

MAY 2011

# Southwood Connects.ca

YOUR OFFICIAL COMMUNITY NEWSLETTER -NOW ONLINE



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Sudoku*

*and much more...*

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**SOUTHWOOD COMMUNITY ASSOCIATION**  
11 Sackville Drive S.W., Calgary, Alberta, T2W 0W3  
Telephone: 403.258.0919  
Website: 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.

Please check out our revamped website. We have a new webmaster and hope that the website will contain useful information for you to access.

### ***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**

Lynda Harrison  
calgaryoutdoors@gmail.com

**Photographer**

Ken Brown

Steering Committee Liaison  
southwood.feedback@yahoo.ca

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**Distribution**

52 Squadron Air Cadets

**Publisher**

Accurate Reprographics  
Call 403.251.6654 for advertising requests

## SOUTHWOOD COMMUNITY ASSOCIATION

### *BOARD MEMBERS*

President	Vivien Jonathan	<a href="mailto:wiznim@shaw.ca">wiznim@shaw.ca</a>	403.253.5885
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Director of Traffic	Tim Derkitt	<a href="mailto:tderkitt@gmail.com">tderkitt@gmail.com</a>	
Director Anderson TOD	Dorothy Cornwall	<a href="mailto:dothome@shaw.ca">dothome@shaw.ca</a>	
Director of Ice Rink	Paul Webber	<a href="mailto:pdwebber@shaw.ca">pdwebber@shaw.ca</a>	403.253.5139
Director of Casino	Bob Jonathan	<a href="mailto:moneywiseman@shaw.ca">moneywiseman@shaw.ca</a>	403.253.5885
Director of Development	Alec Simpson	<a href="mailto:alec.simpson@shaw.ca">alec.simpson@shaw.ca</a>	403.640.2730
Director at Large	Teresa McLaren		
Steering Committee Liaison	Robert Dickinson	<a href="mailto:southwood.feedback@yahoo.ca">southwood.feedback@yahoo.ca</a>	403.479.3750

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Community Recreation Coordinator	Kate Daniel	<a href="mailto:kate.daniel@calgary.ca">kate.daniel@calgary.ca</a>	403.537.7583
Girl Guide Leader	Vicky Klassen		403.255.4810
Boy Scouts Leader	Alec Stroud		403.281.1132
Air Cadets Liaison	Angele Mullins		403.251.7175
Calgary Police	Cst. Stephen Mann	<a href="mailto:pol3386@calgarypolice.ca">pol3386@calgarypolice.ca</a>	
Calgary Block Parent	Ann Pyne		403.640.0143
Community Social Worker	Main Office		403.537.7599
MLA	Paul Hinman		403.216.5421
Councillor	Brian Pincott		

## President's Message

Hello Southwood,

Whew - what a busy month it has been!

We have movement on the Board: Sadly, Bob Jonathan has had to resign from his position as Vice President. He remains as the Casino Director. This latter position posed a conflict. Thanks, Bob, for staying with us as Casino Director. What would we do without you?

We have a new Development Director, Alec Simpson. He is also our Treasurer. We thank you very much, Alec, for taking this position. Alec comes with a great deal of prior municipal and development experience, so I know he will be of great assistance to guide us through the upcoming development and transportation issues that we face.

We all have the opportunity to participate in the "Our City Our Budget Our Future" process – the link is : <http://www.industrymailout.com/Industry/View.aspx?id=267131&q=303562909&qz=5ce7ca> – visit this site and have your say!

The Calgary South West Ring Road (CSWRR) Project is under progress: I was invited to a meeting called by concerned residents of the PBP (Pump Hill-Bayview-Palliser Community). It was also attended by the CSWRR Consultants: Project Lead: Alex Broda, Focus Engineering consultant Aziz Merali, and City of Calgary Transportation Planner Kara Wolfe. Kara gave updates on the BRT – see below. Here some facts and updates from that meeting:

- CSWRR Open Houses: There were over 3000 attendees at the five open houses. There have been over 1700 respondents to the open house questionnaires, and numerous emails and letters. The entire project can be viewed online. The link to the Planning Study and open houses is [www.cswrr.info](http://www.cswrr.info)
- Routes 1,2,3 and 5 ALL converge on the Glenmore causeway and Routes 2,3 and 5 all use 14<sup>th</sup> Street. All four of these routes have high levels of direct impact on surrounding communities.
- Route 4 has the least direct impact of all the routes in regards to rights of way, because the rights of way are already in place from 22x up to the Glenmore Dam.
- Any construction of the roadway over water has to go through the CEA, (Canadian Environmental Evaluation and Impact Approval), before it can be done.

- The funding for the ring road is PROVINCIAL and will be done through a P3 process.

NEWS UPDATE: They are at the selection stage now. By the end of June 2011, they will have narrowed the options. These will be determined on many factors including direct and indirect impact, costing and so on. There will be a report in early June to showcase these options, followed by a second round of open houses. Keep your eyes open for the dates of the open houses and plan to go!

Bus Rapid Transit (BRT) Report: The SW Bus Rapid Transit on 14<sup>th</sup> Street was approved by the City in February 2011. The BRT will run from 24 Street and Woodview Drive to Downtown. The BRT will have two extra lanes dedicated for buses only on 14<sup>th</sup> street with BRT stations at Rockyview Hospital/Heritage and Glenmore Landing. There is currently no funding in place for this.

