR
<b>Sara</b>	Age 14	403-252-3718	(female) *
<b>Amnesty</b>	Age 12	403-252-0983	(female)
<b>Morgan</b>	Age 11	403-252-8534	(female) CPR
<b>Ian</b>	Age 12	403-252-9746	(male)

If you would like to be included in this baby-sitting registry, or to update your information, contact Kathryn Dupasquier at 403-463-5795, or [kathrynd@calgaryzoo.ab.ca](mailto:kathrynd@calgaryzoo.ab.ca)

## Babysitting Co-op

Are you a parent looking for affordable childcare on an informal basis? Have you considered joining a babysitting co-op? Many parents find arranging occasional babysitters to be one of the more challenging aspects of parenting young children. Sometimes, locating qualified babysitters for the hours needed presents a challenge, and sometimes, affording babysitters is difficult. For some parents, leaving their child in the care of someone they do not know very well is simply out of the question.

If you would like to be a part of the co-op, please email [tfray@shaw.ca](mailto:tfray@shaw.ca) or phone 475-7052.

## Top 10 Reasons to Hire a Personal Trainer

By Peder Lodoen, Fitness Director

Trico Centre for Family Wellness

Gone are the days when Personal Trainers were only for athletes, celebrities and the very wealthy. Youth, adults, seniors and people with disabilities or injuries can all benefit from hiring a Personal Trainer. Here are some of the top reasons to consider working with a trainer.

**1. Motivation...** Trainers come with built-in motivation. There's nothing like a standing appointment to get your butt in gear for a workout. Certified personal trainers will provide structure, direction, accountability and a friend who is interested in helping you succeed.

**2. Don't know where to start...** Exercises, sets, reps, duration and a dozen other factors can be confusing. Trainers will maximize your time while helping you stay within your own limits so you don't overdo it. Together you'll set goals and map out a specific schedule so you know when, how and where you'll fit in your workouts.

**3. Workout safely ...**A personal trainer watches your form, monitors your vitals and provides objective feedback about your limits and strengths. Most of us tend to ignore some of the subtle signals our body provides. We either push through pain or give up too soon. Trainers will watch what you are doing, and push you or slow you down as necessary.

**4. Individualized program...** A safe, efficient and effective program is what we all want and good personal trainers will provide and teach you the basics of building and modifying a fitness program to achieve maximum results.

**5. Learn how to workout on your own...** You don't have to hire a trainer for the rest of your life, trainers will give you the tools you need to succeed on your own eventually. This is especially true if you want to learn more about the muscles in your body, the exercises that target those muscles and how to do those exercises with great form.

**6. Break through plateaus...**Have you been exercising for awhile and feel stuck in a rut? A trainer will jump start not only your motivation, but your routine as well. Your body adapts very well to new things and trainers keep your workouts new and constantly challenging the body.

**7. Weight Loss...**One of the number one reasons people hire personal trainers is to lose weight and get into shape because, well...it works. If you make a resolution to lose the fat and build muscle, a trainer will keep you on track and help you realize that goal.

**8. New to exercise...**If you are an absolute beginner, a personal trainer is the ultimate fitness coach. A good trainer will introduce you to a very simple, effective routine and build efficiently so before you know it, you have the confidence and knowledge to decide what is right for you.

**9. Improve technical skills...**If you play a particular sport or are planning for a specific event, trainers will improve your skills adding new training techniques specific to your sport. Skills training incorporated into your program will not only improve your strength and endurance, but your agility and mental focus as well.

**10. Stay challenged ...** A trainer can motivate you to push past your self-imposed limits, encouraging you to lift heavier, go longer and challenge yourself more than you would on your own. You'll find it's very hard to slack off with a trainer standing over you, telling you to do just...one...more...rep!

*Trico Centre for Family Wellness is partnered with your community. Support your community association and purchase a community membership to receive 20% off Trico Centre memberships. 403-278-7542 [www.tricocentre.ca](http://www.tricocentre.ca)*

## Animal & Bylaw Services

Partnering with Calgarians

[www.calgary.ca/animalservices](http://www.calgary.ca/animalservices)

### My licence is my ticket home

We love our animal companions and we try to keep them safe, but sometimes their curious natures find a screen door to sneak through or an open gate that leads to exploring the neighborhood.

Licensing your pet is their ticket home! All cats and dogs three months of age and older residing in The City of Calgary must be licensed under the Responsible Pet Ownership Bylaw. A licence enables Animal & Bylaw Services to reunite lost pets with their owners.

A one-year licence for	COST
Altered cats	\$10.00
Unaltered kittens (up to six months old)	\$15.00
Unaltered cats	\$30.00
Puppies (up to six months old) & altered dogs	\$31.00
Unaltered dogs	\$52.00

A pet owner's licence fee allows Animal & Bylaw Services to:

- Return lost cats and dogs to owners and enforce the Responsible Pet Ownership Bylaw.
- Educate animal owners about Responsible Pet Ownership.
- Feed and shelter lost cats and dogs entering our facility.
- Provide emergency medical care for injured cats and dogs.
- Operate our animal adoption and volunteer animal socialization programs.
- Deliver our school programs
- Help neighbours resolve their animal related problems
- In early 2010, provide free spay or neuter surgery for cats and dogs of low income Calgarians who meet the criteria.

Your pet relies on you to keep them safe. The licence is the pet's reassurance that if they are to get lost, they can be returned home by Animal & Bylaw Services.

For more information about licensing fees visit [calgary.ca/animalservices](http://calgary.ca/animalservices) or call 3-1-1.



## YWCA | Sheriff King Home

### POSITIVE PARENTING



Offered at

**Southwood Community Hall  
11 Sackville Drive SW**

**Wednesdays, September 30 to  
December 9, 2009**

**11 Weekly Sessions  
9:15 to 11:15 am**

Childcare offered for children 2 to  
6 years of age

#### **Topics include:**

Understanding Your Child, Building Self-Esteem,  
Positive Discipline, Communication Skills,  
Anger and much more

**PROGRAM AND CHILDCARE  
FREE OF CHARGE**

**To register, please call the  
SouthWest Communities Resource  
Centre at 403-238-9222**

**For more information call:  
Allan Desjardins  
Supervisor, Children's Programs  
at 403-294-3660**

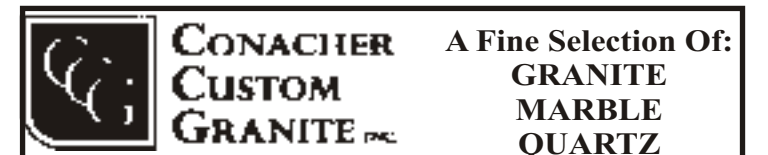
## The 2010 Olympic Torch is Coming to Calgary!

