

April 2013

Shawnee  *Evergreen*

Official Community Association Newsletter

“Serving the communities of Shawnee Slopes and Evergreen Estates”



Spring is in the Air!

Advertising & Publishing, Digital Gallery – Phone: 403-201-0357

Email: digitalgallery@shaw.ca

NEXT ISSUE: MAY 2013

TARGET YOUR MARKET

If you are reading this, so are your potential customers!

Advertise in **SPECIFIC COMMUNITIES** that contain your potential customers and apply your valuable advertising dollars to only select areas that will produce a return on your investment. Most residents of a specific community have similar needs, so why waste your hard earned dollars with blanket city wide advertising? No-charge ad design is included in the price. You can also revise your ad and community placement(s) at no charge. Low delivered cost — less than 3 cents a home. Discounts are offered for 3 or more insertions.

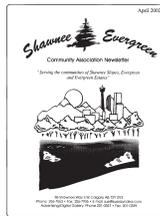
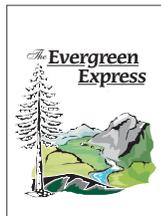
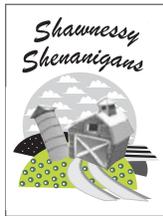
When asked why they advertise in community newsletters, a top realtor replied “Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month”. With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters have excellent retention.

Our advertising content is limited to approx. 50% of the publication. It's **not a flyer bundle**. Because space is limited, you'll need to call early to book your space. Our booking deadline is the 6th of every month prior to delivery (with some exceptions... so call anyway, even if you're a little late!).

We enjoy the attention of a high quality readership. The demographic of our publications is primarily young families with high disposable income; the communities we serve are all in the top 2% of income communities in Calgary. Remember, it's not about how many copies are printed for \$x — it's about how many qualified contacts are made, follow-ups received, and sales made.

TAKE THE FIRST STEP!
Call Digital Gallery: 403-201-0357
E-mail: digitalgallery@shaw.ca
Deadline for the next issue: April 6

Our Publications:



Shawnee  *Evergreen Community Association (SECA)*
Board of Directors & Community Contacts

IN CASE YOU HAVE ANY QUESTIONS, THE FOLLOWING IS A LIST OF OUR
 CURRENT DIRECTORS AND PROGRAM COORDINATORS.

EXECUTIVE

President Brad Smith 403.873.2935 brsmith@pembina.com
 Vice President VACANT
 Treasurer/Membership Secretary Peter Snell 403.254.6660 peter.snell@shaw.ca
 Secretary Peter Snell 403.254.6660 peter.snell@shaw.ca

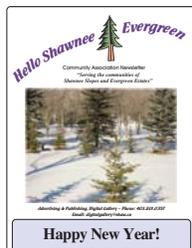
OTHER DIRECTORS

Director Vic Bohonos 403.288.6266 vbohonos@shaw.ca
 Director Lisa Doty 403.256.7246 lisa-doty@shaw.ca
 Director - South Fish Creek R. Assoc. Zeinab El Kady 403.640.1810 zeinabelkady@hotmail.com
 Director - Social Liala Elrafihe 403.532.2981 liala@elrafihe.com
 Director Ian Jobe 403.254.0627 ijkayaker@shaw.ca
 Director Ajay Khanolkar 403.510.5929 ajaykhanolkar@yahoo.com
 Director Barbara Murray 403.256.2372 bmurrayint.design@shaw.ca
 Director John Raich 403.254.9968 lraich@telus.net
 Director Tim Robert 403.256.7153 trobert60@gmail.com
 Director - Development & LUMAC Norm Rousseau 403.256.7831 norm@view-our-homes.com

OTHER CONTACTS

Alderman Ward 13 Diane C-Urquhart 403.268.1624 diane.colley-urquhart@calgary.ca
 Community Liaison/Police Officer Lindsey Skidmore 403.567.6800 lskidmore@calgarypolice.ca
 Digital Gallery/Newsletter Editor Carole Benoit 403.201.0357 digitalgallery@shaw.ca

Shawnee-Evergreen Community Newsletter



The Shawnee-Evergreen Community Newsletter is published 11 times a year (September to July) by the Shawnee-Evergreen Community Association and Digital Gallery. **The Deadline** for articles, classified ads, and display ads is 5:00 p.m. the **fifth day of the month** for the next month's issue. Please call early to ensure best location! **All display ads** within the Shawnee-Evergreen Newsletter are done through **Digital Gallery**. To set up your ad, please call: **403.201.0357**, fax: **403.201.0359**, or e-mail: **digitalgallery@shaw.ca** The opinions expressed within these articles, reports or submissions reflect those of the author and should not be considered to reflect those of the Shawnee-Evergreen Community Association.