Cell Towers - the Standing Committee on "Land Use in Relation to Free Standing Wireless Communication Towers" will be bringing their report to a meeting at the Engineering room at City Hall on April 20<sup>th</sup>. This is the link to the report: <http://calgarycommunities.com/eventuploads/PROPOSED%20TELECOMMUNICATION%20POLICY.pdf> This is good news, because it means that Calgary has finally moved forward to having a Land Use Policy that Cell Tower providers have to abide by. This is the preliminary report and still has to go through the approval process, so there will be changes to it.

**Southwood Community Association Annual General Meeting (AGM):** The date has been set: June 25<sup>th</sup> 2011 from 12:00 noon to 1:00 pm. Please renew your memberships and plan to attend. There are issues that affect us: the Southwest Ring Road, secondary suites, the Anderson LRT (TOD) development and cell towers.

The election of the Executive and the Directors for the Association will be held at this AGM.

Babysitting will be available. There will be a free lunch provided for Southwood Community Association Members. It will be followed by the Community Garden Solstice Party. Come out and celebrate this wonderful community project.

May 5<sup>th</sup> is the next meeting – do come and join us.

Kind regards,

Vivien Jonathan

# SOUTHWOOD COMMUNITY ASSOCIATION CORPORATE MEMBERS

## Southwood Corner & Southwood

Learning Tree Pre-School  
Southwood Corner Mohawk  
PJ Liquor  
Glenmore Landing Good Earth Cafe

### 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

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**269-8308**

# Around Southwood

Southwood Connects is on-line!

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

- A pdf copy of the community newsletter
- Our "SouthwoodYYC" Twitter feed
- A link to our "Southwood Connects" Facebook page
- Upcoming events
- Local businesses and coupons for community members
- Information on how to become a community member
- Traffic updates
- Community garden updates
- Photo albums
- Facility rental information
- Contact information for board members and community representatives

Our home page works as a blog to keep the community informed of current local information programs and events. If you have any suggestions or would like to make a post please email the webmaster at [southwoodwebmaster@era1.com](mailto:southwoodwebmaster@era1.com)

## Southwood Community Board Meeting

**The First  
Thursday of  
the Month**

**New Members  
Welcome**

**May 5th, 2011  
at 7:00 P.M.**

## 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. For more information, 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 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.

## Notice to Southwood Community Association

Alcatel-Lucent has applied to the City of Calgary Development and Building approvals to install a roof top Telecommunications antenna on the roof of 10301 Southport Lane SW Calgary. To view the notification please visit our web site at [www.southwoodconnects.ca](http://www.southwoodconnects.ca)

## *Steering Committee Report*

I am excited to announce that the Paint the Pavement project now has a date set for the event.

On August 5th – 7th, a Paint the Pavement project will occur in Southwood. A location has been picked and will be announced once approved by the city.

As soon as the location has been approved, we will notify all nearby neighbours of the event and how it will affect them.

This will be an exciting and fun event for all members of our community, especially the children. I look forward to working with many of you to make this event a success. If you have any interest in this event please contact me at [rob.dickinson50@yahoo.com](mailto:rob.dickinson50@yahoo.com).

I will be at our annual general meeting on June 25th and will be more than happy to answer questions about the event and sign up volunteers.

Robert Dickinson – Steering Committee Liaison



## *Corporate Memberships*

I would like to welcome back the Elbow Drive Husky (Mohawk) as a loyal corporate sponsor. This business is locally owned and operated by Southwood resident Sandra Russo. For 18 years Sandra has been serving this community and has lived in our community all her life. The station is open 24 hours a day - seven days a week and I encourage you to thank her loyalty to our community with your patronage.

Thank you Sandra for your support.

Robert Dickinson – Director of Corporate Memberships





### **Limit your speed... It's worth it!**

As warm weather approaches and pedestrian traffic increases, The City of Calgary's transportation department is reminding Calgarians to "limit your speed". The City of Calgary is launching its Limit Your Speed campaign to increase driver awareness about the importance of following posted speed limits.

Throughout April, Calgarians will see signs and banners posted throughout the city. City staff will be sharing information at a number of community open houses and school events and reminders will be running on the city's 106.5 FM traffic advisory radio station. The City will also be installing 14 solar-powered devices in various communities throughout Calgary that will tell motorists if they are driving faster than the posted speed limit. These devices are useful reminders to motorists to slow down.

The City is also reminding motorists that they must slow to 60 kilometres an hour or less if the posted speed is lower, when passing emergency vehicles or tow trucks stopped with their lights flashing. Fines for speeding in these areas are double the regular amount.

Driving above the posted speed limit reduces your ability to steer safely around curves or objects on the road; reduces the effectiveness of roadside hardware such as barriers, crash cushions and bridge rails; and decreases your field of vision and your peripheral vision. Limit your speed...It's worth it!

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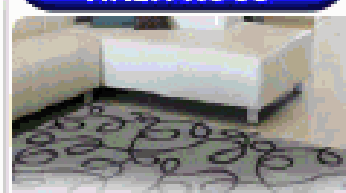
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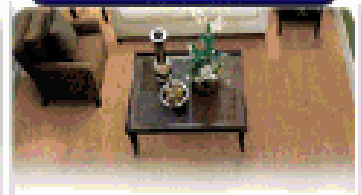
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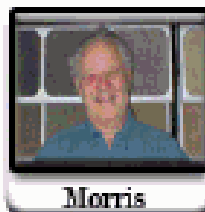
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With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window in their house– often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

### Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

### Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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**Contact Daniel at**  
**403.251.6654**