Hey Calgary, here is your chance to be a part of the 2010 Winter Olympic Games! The Calgary Olympic Torch Relay Committee is currently accepting expressions of interest for volunteers to help with the Olympic Torch Relay Celebration here in Calgary. This city has a rich history with the Olympics. Here is our chance to show the rest of Canada that Calgary still has the same Olympic spirit as it did in 1988.

Join in by sending your expression of interest by Thursday, November 18, 2009 to Brendan Murray-

[communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com)

Submissions should include your name, a contact number, and a brief description of what the Olympics mean to you. Send your expression in today. Positions available are limited!



**CONACHER  
CUSTOM  
GRANITE INC.** A Fine Selection Of:  
**GRANITE  
MARBLE  
QUARTZ**

**Shop at Home. We Bring The Samples To You.  
Free Consultation & Estimate.**

**Contact Pat**  
Cell: 403-629-9491  
Email: [pat@conachergranite.com](mailto:pat@conachergranite.com)

## Health

### Dr. Morgan's Community Health Report

#### "Practicing Medicine in Pioneer Alberta"

As a change of pace for my readers, I am going to quote some passages written by my great uncle who practiced medicine in High River Alberta back in 1901. His name was Dr. G.D. Stanley and he recounted some of these stories in his book "Fun in the Foothills" that I am going to quote from.

"I assume that my readers are anxious to know what initial surgical operations or medical cures were, that established my professional reputation on a sufficiently sure and sound basis, that I have been able to carry on with a fair degree of success ever since. I should say that my first two cases did the trick."

"The first case was one of quinsy (ed. note--a throat infection). My young patient was unable to swallow at all and was having considerable difficulty breathing. I attempted to palpate the abscess in his throat but in my clumsy nervousness I poked it with the end of my finger--and presto the abscess discharged, and the cure was effected. The magic outcome was a winner for the new doctor, and the entire community soon heard all about it."

"The second case was that of a well known character, a stock detective Jackson, who presented himself to have a couple of molar teeth extracted. I want them both out he said pointing to the two lower molars on one side of his mouth. I had only one pair of upper molar forceps but used it to tackle the job. I fastened the forceps to one of the back molars and began to extract it. The tips of the forceps slipped its hold, lodged between the two teeth and out came the two molars as clear as a whistle. The new doctor was not only expert to pull a single tooth but he knew how to get them out two at a time."

"Another outstanding success became widely known. This was a medical case from the United States brought up by her brother because of a long and continuous illness. Three minutes convinced me that she was a psychoneurotic to a high degree, but I took three days, off and on, to complete a most detailed physical checkup and discussed the findings with her. My prescription for her consisted of only *Aqua distillata*, *Aqua purifacata* and *Aqua colorata*. The dose was exactly ten drops of this mixture in a glass of water before meals along with the warning that if she had any doubt to the accuracy of the count to throw the dose away and recount the drops in a new dose. The treatment worked like a charm, and for many years the High River druggist repeated the prescription for many addresses in the United States over many years. (ed. note--prescription of distilled, pure and coloured waters)."

Ed. Note--Dr. Stanley came to Alberta just before it became a province. He practiced in High River and later in Calgary where he was one of the founders of the Calgary Associate Clinic. He became one of my mentors, and encouraged me to come to Calgary to practice medicine, which I did in the mid 1950's.

Dr. John Morgan 80 Woodacres Dr. SW. T2W-4S6  
403-251-5704 jcmorgan@shaw.ca



Moh Pai Defensive Arts  
is pleased to be able to contribute to the  
community with a no charge

**Women's Self Defense Class**  
**November 21, 2009**  
**Starts at 12:00 Noon**  
**At: South Wood Community Centre**  
**11 Sackville Dr. SW**

Please wear comfortable active wear.  
Call 403-807-6389  
to confirm attendance

Drop-in's will be welcome  
Food Bank Donations Accepted

**Colin the Plumber Ltd.**



**Colin Gilchrist**

Journeyman Plumber / Gas Fitter

- Faucets/Sinks/Toilets/Repairs
- Carburators/Dishwashers/Humidifiers
- Water Softeners/R/O Units
- Hot Water Heating/Water Heaters/Gasfitting
- Crane Cleaning/Back Flow Testing

Cell: 403-813-7098

Fax: 403-237-5651

Calgary, Alberta

colin@colintheplumber.com

www.colintheplumber.com

## SOUTHWOOD COMMUNITY ASSOCIATION MEMBERSHIP

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties. Your membership is valid for 12 months from the date of purchase.

### COMMUNITY ASSOCIATION MEMBERSHIP

Please include cheque or money order with this form and mail or drop it off at  
Southwood Community Association  
11 Sackville Drive SW Calgary AB T2W 0W3  
Cost: \$20/family & \$10/seniors

Applicant last name: \_\_\_\_\_ First name: \_\_\_\_\_

Co-applicant last name: \_\_\_\_\_ First name: \_\_\_\_\_

Children's name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Calgary, AB Postal code: \_\_\_\_\_ Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency contact name & relationship: \_\_\_\_\_

**PUT YOUR BUSINESS  
BACK ON TRACK  
TO ADVERTISE  
Call Sid at 403-251-6654**



## Southwood Library 924 Southland Drive SW

**Hours:**  
 Monday - Thursday 10 a.m. - 9 p.m.  
 Friday - Saturday 10 a.m. - 5 p.m.  
 Sundays (mid Sept to mid May) 12 p.m. - 5 p.m.

**Telephone:** 260-2600  
**Internet Address:** www.calgarypubliclibrary.com



### Adult Programs

**50+ Coffee & Conversation:** Like to chat about the good old days? Current events? That fabulous vacation you enjoyed last summer? Join us Monday afternoons throughout November from 2:00 - 3:30 for Coffee & Conversation club. Who knows who you might meet over a cuppa! For ages 50 and up.

**Introduction to Reiki and the Chakras:** Join Norma Isaac to learn about the therapeutic benefits of Reiki and how you can channel this healing energy for yourself and others. Monday Nov. 23<sup>rd</sup> from 2:00 - 3:30 p.m. For ages 50 and up.

**Natural Hormone Balance in Women:** Menopause can be a confusing and challenging time for women. Dr. Fiona Lovely will answer questions and offer suggestions for creating balance during this important life stage. Monday Nov. 23<sup>rd</sup> from 7:00 - 8:30 p.m.

### Storytime Anytime...on-line!

What youngster wouldn't want to watch entertaining stories on their home computer? It's easy! Just log onto [calgarypubliclibrary.com](http://calgarypubliclibrary.com), then click *Storytime Anytime* to watch childhood favorites such as "Who Are You, Baby Kangaroo", "The Little Red Hen" and "Nail Soup". Each of the stories, which change every few months, are presented by experienced storytellers and include fun fingerplays. Best of all, children can replay each story over and over with a quick click of a mouse. All of these stories (and many, many more!) are available in storybooks at Southwood library. Why not borrow a few so you can watch and read at the same time. As part of the Library's Growing Readers For Life initiative, watching *Storytime Anytime* is a great way to support early literacy and encourage a lifelong love of reading.