Shawnee-Evergreen Community Association (S.E.C.A.) President's Report

After several years of effort, including particularly active stretches before the October 1 & 2, 2012 and the February 11, 2013 City Council hearings where the application to rezone the Shawnee Slopes Golf Course was approved, your Board of Directors (BOD) had a comparatively quiet month with little new news to report. In terms of the pending development of the golf course, your BOD remained in contact with the developer (Geo-Energy) and Geo-Energy continues to express a willingness to work with the community during the land development stage so that the community has early awareness and perhaps some influence in terms of the Development Permits (DP's) that are submitted to City Administration. SECA was again reminded that the proposed development is a comparatively high-cost project, is respectful of trees and topography, and provides more public greenspace than is required under the Municipal Reserve Act.

It remains our hope that SECA will have opportunity to work with Geo-Energy to submit "SECA endorsed" development permits to City Administration. As indicated in my last report, SECA also intends to do all we can to ensure that Geo-Energy honors their commitments to work with the community and that the DC (Direct Control) rules associated with new zoning are followed. These DC rules apply to all the new properties bordering existing Shawnee Slopes homes (and to many other areas of the new development) and provide reassurance that, regardless of who actually develops the property or builds the homes, the setbacks, retention of trees, and proposed compatibility with adjacent homes included in the approved rezoning application are preserved in the actual development.

SECA will continue to remain in communication with Geo-Energy and will help facilitate a public meeting in which Geo-Energy will provide some information regarding the nature and timing of the planned development. Notice of such a meeting will be provided on the SECA website and will be advertised in the community via outdoors signs.

In other SECA news, funds raised during our recent Casino nights have been used to order playground equipment and a tentative date for installation of the new playground near the Shawnee Drive tennis courts is the weekend of June 8 & 9th. While the City of Calgary provides support in terms of preparing the site, many volunteers will be required to help assemble the new playground structure. More specific

notices will be sent out regarding how you can help out as the playground delivery date get closer.

In closing, I'd like to acknowledge the great work of Lloyd Ash who has recently left our BOD, but contributed very substantially to our pre-hearing efforts and lead our social media campaign in an effort to preserve additional recreational space in the golf course development. Your volunteer work is greatly appreciated by the community.

Have a great Spring.

Sincerely

Brad Smith
President, SECA



VOLUNTEER NEEDED!

MAY is **MEMBERSHIP MONTH** for Shawnee-Evergreen Community and we will need route canvassers to call on homes in the area.

If you can **VOLUNTEER**, please call Peter Snell at

403-254-6660

(SECA MEMBERSHIPS expired APRIL 30/13)



Shawnee-Evergreen Community Association (S.E.C.A.) Events Calendar



Since Tri Services meeting room is no longer available for us, the following meeting locations have been arranged (**every SECOND TUESDAY** of the month):

Tuesday, April, 9 (and every month thereafter to June 2013) – OUR LADY OF PEACE ELEMENTARY & JUNIOR HIGH SCHOOL. Meetings are open to all residents. If you have comments or concerns, and plan to attend a regular meeting, please send the information to your SECA President, Brad Smith, at brsmith@pembina.com so that your item can be placed on the agenda and addressed.

SECA MEMBERSHIPS expire APRIL 30th. Residents with “**EverGREEN or Shawnee**” in their street name, qualify for S.E.C.A. memberships. Cost is \$20 a year. Memberships can be purchased at the **S.E.C.A. AGM** in September, **OR** contact Peter Snell at 403-254-6660. **OR** fill out the form (p. 7) then send in as directed.

Memberships may now be purchased **on-line** by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and “clicking” on the “**Pay Membership Fee via PayPal**” button below the “Membership Form”. The South Fish Creek Recreation Centre also sells memberships for S.E.C.A.



**Bridlewood Veterinary Clinic
& Grooming Salon**

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COMMUNITY PROGRAMS AVAILABLE IN SHAWNEE- EVERGREEN AREA.

1. For Shawnee/Evergreen Community Members!

The Shawnee-Evergreen Community Association has formed a community partnership with Trico Centre for Wellness (formerly Family Leisure Centre). SECA members are eligible for discounted partnership pricing (20% off) on their 4 month, annual and continuous monthly membership options. **SECA members** can save up to \$200 on a Trico Centre membership. **Make sure that you take your CURRENT SECA Membership card with you when you register at Trico!!**

2. Mid-Sun Community Programs - SECA Members receive a reduced fee rate. Call **254-8058** to register.

3. South Fish Creek Recreation Centre Programs - SECA Members receive a reduced fee rate. Located in South Fish Creek Recreation Centre.