*\*Serving the Community for Over 28 Years*

# CROSSWORD

## ACROSS

- 1 City slicker
- 5 Male swans
- 9 More painful
- 10 Asserts
- 12 Victor
- 13 Formal discussion
- 15 Collection of sayings
- 16 Physical might
- 18 Pull behind
- 19 Seines
- 21 Soak, as flax
- 22 Land measure
- 23 Woolen fabric
- 25 Yellow pigment
- 26 Not any
- 27 Near
- 28 Small pot
- 31 Revolving part
- 35 Sharpen
- 36 Head covering

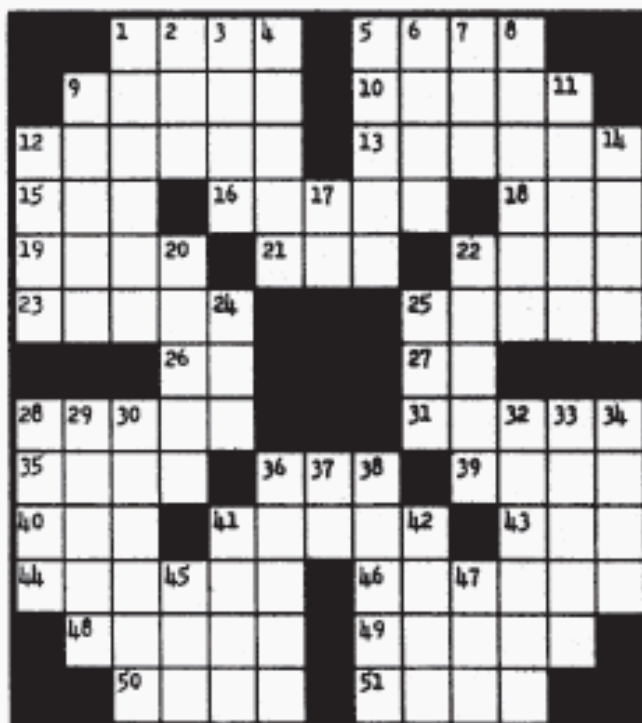
- 39 — avis, oddity
- 40 Actor Wallach
- 41 Baffling question
- 43 Sack
- 44 Shackle
- 46 Distant
- 48 Prophets
- 49 Cubic meter
- 50 Palm fruit
- 51 Congers

## DOWN

- 1 Give as charity
- 2 Coffee vessel
- 3 Profound
- 4 Mistake
- 5 Military student
- 6 Above
- 7 Comedian Hope
- 8 Fabric sample
- 9 Tendon
- 11 Shop
- 12 Desire
- 14 Vase-shaped jug
- 17 You and I
- 20 Meaning
- 22 Stage performer
- 24 Female deer

- 25 Rowing blade
- 28 Head cook
- 29 Parts in a play
- 30 Combined
- 32 Small drums
- 33 Speak pompously
- 34 Anger

- 36 Equine animal
- 37 While
- 38 Concise in speech
- 41 Saucy
- 42 Network (anat.)
- 45 Orange pekoe
- 47 Singer Torme



# SUDOKU

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

A politician needs the ability to foretell what is going to happen tomorrow, next week, next month, and next year. And to have the ability afterwards to explain why it didn't happen.

- Winston Churchill

# GREEN CALGARY'S ANNUAL RAIN BARREL AND COMPOSTER SALE SATURDAY, MAY 14, 9:00 – 11:00 a.m.

**Buy your rain barrel or composter at a great price. Three convenient locations throughout Calgary. All proceeds support Calgary-based environmental initiatives - a win-win for our community.**

**Locations:**

1. N.W.: Crowfoot LRT Parking Lot
2. S.W.: Anderson LRT Parking Lot
3. South/Central (Ikea 8000 – 11<sup>th</sup> Street S.E.)

**Pre-order** Fast-track your order. Reserve and prepay, then pick up your order on May 14 without delay. Visit [greencalgary.org](http://greencalgary.org).

**Spring is a great time to start composting.** Improve your lawn and garden while reducing the amount of organic waste that goes to our landfills. The Garden Gourmet composter, available at the one-day sale for \$35.00, holds 11 ft<sup>3</sup> of material and stands 24L”

x 24W” x 36H” when assembled. Support Green Calgary’s mandate to reduce waste.

**Collect rain water to irrigate your yard this spring.** The quality of rainwater for yard irrigation is unsurpassed; the water collected in rain barrels has a natural temperature that doesn’t shock plants and, best of all, it’s chlorine-free. These are just a few of the benefits associated with rainwater harvesting. The rain barrels are locally re-purposed from food-grade plastic barrels, thereby helping you collect rainwater and helping us all to keep plastic waste out of our landfills. Two different rain barrel models are available for purchase, starting at \$60 each.

For more Information:  
[greencalgary.org](http://greencalgary.org) (403) 230-1443, ext. 222.



Open from  
**May 14 - October 14**  
*(weather permitting)*

## MEMBERSHIP RATES

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*For more information call 403-287-4107 or go to [www.eptc.ws](http://www.eptc.ws).*



# *Southwood Community Gardens*

## *May 2011 Update*



With the generous support of the City of Calgary Parks and the Calgary Foundation Neighbour grant in partnership with the Friends of the Calgary Federation of Communities and the Southwood Community Association our garden installation will go forward! Please come out and get involved however you can! There are many different things you can do to help us out.

We are planning to have eight 4' x 8' raised beds ready for this summer to rent out to community members and another two to four raised beds for interested community groups. Please contact us if you or your group are interested in tending a bed. We will need people to help us with the installation. Can you help us out with construction or loan us tools? Do you have extra seeds we could use? Any large pieces of cardboard we could use to smother the grass? A truck to pick up materials? Maybe you could bake some treats for the work crews or take photos? We really want to see the Community of Southwood out and building this garden together.