### Did you know...?

All you need to access 100's of downloadable audiobooks and e-books to your home PC or portable media device is your library card. Just visit [calgarypubliclibrary.com](http://calgarypubliclibrary.com) and click "*Download E-Books and Audio*" for a complete list of fiction and non-fiction titles. There are great books in all genres for adults, children, and teens. Be sure to read "Getting Started", then enjoy the guided tour of the program. And keep your library card handy, you'll need it to check out your selections.

### Library Closure

All Calgary Public Library branches will be close on Wednesday November 11<sup>th</sup> for Remembrance Day.

2007 readers' **CHOICE** Winner

"We Care"  
**DEERFOOT**  
Carpet & Flooring

**Act Now!!**  
Take advantage of the Government of Canada's Temporary Home Renovation Tax Credit  
You can Receive up to **\$1350 Back!**

**DEERFOOT CARPET & FLOORING**

**WALL TO WALL CARPET**

**HARDWOOD**

**STOCK SPECIALS**

**\$1.59** PSF

FROM TARKETT WOOD

WHILE SUPPLIES LAST!

**LINOLEUM**

**STOCK SPECIALS**

From **99¢** PSF

Congoleum

**CARPETS**

LEVEL LOOP/BERBER	BGF NYLON
78¢ PSF	\$1.44 PSF
8.99 PSF	\$12.99 PSF

**CERAMIC TILE**

**STOCK SPECIALS**

**99¢** PSF

LIMITED QUANTITIES

**AREA RUGS**

**NEW ARRIVALS ARE HERE!**

MATCH THE LATEST IN FURNITURE!

**LAMINATE**

**WOW!**

3.5mm Clk. NEW STOCK ARRIVED!

**\$1.09** PSF

25 YEAR WARRANTY

Tarkett LAMINATE

**SUPER SMART**

**CARPET YOU CAN LIVE ON!**

SMARTSTRAND

- + Permanent Stain Protection
- + Excellent Cleanability
- + Excellent Color Clarity
- + Variety of Beautiful Styles
- + Incredible Softness
- + Exceptional Durability

**SPECIALLY PRICED**

**\$2.22** PSF

**\$1.99** PSF

**IF YOU WANT... THEN...**

- Complete floor covering service
- Lowest prices guaranteed
- The largest selection in Calgary!
- Hassle Free Service
- Peace of mind Guarantee

Call or visit and become

**Mark**

**DO NOT PAY UNTIL 2010**

\*ON SELECTED PRODUCTS ONLY

**ANOTHER HAPPY DEERFOOT CUSTOMER**

**6170 - 12 ST. S.E. 255-5880**

**HAPPY CUSTOMERS, LOWEST PRICING**

[www.deerfootcarpet.com](http://www.deerfootcarpet.com)

**NEW HOURS!**

Mon-Wed. 9-6 • Thursday Friday 9-8  
Saturday 9-5 • Sunday Closed

December 2009

Southwood Connects

page 9

The Southwood Community Association is proud to partner with The City of Calgary to offer the following program at our hall each weekday after school.

## Calgary AfterSchool

Calgary AfterSchool is a new city-wide initiative (launched on September 10, 2009) for youth aged 6 to 16, providing information and access to a variety of quality, supervised and fun activities between 3 and 6 pm weekdays. It is the must see, place to be.

Community and Neighbourhood Services (CNS) and Recreation offer many program opportunities for children and youth between 3:00 and 6:00 p.m. A component of Calgary AfterSchool is a searchable database to locate after school programs for children aged 6-16. Visit: [www.calgary.ca/afterschool](http://www.calgary.ca/afterschool)

### Benefits

- Providing Calgary kids with positive, structured activities during these critical hours will ultimately help build stronger and safer communities.
- Research shows that children and youth who are provided with safe and stimulating environments during the critical hours of 3 - 6 p.m. are significantly less at risk to get involved in crime, gangs, substance abuse, teenage pregnancy, poor grades and other negative activities and outcomes.
- Other benefits resulting from after school programs for youth will include:
  - Lowering stress levels for working parents (who will know where their children are and what they are doing)
  - Expanding the range and availability of youth recreational opportunities to more Calgary communities
  - Delivering more programs to help kids develop their social, physical, leadership and creative skills
  - Strengthening The City's partnerships with local agencies and leveraging future joint-funding opportunities
  - Optimizing the use of recreation and community facilities available between 3 - 6 p.m.



*Peepers The Optical Shoppe*

**50% off**  
Frame or Lenses

Southland Crossing  
#640, 9737 Macleod Trail S 403-259-5995

Dr. Coles, Optometrist 403-255-9571

**THE LEARNING TREE PRE-SCHOOL**  
★ Southwood Community Centre  
11 Sackville Drive S.W.

**Register Now**

Where your 3 and 4 year olds are taught by caring teachers in a warm, crative stimulating environment.  
Space still available for 3yr. olds.  
[www.learningtreepreschool.ca](http://www.learningtreepreschool.ca)  
For more information call Marla Johnson B. Ed.  
**680-4237**

## City of Calgary Community & Neighbourhood Services Youth Programs For more information contact 311 1.

Deer Park Sonics The City of Calgary in partnership with Deer Park United Church provides a youth basketball drop-in for those aged 12 - 17. If you want a fun place to play some 3-on-3 basketball, come out and get active while meeting new people.

Cost: Free Ages: 12 - 17 Day: Mondays 6:00pm - 8:00pm (no program on holiday Mondays) Location: 77 Deerpoint Rd SE (Deerpark United Church parking lot) Start & End: September 21 - October 26, 2009

2. Super Girls The City of Calgary in partnership with Deerfoot Meadows Super Store is launching a female, youth recreation and social program for females aged 12 - 17. This particular program includes activities such as fashion, fitness, cooking, recreation, movie night and more. Come and get active while meeting new people.

Cost: Free Ages: Females 12 - 17 Day: Tuesdays 7:00 - 8:30pm Location: Deerfoot Meadows Super Store Community Room (upstairs) Start & End: Sept 22 - Nov 10, 2009



**As darkness falls earlier each night become the difference to a someone who is lost, hurt, sick or frightened by displaying a Block Parent sign in your window.**

**The red and white sign is a symbol of safety. There is no cost involved and no meetings to attend, simply display your sign when you are at home and available to assist should the need arise.**

For more information, please call the **Calgary Block Parent Association** 269-6460 (24 hr. answering machine).  
e-mail: [calbp@telusplanet.net](mailto:calbp@telusplanet.net)  
[www.calgaryblockparent.ca](http://www.calgaryblockparent.ca)

Check out our new membership proposal at [www.tricoentre.ca](http://www.tricoentre.ca)

**train...**

Support your community association and save 20% on Trico Centre memberships.