Shawnee-Evergreen Photo Challenge



Be on the cover of your “Official” SECA Community newsletter! You can get involved by emailing your Shawnee-Evergreen community area color photos for the front cover. The photos used will be selected by Digital Gallery on a seasonal basis.

EMAIL YOUR PHOTOS TO DIGITAL GALLERY AT: digitalgallery@shaw.ca and in the Subject line type in “**SECA Photos**”.

Dr. Drosu's Dental Centre 

DDS General Dentist

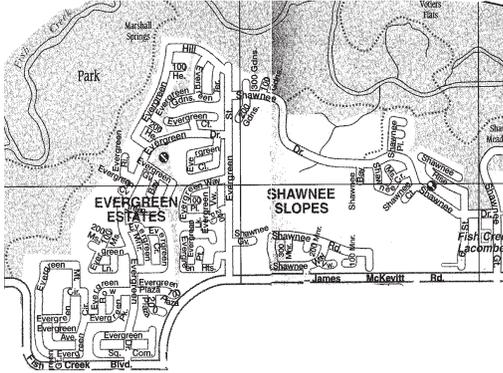
**Evening Hours Available
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DIRECT INSURANCE BILLING

403-201-7999

201-239 Midpark Way S.E. (across Midnapore Mall)
Info@drosudental.com www.drosudental.com

Membership Information Shawnee/Evergreen Community Association



*If you live in this area
(inside dotted line and your street
address name contains EverGREEN
or Shawnee) or you are a resident
of the Beacon Hill condominiums at
14645 6th Street S.W., you are
eligible to be a regular member of
the Shawnee/Evergreen
Association. (S.E.C.A.)*

**Support Your
Community Association.
Buy A Membership Today.**



Shawnee/Evergreen Community Association Membership Benefits

- You are entitled to one vote per membership at the Shawnee/Evergreen Annual General Meeting in September.
- You, and **RESIDING** members of your family can participate **FREE** at the Annual Shawnee/Evergreen Stampede Breakfast in June.
- **Mid-Sun Community Recreation Centre and South Fish Creek Centre.** SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are **required** to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for Mid-Sun Community Recreation programs and for the Trico programs
2. **Memberships can be purchased** - at any functions, the Annual General Meeting in September, or contact Peter Snell, membership secretary, at 403.254.6660 **OR** fill out form on page 7, and send it as directed on form to S.E.C.A. Also available at the South Fish Creek Complex Centre. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased **on-line** by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and “clicking” on the “**Pay Membership Fee via PayPal**” button below the “Membership Form”.



NOTE: If you have any item of interest for **SHAWNEE SLOPES and/or EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at:
shawneeevergreen@shaw.ca

Submissions for the Newsletter are due on the
4TH DAY OF THE MONTH FOR THE NEXT MONTH'S ISSUE.

Your comments, suggestions and articles are welcome – it is **YOUR** newsletter!

Shawnee



Evergreen Community Association

WE NEED YOU TO BE A MEMBER! PLEASE SEND IN YOUR MEMBERSHIP TODAY! HERE IS WHAT YOUR COMMUNITY ASSOCIATION (S.E.C.A.) DOES:

- Our land and Use Committee actively reviews and takes appropriate action regarding future area developments (currently those related to the Shaw-Neer Slopes Golf Course property)
- Hosts the June Family Stampede Breakfast (free for members and their resident family)
- Sponsors the June Annual Community Parade of Garage Sales
- Provides input and authorizes the monthly Community Newsletter delivered to all 1800+ households
- Is a member of the Federation of Calgary Communities (FCC)
- Provides a member on the Board of South Fish Creek Recreation Complex Association
- Provides a member on the Board of the Trico Centre for Family Wellness (save on Trico fees!)
- Supports the Friends of Fish Creek Provincial Park Society
- Collaborates with other communities on a wide variety of concerns and issues
- Has been actively involved with the City in the development of the LRT station & parking lots
- Diligently alert to the future developments of lands surrounding the Fish Creek-Lacombe LRT station
- Has representation on Diane Colley-Urquhart's LUMAC (Land Use and Mobility Advisory Committee)
- Is involved with the City on transportation issues (e.g. 37th Street/Sarcee Trail development, 22X development, golf course development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community
- Provides opportunity to acquire discounted group home and auto insurance rates (see SECA website)

All this, and more, for **ONLY \$20.00** a year! Annual memberships expire (d) on April 30th.