We are planning our construction days for:

**April 30 & May 1** - Surveying the site for swale location.

**May 7 & 8** - Digging and filling swales.

**May 14 & 15** - Bed construction and edging.

**May 28 & 29** - Laying cardboard, mulching paths and filling beds with soil.

(These dates are still subject to change. Please check the website for the latest info.)

**On June 25** we will have our first Garden Solstice Celebration following Southwood Community Association's annual general meeting at noon.

Our regular meetings take place on the second Thursday of every month at the Southwood Hall at 7 p.m. with an additional planning meeting Thursday April 28<sup>th</sup> at 7 p.m. We welcome anyone interested to attend our monthly meetings.

Please contact us at [southwoodcommunitygardens@gmail.com](mailto:southwoodcommunitygardens@gmail.com), join our facebook group called "southwood community gardens" or call Teresa at 403-539-1364 if you are interested in any of these projects, have other ideas, or want to know more. Also, watch the community gardens section on [southwoodconnects.ca](http://southwoodconnects.ca) for garden plans and events.



## MEET YOUR CANDIDATES

On May 2nd, we will be voting in the 2011 federal election. As I write this we are finishing up week three of the election campaign and as you read this we are days away from voting. Therefore, if you have not had the opportunity to learn a little bit about the candidates, this is your opportunity. I contacted the four main parties running for election in Calgary Southwest and requested information directly from the candidates. Included with the information I received will be various forms of contact information, such as websites and emails. I encourage you to research each party's website and contact your candidates directly for more information.

The information I requested was a bio of the candidate and what they thought the three most important issues are for this election.

### **Kelly Christie – Green Party Candidate**

Email: [kelly.christie@greenparty.ca](mailto:kelly.christie@greenparty.ca)

Website: [www.greenparty.ca](http://www.greenparty.ca)

**Biographical Information:** Kelly Christie was born in Winnipeg and moved to Saskatchewan and Nova Scotia until finally settling down in Calgary in 1977. He was a member of Cub Scouts of America and graduated from Dr. E.P. Scarlett High School. Kelly is currently working on the high-density, transit-friendly residential buildings near the Heritage C-Train station as a taping supervisor for Baytek Drywall and Stucco.

Kelly is a Calgary Flames fan and enjoys comedy, cooking, drag racing and, of course, politics. Having lived in the Calgary Southwest riding since 1988, Kelly has seen the effects of an absentee Member of Parliament and wants to give the people of Calgary Southwest what they deserve -- true representation for their concerns.

In 2008, Kelly received nine per cent of the vote, coming within 175 votes of the second-place Liberal candidate. Kelly strongly believes in ending the prohibition of cannabis and belongs to several advocacy groups: Calgary 420 Cannabis Community, Law Enforcement Against Prohibition (civilian member), Marijuana Policy Project, and NORML.

**Three Main Issues Response:** "The Green Party will repeal the prohibition of cannabis for adults. This will free up police resources to deal with violent crime, as well as save on court and prison costs. It will lower the cost of health care as cannabis can replace many dangerous pharmaceuticals. Excessive red tape will be removed from hemp farming. This will allow our farmers a new crop for food, fuel, and fibre that does not require pesticides."

### **Holly Heffernan - NDP Candidate**

Website: [www.ndp.ca](http://www.ndp.ca)

**Biographical Information:**

Holly is a health professional and community leader and is employed at Rockyview Hospital as a nurse. She graduated from the Foothills School of Nursing in 1976 and completed a Bachelor of Nursing degree at the University of Calgary in 1993. Holly served as the co-chair of the Urology Nurses Excellence Conference in 2004 and has been a member of the board with the United Nurses of Alberta for more than 12 years. She was a member of the Alberta Federation of Labour Occupational Health and Safety Committee in 2002 and serves on the Occupational Health and Safety Committee at Rockyview Hospital. She is a delegate on the Calgary and District Labour Council, serving on the executive, political action committee and women's committee. Holly is a member of the United Way Labour Partnership, the Haysboro Community Board and the executive board of Christ Moravian Community Church. She has been a Girl Guide leader for five years and a Block Parent for 18 years. Holly is a life-long Calgarian and resident of Haysboro since 1981. She is married and the mother of a son and daughter. Holly was an NDP candidate in the 2004 provincial election and an NDP candidate in the 2006 federal election.

**Three Main Issues Response:** "The three main issues that I see in this campaign are:

-Health care and drug costs

-Retirement and pensions

-Corporate tax cuts with nothing for average Canadians"

### **Marlene LaMontagne - Liberal Party Candidate**

Website: [www.marlenelamontagne.liberal.ca](http://www.marlenelamontagne.liberal.ca)

Email: [marlene@marlenelamontagne.ca](mailto:marlene@marlenelamontagne.ca)

Cell phone: 403 850 1853

@mlamontagne on Twitter or on Facebook



**Biographical Information:** She is a recipient of a 2005 Centennial medal from the Province of Alberta, is an alumnus of the University of Calgary and holds two degrees: a Bachelor of General Studies and a Bachelor of Arts in history with a minor in geography. She is the widow of a Canadian Forces veteran and has a business background but has also carried out a successful quasi-judicial career as a chairperson and/or member of several boards and tribunals. She is a Ruling Elder at St. Andrew's Presbyterian Church. She is the Representative Elder for St. Andrew's so is the one who attends Presbytery and Synod meetings as well as having chaired various groups within Presbytery.