**TRICO CENTRE**  
FOR FAMILY WELLNESS  
11150 Bonaventure Drive SE  
403.278.7542 | [www.tricoentre.ca](http://www.tricoentre.ca)

**Upcoming Events  
Free or Low Cost!**

**Call 3-1-1 for more info.**

**Youth in Action @ Southland Leisure Centre**  
Fridays, Sept. 25 - Dec. 18, 7:30 - 10pm

Come and hand with us in the wave pool for a night of music, friends, swimming, dancing and friendly competitions. Swimming not your thing? How about a game of badminton or basketball in the Sport Hall! Ages 11 - 17 years welcome; regular youth admission applies.

**Public Swim Free**

Canyon Meadows Aquatic & Recreation Centre 1919 29 Street SW  
Remembrance Day, Nov. 11, 2009 From 1 - 2:30 p.m. and 3 - 4:30 p.m.

Splash around with the family, practice your strokes, or simply relax in one of our swimming pools, many of which come complete with hot tubs and steam rooms. Our professionally trained, friendly staff are always available to ensure that you enjoy great fun for the entire family. has your best interest at heart.



**Go Girl!** register today for only \$15! Go Girl is a one day event at Village Square Leisure Centre on Saturday, November 14<sup>th</sup> 9:15am 4:30pm. It encourages girls, 10 to 16 years of age, to choose a healthy lifestyle by introducing them to active pursuits such kayaking, hip hop, yoga, cheer squad, improv, and much more! Girls pre-register for 1 of 33 different "Streams," depending on their interest(s). For a complete listing of Streams please visit page 11 of the Fall Recreation Program Guide at [www.calgary.ca/recreation](http://www.calgary.ca/recreation) or call 3-1-1

# SOUTHWOOD COMMUNITY ASSOCIATION CORPORATE MEMBERS

**Southwood Corners & Southwood**

Learning Tree Pre-school

Southwood Corner Mohawk

Southwood Dental

PJ Liquor

**PLEASE SUPPORT OUR CORPORATE SWCA FRIENDS**

ALL THE ABOVE BUSINESSES AS SOUTHWOOD COMMUNITY ASSOCIATION (SWCA) CORPORATE MEMBERS, ARE COMMITTED TO SUPPORTING THE EFFORTS OF THE SWCA BOARD TO PROVIDE THE NECESSARY RESOURCES AND ENCOURAGEMENT OF COMMUNITY RESIDENTS TO BECOME MEMBERS AND USE THEM. THE SWCA BOARD APPRECIATES THEIR INTEREST, CONCERN, FINANCIAL, AND ACTIVE SUPPORT, AND WHERE ADDITIONAL HELP MAY BE SOUGHT FOR SPECIAL COMMUNITY FUNCTIONS THAT APPROPRIATE CONSIDERATION WILL BE ENTERTAINED.

\* DISCOUNT PERCENT FOR VALID SWCA MEMBERSHIP CARD HOLDERS WHEN PRESENTED AT TIME OF SALE.

## ACADEMY DENTURE CLINIC

**What kind of first impression are you making with your dentures?**

**Are you tired of:**

- using adhesives
- watching what you eat
- being self-conscious of your smile



- Computerized Analysis now available

**Personalized smiles..... and it shows!  
Complimentary Consultations**

- Certified BPS® Denture Centre
- Complete and Partial Dentures
- Implants Retained Dentures
- Reline & Repairs
- Emergency Services



**Oakridge Centre**  
#49, 2580 Southland Dr. S.W.

**251-1522**

[www.academydenture.com](http://www.academydenture.com)

Up to 100% coverage  
for Eligible Seniors.

**South Centre Mall**  
#126A, 100 Anderson Rd. S.E.

**269-8308**

## Riding the road towards peace

By Ian Scott

To borrow a line from a popular song of yesteryear, Mahmood Jafari has looked at life from both sides now.

Jafari, 41, a resident of the Canadian city of Calgary, has experienced both the hardships of battle and the dividends of peacetime. And with an unwavering desire for world peace in mind, Jafari is not content waiting for armies or politicians to take the next step; he's encouraging everyone he meets to get involved.

A native of Gonbad, Jafari followed high school by serving in his country's military during the latter part of the 1980s Iran-Iraq war. By the age of 20, he'd already participated in a number of community action programs in the city of Tehran.

Fate dealt Jafari a cruel blow when he was shot during a civilian incident in 1989. He spent the next two years in a Tehran hospital, bedridden with a severed spinal cord and paralysis from the chest down. He's been confined to a wheelchair for the rest of his life.

Jafari says the two years of relative isolation gave him ample time to think about how he could encourage others to focus on their own unique abilities, rather than fret over any disabilities.

"When I was in the hospital, it made me realize I had a big challenge ahead of me," Jafari says. "During the first year, I was unsure of whether I would live at all. Once I understood I would survive, I had to accept using the wheelchair in order to follow my dreams and get on with my life."

After immigrating to Canada in 1997, Jafari began volunteering with the Red Cross, and has continuously done so in a number of capacities, ranging from community housing and disaster relief to violence and abuse prevention. Ironically, Jafari initially offered his services to the Red Cross's Medical Equipment Loan Service, where he still volunteers weekly, lending out wheelchairs and other mobility aids.

Rather than consider his own wheelchair as a burden, Jafari has used it as a tool in building towards his end goal. He's taken part in fundraising wheelchair journeys between Calgary and Banff in 2001, and to the provincial capital of Edmonton in 2002. In 2006, the YMCA awarded him its Medal of Peace for his involvement in the Journey for Peace project.

"Fundraising came to me one December night in 2000," Jafari recalls. "It occurred to me that people in wheelchairs may have felt they were moving around but not accomplishing anything. I decided that by traveling in my wheelchair to raise funds it would help to change the views of some people, to say that those facing physical challenges still had the power to facilitate change."

Jafari's efforts have garnered support from the business community. Currently, Calgary's House of Persian Rugs has agreed to donate between five to ten percent of a purchase price if a customer merely mentions Jafari's name. The donation can go towards projects of the Federation of Calgary Communities, to overseas projects or to a charity of the customer's choice.

Jafari, a Shiite Muslim, has also reached out to the leaders of numerous religious groups across Western Canada in his quest for an interfaith push towards global peace. And while his ambitious plans for a fundraising hand-bike trip between Calgary and Vancouver have yet to materialize, the wheels in his head haven't stopped turning in the search for new ideas.

One thing is certain about Jafari. Circumstances may have forced him to sit, but they can't force him to sit still.

"I was unhappy when I couldn't complete the journey from Calgary to Vancouver (in 2006)," Jafari admits. But this is life. We have to be positive and improve ourselves constantly to prepare for what lies ahead."

Next Week: Part two: The road to peace leads home.