WEBSITE: WWW.SHAWNEE-EVERGREEN.CA

Memberships may be purchased **on-line** by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for **\$20.00** made out to Shawnee-Evergreen Community Association, and mail to/deliver to:

Shawnee-Evergreen Community Association
c/o Peter Snell, 1058 Shawnee Road S.W., Calgary, Alberta. T2Y 1W5

Household Information: *(Strictly confidential and is not shared with any organization)*

Existing Membership Number (if known): _____

Surname 1: _____ Given Name: _____

Surname 2: _____ Given Name: _____

Street Address: _____

Postal Code: _____ Telephone: _____ (residence)

E-mail Address: _____

E-mail is especially important if you want to receive SECA communications re: "Land Use"

Can you volunteer? Board of Directors Member Don't know, ask me!

Membership Campaign Stampede Breakfast Helper

Payment (\$20.00): Cash: Cheque #:

“Aging-in-Place Gardening Safety”



***‘In the spring, at the end of the day, you should smell like dirt.’
Margaret Atwood***

With the groundhog indicating spring is on its way, we cannot help but think about getting outside and gardening! However, most thoughts are of planting flowers, getting the rhubarb uncovered and whether or not the apple trees need pruning, not on gardening safety.

Garden safety is paramount while aging in place – often it is overlooked and many accidents are easy to prevent.

The first thing that should be considered is your garden plan, and this can start right now while there is still snow on the ground! Planning your garden to be easy to maintain is the best time you can spend. Consider replacing many of the high-maintenance annuals and perennials with bushes. There are many bushes that offer flowers and vibrant colours that you get from annuals and perennials, but they are much easier to care for.

Also, consider getting raised beds for plants that require more maintenance, like vegetables, so that you can care for them while standing rather than needing to be down on your hands and knees. If you cannot build raised beds or get someone to help you with this, ensure you take a chair or gardening cart with you so you have something to hold onto when standing back up again. The ground will likely be uneven and it will be easy to lose your balance after kneeling for a while.

Gardeners often spend most of their time weeding. You might consider using mulch to cover the ground around your plants to reduce the amount of weeds that will grow; and once weeds

start to sprout up you can spray with a weed killer and then pull them, thereby killing the weeds and their roots, reducing the amount that will grow back. This will give you less work to do and more time to enjoy your garden.

After you have planned and planted your garden, you might want to consider planting an additional item to keep you safe – a bench! Having a sturdy place to sit while working in your garden is very important because it will provide a place to rest and relax so you can continue working or as a place to stop before you head all the way back inside your home. It will also serve as a lovely place to relax and enjoy your garden; maybe have a cup of tea in the morning or a cold beer on a hot day.

Gardening can be very relaxing and enjoyable. It is a healthy activity that is fun and rewarding. Gardening safely will allow you to continue this activity for many years to come.

**Carla Berezowski,
Certified Aging-in-Place Specialist (CAPS)**

Aging-in-place means remaining in one’s home safely, independently, and comfortably, regardless of age, income, or ability level. It means the pleasure of living in a familiar environment throughout one’s maturing years, and the ability to enjoy the familiar daily rituals and the special events that enrich all our lives. It means the reassurance of being able to call a house a “home” for a lifetime.

Fostering Safe Communities... Street Smart Safety

RECREATION

Hockey nets, ski/snowboard/skateboard ramps and basketball nets are not permitted on City streets, even temporarily.

OBSTRUCTION

Do not place electrical cords, hoses or chains over a sidewalk. Do not place any material in lanes, streets, sidewalks or City right-of-ways.

VEHICLES

Vehicles parked on driveways may not block sidewalks or boulevards.

Do not leave unregistered, uninsured vehicles on City streets or lanes.* A vehicle must be operable and moved within 72 hours or it may be considered abandoned and removed as such.*

*This regulation is a part of Alberta’s Traffic Safety Act and is enforced by the Calgary Parking Authority.

Summer Day Camp Volunteer Opportunities

Are you 12 years old or older? Do you want to build your resume this summer and have fun? Come volunteer with our children's camps and get hands on leadership experience. Volunteers help City of Calgary leaders run kids' day camps (ages three to 12) and are offered throughout Calgary in:

- community neighbourhoods
- leisure centres
- pools
- art centres

Call 311 for more information on how to volunteer.

New Recreation Facilities Designs Revealed

The City of Calgary is inviting the public to view schematic designs of the Quarry Park and Rocky Ridge recreation facilities. This is the next step towards bringing four new recreation facilities to underserved areas – three in the S.E. in Seton, Quarry Park and Great Plains and one in the N.W. in Rocky Ridge. "What you will be able to see is how the proposed amenities, such as pools, ice rinks and gymnasiums can be arranged to fit on two of the sites," says City project manager, Rob McAuley. "Being able to share this new level of detail with the public is an exciting milestone for us and I look forward to hearing the public's reaction."