**Three Main Issues Response:** "I believe the major issue in this election is to stop the erosion of democracy which has been occurring under the government led by Stephen Harper. I also strongly believe that we need to be building treatment centres for young people who are dealing with addictions or mental health issues rather than spending billions of dollars for mega prisons and throwing them in jail--a place where they receive no help to overcome their problems. Parents with children dealing with these problems find there is nowhere to turn for help and jail is

...continued on page 17

# Southwood Events Calendar

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7 - 9:30 Gamblers Anonymous	3 Yoga 9:15 - 10:45AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	4 5:00-6:00 Highland Dancing 7:30 - 9:00 Narcotics Anonymous	5 <b>Board Meeting</b> 7pm Chateau Room	6 7:00 - 9:00 Defensive Arts Training	7 Garden Date: Digging and Filling Swales
8 <b>Mother's Day</b> 	9 7 - 9:30 Gamblers Anonymous	10 Yoga 9:15 - 10:45AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	11 5:00-6:00 Highland Dancing 7:30 - 9:00 Narcotics Anonymous	12 Garden Meeting 7pm Hall	13 7:00 - 9:00 Defensive Arts Training	14 Garden Date: Bed Construction and Edging
15 Garden Date: Bed Construction and Edging	16 7 - 9:30 Gamblers Anonymous	17 Yoga 9:15 - 10:45AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	18 5:00-6:00 Highland Dancing 7:30 - 9:00 Narcotics Anonymous	19	20 7:00 - 9:00 Defensive Arts Training	21
22	23 <b>Victoria Day</b> 	24 Yoga 9:15 - 10:45AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training	25 5:00-6:00 Highland Dancing 7:30 - 9:00 Narcotics Anonymous	26	27 7:00 - 9:00 Defensive Arts Training	28 Garden Date: Laying Cardboard, mulching paths/filling beds with soil
29 Garden Date: Laying Cardboard, mulching paths/filling beds with soil	30 7 - 9:30 Gamblers Anonymous	31 Yoga 9:15 - 10:45AM 6 - 8:30 PM Sparks & Brownies 9 - 10 Defensive Arts Training				



not the answer. We also have families who are struggling to take care of loved ones when illness strikes.

We need a compassionate Member of Parliament who will work diligently on behalf of the people of Calgary Southwest, not take us for granted and ignore the needs of our residents. My years of experience and service to the community qualify me to be the kind of M.P. that we need in Calgary Southwest. "

**Stephen Harper – Conservative Party Candidate**

Website: [www.conservative.ca](http://www.conservative.ca)

Neither Mr. Harper nor a representative from the Conservative Party responded to my emails requesting information for this article.

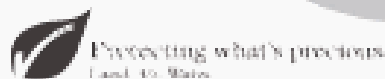
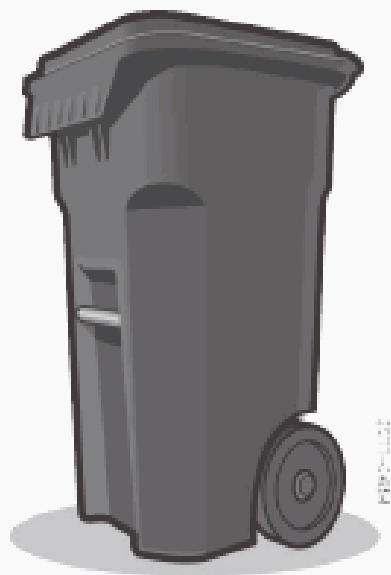
I hope this has been interesting and perhaps helpful. See you at the polls.

Robert Dickinson, Calgary Southwest voter

# Black garbage carts are coming to the southwest. Safer, cleaner, better.

Starting in late May, the southwest will have a new way to take out trash. When your black cart arrives, start using it for garbage right away. Then, simply set out your cart on the same day and in the same place as usual. There's no added fee, and extra garbage will still be collected.

For more information, read your cart's instruction guide, visit [calgary.ca/blackcart](http://calgary.ca/blackcart) or call 3-1-1.



[calgary.ca/blackcart](http://calgary.ca/blackcart)  
call 3-1-1



THE CITY OF  
**CALGARY**

## SOUTHLAND HOCKEY

Each season we strive to ensure everyone has a positive hockey experience. We hope that as a result of our players' participation in minor hockey they gain a greater understanding of the value of team work, determination and the pursuit of excellence and how it brings success and enjoyment in all activities.

We would like to extend heartfelt congratulations to all of our players and coaches for their accomplishments during this past season. Also congratulations to a number of our teams for their city playoff achievements:

### City Champions

Midget 1 Silvertips

Bantam 1 Chiefs

Bantam 2 Slice

Bantam 3 Wolves

Atom 6 Snipers

### City Finalists

Pee Wee 6 Titans

Atom 3 Vipers

Atom 5 Warriors

**2011 Annual General Meeting will be at the Haysboro Community Centre (1204 – 89th Ave SW) on May 29, starting at 7 p.m.**

The Southland Hockey Association is an organization committed to develop the sport of amateur hockey within the communities of: Bayview, Braeside, Canyon Meadows, Cedarbrae, Haysboro, Oakridge, Palliser, Pump Hill, Southwood, Tsuu T'ina, Woodbine and Woodlands.

Visit our website for more information  
[www.southlandhockey.com](http://www.southlandhockey.com)

# Easy Greek Skillet Dinner (from AllRecipes.com)

By: [Tracy Stew](#)

"This is a delicious and easy one-dish dinner with a Greek flair. It's also well-balanced and light - and my kids love it. What more could you want?"