## SouthWest Communities Resource Centre

Located in the Oakridge Co-Op Mall  
#42 2580 Southland Drive SW T2V 4J8  
Phone: 403-238-9222 Email: swcrc@telus.net



**Parents! Please call the SouthWest Communities Resource Centre at 403-238-9222 to register now for the following free programs for fall 2009 for yourselves and/or your children.**

### **Tutoring Tuesdays**

**(Tuesdays, 6 - 7:30 pm starting September 15 at the SWCRC)**

Experienced tutors offer assistance for students in grades K -12 with homework in core subjects, study skills and test preparation.

### **Cross-Cultural Parenting Program**

**(Tuesday and Thursday afternoons, from 1:15 - 3:15 pm: September 24<sup>th</sup> and 29<sup>th</sup>; October 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, and 27<sup>th</sup> at the SWCRC.)**

This program, facilitated by Calgary Immigrant Women's Association, provides practical information on parenting and positive parenting skills, examines parent/child relationships and assists immigrant parents to cope with the challenges of parenting in a new country and culture. Parents will have lots of opportunity to discuss and share their concerns and offer support and encouragement to each other. Participant handouts are available in English as well as Arabic, Spanish, Urdu, Dinka and Chinese. Free on-site childcare provided.

### **Positive Parenting**

**(11 weekly sessions, Wednesdays, 9:15 - 11:15, Sept. 30 to Dec. 9 at Southwood Community Hall, 11 Sackville Dr. SW )**

Facilitated by YWCA Sheriff King. Discover how to build a positive relationship with your children. Some of the topics include Understanding your Child, Building Self-Esteem, Positive Discipline, Communication Skills and Anger. Childcare for children 2-6 provided free of charge.

### **Positive Choices for Youth in Grades 5, 6 and 7**

**(Parent session: Wed. Oct. 7, 6:00 - 7:00 pm. Six youth sessions: Wednesdays, Oct. 14 Nov. 25, 6:00 7:30 pm, at the SWCRC. There will be no session on Wed. November 11.)**

Positive Choices is facilitated by the YWCA of Calgary Youth Advocate Program. This program session for youth in grades 5, 6 and 7 focuses on developing social skills, respect for self and others and dealing with negative feelings such as anger.

### **Healthy Relationships for Parents and Teens**

**(8 weekly sessions, Thursdays, October 15 December 3, 7:00 - 9:00 pm, at the SWCRC. Each family must meet with facilitators for a pre-session October 1 or 8. )**

This parent and teen program is for teens ages 13 - 18 and their parents. The focus is on creating a safe place where parents and teens can work together to create and maintain healthy relationships. The program will help address: feelings; anger; loss; communication; values; parenting styles; family conflict; abuse; building trust; empathy; creating healthy relationships. It is presented by facilitators of the Healthy Relationships Program of the Calgary Women's Emergency Shelter.

**Southwood Community Association**

**Profit and Loss Statement**

**As At February 28, 2009**

Revenue	2009	2008
Building Revenue	\$ 46,519	\$ 43,992
Casino Contributions	55,383	42,874
Grants	18,498	-
Interest	179	785
Membership	1,770	2,090
Miscellaneous, Programs & Events	<u>1,545</u>	<u>5,195</u>
	<b>\$ 123,894</b>	<b>\$ 94,936</b>
Expenses		
Accounting and Legal	5,257	4,605
Advertising	-	1,158
Bank Charges	195	265
Caretaker and Cleaning	8,109	4,283
Facility Manager	3,000	2,275
Hall Rental Manager	2,600	-
Insurance	5,329	5,855
Licenses and Dues	787	288
Life Cycle Study	9,975	-
Miscellaneous, Programs & Events	8,452	8,617
Newsletter Delivery	363	389
Rental Expense	909	-
Repair and Maintenance	54,626	7,962
Supplies, Office and Cleaning	3,398	1,400
Telephone	713	702
Utilities	<u>11,092</u>	<u>11,829</u>
	114,805	49,627
Excess of Revenue before Amortization	9,089	45,309
Plus: Amortization of Deferred Capital Cont.	8,814	6,352
Less: Amortization	<u>(16,206)</u>	<u>(13,646)</u>
<b>EXCESS OF REVENUE AFTER AMORTIZATION</b>	<b>\$ 1,697</b>	<b>\$ 38,015</b>



**CROSS-CULTURAL PARENTING PROGRAM**

The Cross-Cultural Parenting Program provides practical information on parenting examines parent/child relationships and assists immigrant parents to cope with the changes they face in a new country and culture.

The objectives of this program are:

- To raise awareness of parents and help them to clarify their values in a new culture
- To assist parents in the development and maintenance of positive parenting skills
- To make parents more assertive and sure in their roles as parents
- To provide parents with information about Canadian Institutions
- To help parents face challenges of parenting in a new country

Through interaction, parents will have the opportunity to discuss and share their concerns and offer support and encouragement to each other. The course is free, childcare is provided on-site free of charge. Participant handouts have been translated in five languages (Arabic, Spanish, Urdu, Dinka and Chinese) and are made available to program participants.

The Calgary Immigrant Women's Association is a community organization that provides support and identifies unmet needs of immigrant and refugee women and their families. This program is being provided in collaboration with the SouthWest Communities Resource Centre.

For registration and further information about this course, please call  
**Hamda Umar, Coordinator Cross-Cultural Parenting Program: 403-263-4414 ext. 133**  
**Renee Wang, Assistant Cross-Cultural Parenting Program: 403-263-4414 ext. 139**

**WHERE:** South West Communities Resource Centre  
 (in the Oakridge Co-op Mall)  
 #42, 2580 Southland Drive SW Calgary  
 T2V 4J8

**DATE:** September 24<sup>th</sup>, and 29<sup>th</sup>,  
 October 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup> and 27<sup>th</sup> 2009

**TIME:** 1:15 PM - 3:15 PM



**Course and childcare are provided FREE of charge**



**Calgary AfterSchool with the City of Calgary– Drop-in for FREE!!**

Calgary AfterSchool is a new city-wide initiative for youth aged 6 to 16, providing information and access to a variety of quality, supervised and fun activities between 3 and 6 pm weekdays. It is the must see, place to be. For a complete listing of programs, visit: [www.calgary.ca/afterschool](http://www.calgary.ca/afterschool)

**Youth Programs** (no program on holidays)

**1. Girl Talk**

This amazing girl's only program will introduce girls to a variety of recreational games and social issues. Plus, build a strong foundation for future, healthier lifestyle choices.

**Cost:** Free (Girls only) **Ages:** 11 – 17  
**Day:** Mondays 4:30pm – 6:00pm **Location:** 77 Deerpoint Rd. SE (Deer Park United Church)  
**Start & End:** September 21– December 7, 2009

**2. Riverbend Youth Drop-In**

The City of Calgary in partnership with the Riverbend Community Association is launching a youth recreation drop-in for those aged 11–17. This particular sports drop-in is centered on the activity of choice for the night. Come and get active while meeting new people.