Original Recipe Yield 6 servings

## Ingredients

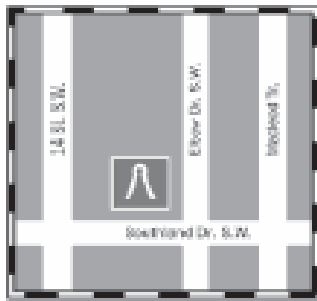
- 1/2 pound dried elbow macaroni
- 1 pound lean ground beef
- 2 cloves garlic, pressed or minced
- 2 medium carrots, quartered lengthwise and sliced
- 1 large zucchini, quartered lengthwise and sliced
- 1 1/2 tablespoons dried oregano leaves
- salt and pepper
- 1 (10.75 ounce) can condensed tomato soup, plus
- 1 (10.75 ounce) can water
- crumbled feta cheese (optional)



## Directions

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni for 8 to 10 minutes or until al dente; drain, and set aside.
2. Brown ground beef with garlic in a large skillet over medium heat. Strain off fat, if necessary. When meat is lightly browned, add carrots and cook until tender, about 5 minutes. Stir in zucchini and oregano, and continue cooking another 5 minutes. Season to taste with salt and pepper.
3. When vegetables are tender, stir in tomato soup, water, and prepared elbow macaroni, and cook for another 5 to 10 minutes. Serve with crumbled feta cheese on top, if desired.





## Southwood Library 924 Southland Drive SW

**Hours:**  
Monday to 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:** 260-2800  
**Internet Address:** [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)



### Teen Zone – Where Teens Create!



If you are a teen, then the “Teen Zone” on Calgary Public Library’s website is for you! The Zone is where you can browse through listings of best teens books published, look at teen top picks or suggest a title yourself. There are also chances to win cool prizes in the “Teens Create” section by creating and submitting your own original content! This site will definitely keep you clicking!

### Something for Everyone

#### Open House at Southwood Library

Join us as we celebrate the completion of our makeover with special events, prizes, and refreshments! Saturday, May 14 - 11:00 a.m. - 3:00 p.m. No registration required

#### The Dirt on Detox

Arm yourself with more education on the how, why, and what to avoid in a cleanse. Presented by Naturopathic Doctor Gayle Maguire. Tuesday, May 17 - 7:00 - 8:30 p.m. Registration begins Apr 18

#### Identity Theft: A Protection Guide

Learn how to protect yourself and your family from the dangers and scams of internet thieves. Presented by the Cyber Awareness Calgary Police Service Crime Prevention Unit.

Ages 50 and up Monday, May 09 - 7:00 - 8:30 p.m. Registration begins Apr 18

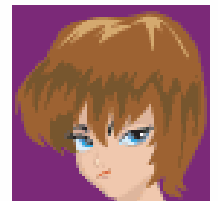
#### Bouncing Babies

Enjoy stories, rhymes, songs, and lots of bouncing!

Ages 6 to 23 months with a parent/caregiver. Tuesday, May 10 - 10:15 - 10:45 a.m. Registration begins Apr 19  
Register in person, by phone or online

### Manga Mania for May

The word “Manga” refers to Japanese comic books and while ardent fans of Manga argue that only comics drawn in Japan are actual Manga, the characteristic Japanese style and art form has become popular worldwide. Primarily drawn in black and white, the aim is to have fast action that moves the plot forward.



This May we at Southwood invite you to join the worldwide Anime and Manga mania and check out some of the popular titles in adult, teen and children sections.

**Library Closure:** The library will be closed on Monday, May 23 for Victoria Day

# SPRING CLOTHING GIVE AWAY

Bring your Family and Pick out some FREE Clothing!

**Date: Saturday, May 7th, 2011**

**Time: 10:00am-2:00pm**

**Location: All Saints  
Lutheran Church  
380 Midpark Blvd. SE**

We will be accepting clean,  
gently used Spring and Summer clothing  
at All Saints Lutheran Church on:

Tuesday, May 3 - 11:00 a.m. - 2:30 p.m.

Wednesday, May 4 - 11:00 a.m. - 2:30 p.m.

Thursday, May 5 - 11:00 a.m. - 2:30 p.m. & 5:00 -7 p.m.

Friday, May 6 - 11:00 a.m. - 2:30 p.m.

For More Info. Please Call 475-1519



## Canada Day Volunteers Needed

The City of Calgary is organizing Canada Day celebrations to be held on July 1, 2011 at Prince's Island Park. Canada Day is Calgary's largest single day festival with crowds of 100,000+.

Calgarians look forward to this free annual festival experience that includes national, regional and local bands, roving performers, hands-on activities, games, crafts, food, and a great deal more.

If you would like to volunteer for this event, please visit [calgary.ca](http://calgary.ca)

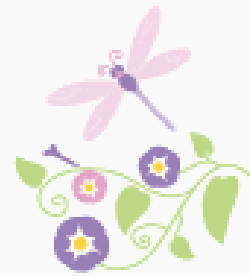
## DISCLAIMER

Southwood Community Association and Accurate Reprographics do not endorse any person(s) advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Accurate Reprographics reserves the right to publish any and all colour ads/artwork in black and white should a problem arise with our colour printing equipment.



Girl Guides  
of Canada  
Guides  
du Canada



## Blackfoot District Guiding

### Spring Is Here!

Some of our units are wrapping up for the season and others are preparing for hiking, camping and other outdoor adventures. It is also a time for those girls that have finished with their units to advance or move on to new challenges in the next level of Guiding. Spring registration for the fall season is in full swing. Please contact Blackfoot District commissioner Tracy Comessotti at 403-203-2414 or via email at [tracy@comessotti.com](mailto:tracy@comessotti.com) for full information on units in your community.

The Sparks units had a visit from the Alberta Wildlife Institute, went skating and had a yoga night-a really "bendy" affair. They will have girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up. They will be enjoying the changing weather by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have girls moving on to new adventures with the Guides in the fall.

The Guide units will be attending Guide Skills Day at Camp Jubilee where they will perfect their outdoor and camping skills in time for upcoming tent camping. Can you smell the gourmet hot dogs? They continue to complete program work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder units went to the Clayground, had a bridging bowling meeting with the Guides, are prepping for Mt. Kidd tent camp and hosted a Mother/Daughter tea. Some girls are working to complete the requirements for their Canada Cord in preparation for advancement.

The Ranger units celebrated the 40<sup>th</sup> anniversary of the Alberta Girls Parliament by attending the event in Edmonton, had a bridging Laser Quest outing with the Pathfinders, sold mega cookies for upcoming travel trips in the summer and participated in the Yellow Fish Road service project for Earth Day. The 24<sup>th</sup> Rangers will be holding a bottle drive on Saturday May 28<sup>th</sup> in Willowridge to raise funds for their trip to the World Guiding Centre-Our Cabana. If we missed your or you wish to donate your bottles they can be dropped off in the parking lot of the Willowridge Community Centre-680 Acadia Dr. SE until 1:30pm on the 28<sup>th</sup>.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try! Spring registration for the fall season is in full swing. If you have any questions regarding Guiding or registration please call the Blackfoot District commissioner Tracy Comessotti at 403-203-2414 or via email at [tracy@comessotti.com](mailto:tracy@comessotti.com)

And remember

*Guiding is Fun*

## Cats Deserve Their “Tickets” Home

In the city of Calgary, approximately 50% of cats are licensed. Although this is wonderful progress since cat licensing came into effect in 2007, the number seems to have reached a plateau. What is stopping the rest of the responsible cat owners in our city from paying the \$10 per year fee?

At Animal & Bylaw Services, we believe there are several factors contributing to the slow growth in cat licensing numbers, three of which are the following:

1. Many cat owners who have indoor cats think that a licence is unnecessary.
2. Some cats don't like wearing collars so owners don't see the point in buying a licence.
3. Cat owners may not be aware of what their licensing fees pay for and support.

Unfortunately, there are hundreds of owners of indoor cats that couldn't believe their cat ended up in a shelter. “My cat was 11 years old and had never been outside,” says Dianne, long time pet owner. “One day she slipped out the door for the first time and was gone for a week. Thank goodness for her licence and tattoo or I may never have gotten her back!” Shelters are full of indoor cats.

Under the Responsible Pet Ownership Bylaw, cats in Calgary do not have to wear their licence tag if they have another form of permanent identification such as a microchip or tattoo.

Your cat licensing fees go directly back into the operation of our clinic that provides medical care to lost and stray cats. In addition, licensing fees, not tax dollars, fund the following:

- Sheltering and feeding of lost cats and dogs in our facility.
- Animal adoption program.
- Delivery of over 400 school programs per year at no charge.
- Volunteer animal socialization programs.
- Funding to veterinary clinics for emergency medical care for injured stray cats and dogs.
- Operation of the no-cost spay/neuter program.
- Reuniting lost cats and dogs with their owners.

Animal & Bylaw Services has joined the nation-wide campaign to make 2011 the Year of the Cat. It is a year dedicated to raising awareness of the plight of cats in Canada. Be a model of responsible pet ownership and licence and provide permanent identification for your feline friend. Cats deserve their “tickets” home because by licensing your cat, you are also helping to support lost and stray cats in getting home safely or finding their new forever homes.

# Health

## Dr. John's Community Health Report

### *"A Healthy Mouth"*

Having a healthy mouth starts by looking after the enamel surface of your teeth. This enamel looks and feels pretty hard but it is actually pretty thin and needs protecting. The visible white enamel covers the crown of each tooth. Knowing what to look out for and what you can do to promote an enamel-friendly setting in your mouth, can make a big difference in oral health.

An adequate flow of saliva washing over your teeth and an adequate fluoride intake (having fluoride in your water supply and all recommended fluoride applications by your dentist) is the right combination for the enamel surfaces of your teeth. This saliva and fluoride supplies high levels of calcium and phosphate ions which builds up on the surface of the enamel of your teeth and helps prevent the cracking of the enamel on the surface that can lead to infections and cavities. The washing of the teeth by saliva neutralizes damaging acids and limits bacterial growth that can dissolve tooth enamel.

A lot of people use bottled water or have in home water filters. Both of these are quite low in fluorides, so the use of fluoride tooth paste twice a day or oral fluoride rinses are helpful in getting a good fluoride supply.

I and my spouse visit our dentists every three or four months and receive fluoride applications along with dental cleaning of the enamel surfaces of our teeth.

Some ways to increase the saliva flow action (which assists in keeping the enamel surfaces of the teeth clean) are: chew sugar-free gum or suck on sugar-free candy.

Avoid lemon flavoured hard candy as it contains acid and increases the risk of tooth decay. If you are subject to dry mouth when you sleep, you can add moisture to the air with a bed-side humidifier.

The combination of good oral health, adequate saliva, fluoride treatments and regular dental visits should work to keep your mouth healthy.

Dr. John Morgan M.D. (403) 251-5704  
E-mail: [jcmorgan@shaw.ca](mailto:jcmorgan@shaw.ca)



## 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: \_\_\_\_\_





**BECOME**  
*a Block Parent*

**WATCH**  
*for the signs*

**SUPPORT**  
*the programs*



[www.CalgaryBlockParent.ca](http://www.CalgaryBlockParent.ca)

Now that school's back in, show the children who pass by your door on their way to and from school that you care about their safety and well-being by

### DISPLAYING A BLOCK PARENT SIGN

Many thanks to all active Block Parents who display their signs when available to assist in an emergency or threatening situation.