**Cost:** Free **Ages:** 11 – 17  
**Day:** Tuesdays 4:30pm – 6:00pm **Location:** Riverbend Community Association- 19 Rivervalley Drive SE  
**Start & End:** September 22– December 8, 2009

**3. VAULT**

VAULT is a youth volunteer program where members will participate in monthly meetings to develop leadership skills and have an opportunity to implement their skills in volunteer opportunities once a month.

**Cost:** Free **Ages:** 12 – 17  
**Day:** Thursdays 5:00pm – 6:30pm **Location:** CNS South Area Office 502 Heritage Dr. SW (Rose Kohn Arena Building)  
**Start & End:** October 8, November 5, December 10, 2009

**4. Cedarbrae Youth Drop-In**

The City of Calgary in partnership with the Cedarbrae Community Association is launching a youth recreation drop-in for those aged 11 – 15. This particular sports drop-in is centered on the activity of choice for the night. Come and get active while meeting new people.

**Cost:** Free **Ages:** 11 – 15  
**Day:** Tuesdays & Fridays 4:30pm – 6:00pm **Location:** Cedarbrae Community Association- 11024 Oakfield Drive SW  
**Start & End:** September 22– December 10, 2009

**5. SLC Youth Drop-In**

All Junior High students can drop-in to Southland Leisure Centre for FREE! Come use the pool (Tu); the Sport Hall (M/W/Th) or hang out in the brand new youth room each day! Everything from physical activity, Nintendo Wii, homework and trying new activities is encouraged. Daily snacks and occasional offtrips will also be available.

**Cost:** Free **Ages:** Junior High  
**Day:** Mondays – Thursday 3:00pm – 6:00 pm **Location:** Southland Leisure Centre (2000 Southland Drive S.W.)  
**Start & End:** September 21– December 17, 2009



Continued on page 2....



**Southwood Community Association**

**Balance Sheet**

**As At February 28, 2009**

	<u>2009</u>	<u>2008</u>
<b>ASSETS</b>		
<b>Current Assets</b>		
Cash and Term Deposits, unrestricted	\$63,212	\$73,525
Externally Restricted Assets	\$84,130	\$89,497
Accounts Receivable, unrestricted	\$58,329	\$16,140
Prepaid Expenses	<u>\$4,470</u>	<u>\$5,533</u>
	\$210,141	\$184,695
<b>Long Term</b>		
Externally Restricted Term Deposits	0	\$24,545
Unrestricted Term Deposits	<u>0</u>	<u>\$24,026</u>
	0	\$48,571
<b>Property and Equipment</b>	<u>\$239,703</u>	<u>\$200,771</u>
	\$373,084	\$434,037
<b>LIABILITIES &amp; EQUITY</b>		
<b>Current Liabilities</b>		
Accounts Payable and Accrued Liabilities	7,622	6,749
Unearned Deposits	1,500	1,420
Deferred Cash Contributions	<u>84,130</u>	<u>89,497</u>
	\$ 93,252	\$97,666
<b>Long Term Liabilities</b>		
Long term Investments, externally restric	0	\$24,545
	\$134,200	\$91,131
<b>Net Assets</b>		
Unrestricted	116,889	111,056
Invested in Property and Equipment	<u>105,392</u>	<u>109,640</u>
	\$222,392	\$220,695
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$449,844</b>	<b>\$434,037</b>

February 28, 2009

The following is an excerpt of the Financial Statements for the Southwood Community Association as at February 28, 2009. If you would like to view the complete Financial Statements as prepared by the auditor you may receive a copy by contacting the Treasurer, Alec Simpson at 403-640-2730.

**HEIDI BRAUER, Certified Management Accountant**

Phone: (403) 244-4111 Ext 209  
Fax: (403) 244-4129

Website: www.calgarycommunities.com  
E-mail: heidi.brauer@calgarycommunities.com

**INDEPENDENT AUDITOR'S REPORT**

To the Members of the  
Southwood  
Community Association

Report on the financial statements

I have audited the accompanying financial statements of the Southwood Community Association, which comprise the Statement of Financial Position as at February 28, 2009 and the statements of Operations, Changes in Net Assets, Cash Flows, accompanying schedule for the year then ended, and a summary of significant accounting policies and other explanatory notes.

Management's responsibility for the financial statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian generally accepted accounting principles. This responsibility includes: designing, implementing and maintaining internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditor's responsibility

My responsibility is to express an opinion on these financial statements based on my audit. I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I plan and perform the audit to obtain reasonable assurance whether the financial statements are free from material misstatement. I am also required to comply with applicable ethical requirements.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. Accordingly, the auditor expresses no such opinion.

**Calgary AfterSchool with the City of Calgary Drop-in for FREE!!**

Calgary AfterSchool is a new city-wide initiative for youth aged 6 to 16, providing information and access to a variety of quality, supervised and fun activities between 3 and 6 pm weekdays. It is the must see, place to be. For a complete listing of programs, visit: [www.calgary.ca/afterschool](http://www.calgary.ca/afterschool)

**Canyon Meadows Pool Youth Drop-In**

Come try out our Youth Room with movies, board games, cards, Wii, TV. Special Events will be scheduled according to facility and instructor availability. Snacks are provided daily. Pool Monday - Friday, 3 - 4 p.m.

**Cost:** Free

**Ages:** 11-17

**Day:** Monday Friday, 3:00pm - 6:00 pm

**Location:** Canyon Meadows Pool (89 Canova Road S.W.)

**Start & End:** September 8, 2009 throughout the school year

**Southwood Community Association Youth Drop-In (a CM pool program)**

Come try out our Youth Room with movies, board games, cards, Wii, TV. Special Events will be scheduled according to facility and instructor availability. Outdoor Programming basketball, etc. Snacks are provided daily.

**Cost:** Free

**Ages:** 11-17

**Day:** Mon Thurs 3-6 pm, Fri 1-6pm

**Location:** Southwood Community Association (11 Sackville Drive S.W.)

**Start & End:** September 8, 2009 throughout the school year

**PAY OFF YOUR MORTGAGE IN LESS THAN HALF THE TIME... WITHOUT INCREASING YOUR PAYMENTS!**

► Hi, I'm Candice Graf. My team and I are on a Mission To Teach As Many Individuals, FREE OF CHARGE (yes I said FREE), How They Can Change Their Lives Forever.

Accountants, financial planners, bankers and other real estate investment companies know this information, but they are not teaching it to you because it is not in their best interest to do so.

For the last 6 years, I have been teaching hundreds of Canadians how to create wealth through real estate investing and along the way I have learned some amazing secrets (things that shouldn't be secrets) about real estate investing and wealth building. WE WILL CHARGE YOU NOTHING... not a dime for this information and there are no expensive courses you will have to buy - you have our word! The hardest part about what we do is getting it across to people that there won't be a bill at the end of the day.