For more information or an application form, please call

**CALGARY BLOCK PARENT ASSOCIATION**

403.269.6460

E-mail: [exec\\_director@CalgaryBlockParent.ca](mailto:exec_director@CalgaryBlockParent.ca)

[www.CalgaryBlockParent.ca](http://www.CalgaryBlockParent.ca)

# *Yoga at Southwood Community with Kathryn Schnitzler, CYT*

*All levels yoga every Tuesday 9:15 - 10:45  
Community member drop in: \$10  
Non member drop in: \$13*



Kathryn is a certified yoga teacher in the Iyengar tradition, practicing since 2004 and receiving her certification from the Yoga Studio College of Canada. Her current areas of study include Yoga Therapy, philosophy, and how implementing the practice of yoga can not only heal physical health issues, like athletic injuries and accidents, but also stimulate and enhance mental, spiritual and emotional healing, for example anxiety and stress.

Students in Kathryn's class can expect a blend of Iyengar and therapeutic styles of yoga, with attention to breathing and pure movement. Kathryn hopes to share her passion for physical and emotional health with her students, and to help create an environment for tuning into self awareness, and establish an opportunity for overall wellness.

Call 403-510-0433 for further information

## **SUDOKU SOLUTION**

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

## **CROSSWORD SOLUTION**

	D	U	D	E		C	O	B	S	
	S	O	R	E	R	A	V	O	W	S
W	I	N	N	E	R	D	E	B	A	T
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				N	O			A	T	
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		D	A	T	E			E	E	L

## Calgary Police Service Media Release

As part of our ongoing commitment to enhance our relationship with the community we serve, Calgary Police Service District 2 will be hosting a Community Information Fair on Saturday, May 14, 2011, between 1 p.m. and 4 p.m., at Ambrose University College, 150 Ambrose Circle S.W.,

This event will showcase various sections and units of the Calgary Police Service, with interactive booths, displays, specialized vehicles and equipment. As well, a number of community partners will be in attendance.

Admission is free, as is the food and entertainment!

Come out and meet members of your Calgary Police Service. If you have questions, please contact Constable Melissa Wheatley at 403-567-6200 or e-mail [pol3564@calgarypolice.ca](mailto:pol3564@calgarypolice.ca).

*Remember Me*

*Pet Portraits*

*Pen & Ink/Pencil*

403.249.9340

*Anna Pahlavan*  
[annapahlavan@gmail.com](mailto:annapahlavan@gmail.com)



## Mayfair Taxi

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**281-2120**

#67, 2580 Southland Dr. S.W.  
Oakridge Co-op Shopping Centre  
Fax: 281-8986 email: [officemail@calgarytax.com](mailto:officemail@calgarytax.com)

**Open Monday to Friday**  
**8:30 a.m. - 4:30 p.m.**

Paul Hinman, MLA  
Calgary Glenmore  
Phone: 403-216-5421  
Fax: 403-216-5423  
A210 1600 90th Ave SW  
Calgary, AB  
T2V 5A8



Hello Constituents,

I recently had the privilege, as Wildrose critic for Municipal Affairs, of meeting with City of Calgary Mayor Naheed Nenshi and Alderman Peter Demong along with my colleagues Danielle Smith, Wildrose leader, and Rob Anderson, Wildrose finance critic. Cities, like families and businesses, are always challenged with the task of budgeting responsibly with a limited amount of money.

“Fiscal imbalance” is something we usually hear about when it comes to the amount of money we as Albertans send to Ottawa. But another fiscal imbalance, just as important, in my opinion, is in how much money is collected from our municipalities by the province, never to return. What really frustrates local governments when they struggle to provide basic services is the amount of tax dollars that leave our communities and are spent elsewhere.

The Wildrose caucus wants to change the way municipalities are funded. Mayor Nenshi and I agree that a better way is a formula-based system that would return a set portion of the personal and corporate taxes back to the municipality where they were actually collected from.

As a democratic and free society there is little doubt that we have made giant leaps forward in most every field of science. However, one area where I feel we are still stuck in the 19<sup>th</sup> century is when it comes to party politics. We need to make a leap into the 21<sup>st</sup> century when it comes to democracy.

Historically, the federal and provincial governments like to collect all the taxes possible and then create what I call political slush funds.

All municipalities, organizations and charities need to then lobby the ruling party for the slush money. The current government then claims great accolades as they redistribute the tax dollars back out with an IOU expectation that the people involved in those organizations will say how great the government is and vote for them and even donate to the party. This is a very offensive, but effective, vote-buying scheme. I believe a formula-based system would greatly reduce the political plays and ensure that organizations and municipalities could focus their work on what they actually do rather than wasting an enormous amount of time, energy and money on lobbying government for the dollars they need.

I may try to expand on this in upcoming newsletters. If the province were to return a fixed percentage of the personal and corporate tax collected from the City of Calgary, they would have more stable revenue that would allow them to do a better job of long-term planning. An example at a local level would be for the city to return a fixed percentage of the property tax back to our community centres so they would not be so dependent on casino revenues and government grants.

I am convinced that if we had leaders willing to take the partisanship out of politics and citizens eager to elect them we could leap forward into the 21<sup>st</sup> century with governments that don't use and abuse our tax dollars and instead ensure that projects, communities and cities are funded more appropriately.

I always appreciate your feedback, and remember, together we can do better.

# Classified Ads

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