Whether you have a mortgage, or your house is clear title, you will learn about simple techniques that you can use to change your life for the better and start building the future you deserve; including information on our offering memorandum. Be prepared; many of you will be so upset that you didn't know this information sooner...

**CANDICE GRAF**  
President & CEO -  
Homerun International Inc.

**BOOK A FREE SEAT AT OUR NEXT PRESENTATION IN YOUR AREA**  
**THURSDAY NOVEMBER 12<sup>TH</sup> - 6:30 PM -**  
**AT THE KINGSLAND COMMUNITY HALL CENTRE #505 - 78<sup>TH</sup> AVE. SW**

Call 403-874-7474 or email [Deb@Homerun-International.com](mailto:Deb@Homerun-International.com)  
[www.Homerun-International.com](http://www.Homerun-International.com)

**Homerun-International Inc.**  
*It's Your World, Welcome To It!*



10690 Elbow Drive SW  
403-253-2979  
office@southwoodchurch.ca  
www.southwoodchurch.ca

Southwood UCW  
Is holding our annual

## Old-fashioned Christmas Afternoon Tea and Bazaar Saturday, November 7

Bazaar 1:00 – 4:00  
Tea Rom 1:00 – 4:00

Tea Prices  
Adults - \$5.00  
6 – 12 years - \$3.00  
5 yrs and under - Free

*Something for everyone  
Come One – Come All*

The bazaar consists of the Tea Room,  
Bake Table, Country Corner and the  
Craft Table



## The Best Christmas Pageant Ever

Sunday December 13  
10:25 and 2:30

Christmas Eve Services  
5:00 Family  
7:00 Choir  
9:30 Communion

Contact 253-2979 for more  
Information



Free (no cost) and open to all who  
would like to improve their English  
speaking skills through small group  
conversations.

Wednesday nights 7:00—8:00 pm  
October 7th - December 16th  
Informal Conversation Practice  
at Southwood United  
10690 Elbow Drive SW  
403-253-2979

## CANADAWINS

A DAY TO CELEBRATE  
RECREATION AND SPORT AT  
SOUTHLAND LEISURE CENTRE

Lace up the skates for a Hockey Canada skills  
camp or come meet and train with Olympic  
champions **Kyle Shewfelt** (gymnastics),  
**Carol Huynh** (wrestling) and **Earle Connor**  
(Paralympic sprinting) at Southland Leisure  
Centre, Saturday, Nov. 21, noon – 4 p.m.

This special Olympic countdown event salutes our athletes and supports  
WinSport Canada's capital campaign, CANADAWINS – building facilities  
that build champions. For details and registration information, please  
visit [Calgary.ca/leisurecentres](http://Calgary.ca/leisurecentres) or call 403.648.6555. Space is limited.

canadawins.ca



2009-2142

calgary.ca/leisurecentres



## WESTERN PRIDE CAR WASH

### 2 Tubs Dog Wash Self Serve

Corner of Elbow Dr. & Sacramento Dr. S.W.  
One block North of Anderson Rd.  
Open Daily 5am - 12 pm



## Apple Knockers Recipe

Recipes submitted by: Erma, Tucson, Arizona USA

### Ingredients:

1 stick (3") cinnamon, broken into pieces  
2 teaspoons Whole cloves  
1 cup Sugar  
1/2 teaspoon Ground nutmeg  
2 quarts Apple cider  
2 cups Orange juice  
1/2 cup Lemon juice

### Directions:

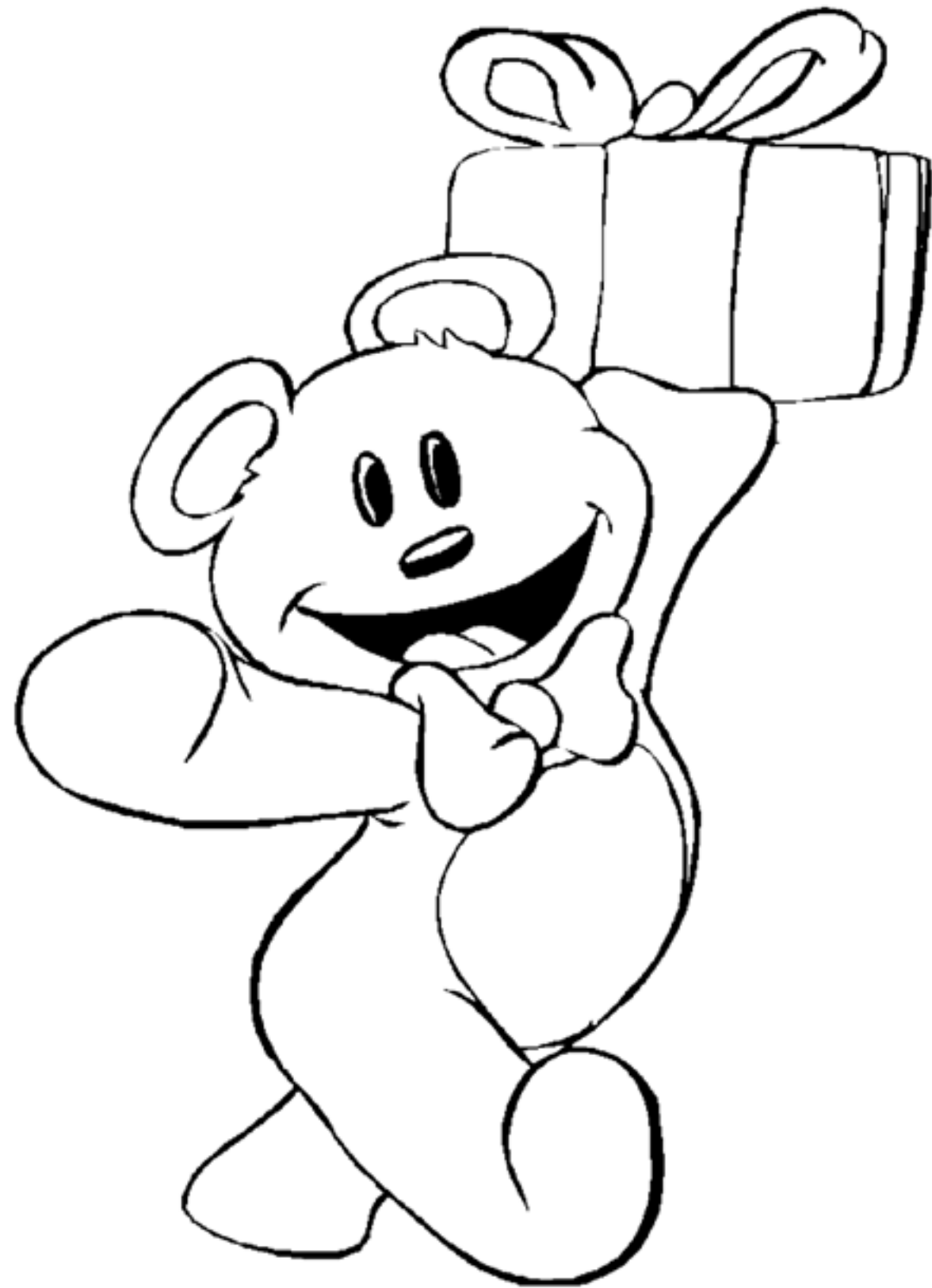
Place cinnamon sticks and cloves in a large tea ball, or  
tie in a cheesecloth bag. Set aside.  
Combine sugar and nutmeg in a large Dutch  
oven, stirring well. Gradually add apple cider,  
orange juice, and lemon juice, stirring well.  
Add tea ball. Bring mixture to a boil; reduce  
heat, and simmer 15 minutes. Remove tea ball;  
discard spices. Serve beverage warm.  
This recipe from CDKitchen for Apple Knockers  
serves/makes 2.5 quarts

## Please Support Your Community Businesses



### They Make your Community Newsletter Possible

# COLOUR ME



## Butternut Squash Soup II

SUBMITTED BY: [Princess Kris](#) PHOTO BY: Allrecipes

"This is a thick, rich soup with tons of flavor. Something I whipped up off the top of my head, with things I had on hand. Super easy, quick, and a great way to use squash. An instant hit at my house."



PREP TIME 15 Min  
COOK TIME 45 Min  
READY IN 1 Hr  
SERVES 4

### Ingredients

- ✎ 2 tablespoons butter
- ✎ 1 small onion, chopped
- ✎ 1 stalk celery, chopped
- ✎ 1 medium carrot, chopped
- ✎ 2 medium potatoes, cubed
- ✎ 1 medium butternut squash - peeled, seeded, and cubed
- ✎ 1 (32 fluid ounce) container chicken stock
- ✎ salt and freshly ground black pepper to taste

### DIRECTIONS

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.



# HOLIDAY SHOPPING?

Book your Winter Service Special anytime before February 28th, 2010 and

† Enter to WIN one of 75 \$500 VISA® GIFT CARDS



† See in-store for official contest rules and regulations

Call for your appointment. Winter Service Special ends February 28, 2010

If you're like most consumers, you budget for your holiday shopping, but do you plan and budget for your vehicle maintenance? The right services at the right times can take the sting out of unexpected repair expense. Besides, a well maintained and fuel efficient vehicle might just leave you that little bit extra for those last minute gifts or post-holiday bills!

### \*Winter Service Includes:

- Oil, Lube & Filter • Test block heater
- Verify anti-freeze condition and strength
- Examine battery, charging and starting systems
- Rotate tires (if required)
- Test fuel, ignition & emission control systems
- Inspect braking system • Inspect front chassis
- Inspect exhaust system • And more!

We will recommend your manufacturer's required maintenance.

\* Most vehicles 3/4 ton and up extra. Includes up to 5 litres of conventional 5W30 or 10W30 motor oil. Taxes, environmental charges and shop supplies (as required) are extra.

**\$89.95**

Plus taxes, environmental charges and shop supplies.

Ask your Service Advisor for complete details.

**Kirkham Automotive**  
9298 Horton Road SW  
253-2033

Yes we service Motor Homes!  
Courtesy Shuttle to LRT and Neighbourhood  
Hours of Operation  
Mon. to Fri. 7:00 a.m. - 5:30 p.m.



**AUTOPRO**



WE ARE A NEW CAR WARRANTY APPROVED MAINTENANCE FACILITY  
www.NAPAAUTOPRO.ca



PROFESSIONAL AUTOMOTIVE MAINTENANCE AND REPAIR

# Southwood Events Calendar

December 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> 3:00 - 6:00 After School Program. Yoga 9:15 - 10:45 AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	<b>2</b> 3:00 - 6:00 After School Program. 5:00-6:00 Highland Dancing. 7:30 - 9:00 Narcotics Anonymous	<b>3</b> 3:00 - 6:00 After School Program.	<b>4</b> 3:00 - 6:00 After School Program. 7:00 - 9:00 Defensive Arts Training	<b>5</b>
<b>6</b>	<b>7</b> 3:00 - 6:00 After School Program. 7 - 9:30 Gamblers Anonymous.	<b>8</b> 3:00 - 6:00 After School Program. Yoga 9:15 - 10:45 AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	<b>9</b> 3:00 - 6:00 After School Program. 5:00-6:00 Highland Dancing. 7:30 - 9:00 Narcotics Anonymous <b>Board Meeting 7pm Chateau Room</b>	<b>10</b> 3:00 - 6:00 After School Program.	<b>11</b> 3:00 - 6:00 After School Program. 7:00 - 9:00 Defensive Arts Training	<b>12</b>
<b>13</b>	<b>14</b> 3:00 - 6:00 After School Program. 7 - 9:30 Gamblers Anonymous.	<b>15</b> 3:00 - 6:00 After School Program. Yoga 9:15 - 10:45 AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	<b>16</b> 3:00 - 6:00 After School Program. 5:00-6:00 Highland Dancing. <b>7:00 - 9:00</b> 7:30 - 9:00 Narcotics Anonymous	<b>17</b> 3:00 - 6:00 After School Program.	<b>18</b> 3:00 - 6:00 After School Program. 7:00 - 9:00 Defensive Arts Training	<b>19</b>
<b>20</b>	<b>21</b> 3:00 - 6:00 After School Program. 7 - 9:30 Gamblers Anonymous.	<b>22</b> 3:00 - 6:00 After School Program. Yoga 9:15 - 10:45 AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	<b>23</b> 3:00 - 6:00 After School Program. 5:00-6:00 Highland Dancing. 7:30 - 9:00 Narcotics Anonymous	<b>24</b> 3:00 - 6:00 After School Program.	<b>25</b>  Christmas Day	<b>26</b>  Boxing Day
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  New Years Eve		

**Macleod Plaza Denture Clinic Ltd.**

- ✓ Do You Have Sore Spots?
- ✓ Is Your Denture Loose?
- ✓ Is Your Denture Discolored?
- ✓ Do You Have Problems Chewing?

SEE US FOR A FREE CONSULTATION  
**252-9773**

MACLEOD PLAZA - #53, 180 - 94 Ave S.E.  
Douglas A. Lee - Denture Specialist  
REPAIRED | RELINED | REPLACED

**Rob's Roofing Solutions**  
Helping with ALL your roofing needs  
YOU GOT A LEAK, WE'LL TAKE A PEAK!  
• Wind/Hail Damage  
• Roof Inspections  
Licensed Insured Bonded WCB  
**403-700-0600**

Helping with everything under your roof.  
COMPLETE GARAGE PACKAGES  
BASEMENT RENOS  
DECKS / FENCES  
FLOODING  
FLOORING  
GUTTERS  
PAINTING  
SOFFITS / FACIA