Extensive research and community engagement helped form the list of what should go into each new facility and City Council approved that list in June 2012. The City expects the design reveal for Quarry Park and Rocky Ridge to happen as early as March and will post details on www.calgary.ca/newreccentres. Check The City website often for other updates and information on each facility.

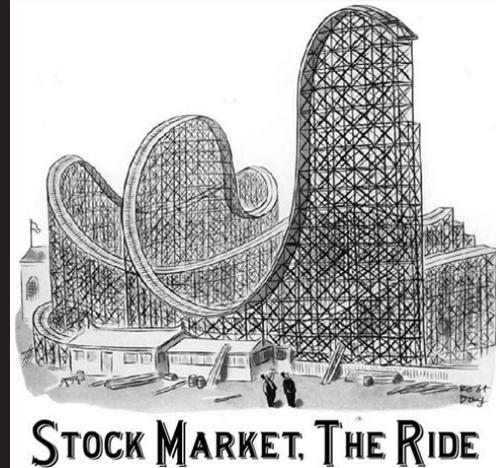
Design work for the Great Plains and Seton recreation facilities is also underway and will be shared once completed later this year.



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403-271-1905

Dale E Dyck

Raymond James

#310, 10655 Southport Rd SW

Diane Colley-Urquhart *Alderman Ward 13*



Email: ward13@calgary.ca
Phone: 403-268-1624
www: Facebook.com/AldermanDiane
Twitter: @BigRedYYC

SHAWNEE SLOPES GOLF COURSE CLOSURE: A HARD-FOUGHT BATTLE AND MY MANY THANKS

After much interest and involvement from the community members affected by the re-zoning of the Shawnee Slopes Golf Course, I want to offer a heartfelt “thank you” to every single person who voiced their opinions and concerns regarding the proposed development. The manner in which each of you fought to keep this beautiful golf course and recreational area was truly inspirational to me; I believe you have all set a new standard for community engagement and what citizens must expect by the City when it comes to being consulted and genuinely engaged. The City staff must do much better in bringing people together and sharing vital information in a timely manner.

Though a recreational facility will not be going ahead as part of the residential development, successful amendments include a hard cap on the number of units allowed in the development area, and the establishment of “RidgeWalk” trail to better integrate the community into Fish Creek Park

In addition to this Council approved a number of motions you asked me to take forward on your behalf to address traffic and congestion issues, mitigation measures along Macleod Trail such as the Lake Fraser Gate improvements and many much needed infrastructure improvements within the community. For all the details on what happened and to view the final debate visit aldermandiane.ca

ROUTEAHEAD GETS GREEN LIGHT: NEW PUBLIC TRANSIT PLAN SOON TO BE UNDERWAY

Public transit in our city is slated to improve over the next 30 years, as the RouteAhead plan has been approved. As a RouteAhead committee member, and chair of the Standing Policy Committee on Transportation & Transit, I have heard loud and clear your demand for expanded transit service for both LRT & busing. I know that our city’s transit system must mirror our population growth, and I’m so excited about the changes coming our way. Among many things,



RouteAhead means better access to the services already provided by Calgary Transit; it means that every single year we will continue to invest more to provide more timely service and more capacity. Visit aldermandiane.ca to read about the 30 year RouteAhead plan.

CULTURAL FUN AT OUR LADY OF EVERGREENS SCHOOL

I recently had a great time with everyone out at Our Lady of Evergreens Elementary School’s second annual Cultural Night. These pics show me talking to the kids and their families, and an amazing performance by members of the Bigplume family from the Tsuu T’ina Nation.



The other photo is of the group in the candle dance. The night also featured dances from the Philippines, a performance by the Calgary Immigrant Women’s Association, and Irish, Colombian, Cuban, and Peruvian dancers – not to mention delicious cultural foods prepared by generous parents. If you have something going at your child’s school, let me know, and I’ll do my best to make it out! This was also a great fundraiser and I was happy to sponsor the face painting for the kids.

Do Raspberry Ketones Really Help You Lose Weight?

By Dr. Alma Nenshi, DC
www.CalgaryWellness.com



After receiving a big media boost from Dr. Oz (the popular television and radio health expert), raspberry ketones have become the new rage among some people looking to lose weight. But what exactly are they, and is there really any evidence that they could help you slim down?

Raspberry ketones are a natural phenol produced by raspberries that gives them their particular scent. A study conducted by Japanese scientists in 2005 found that rats that were given raspberry ketones showed an increased ability to burn fat. However, subsequent research has not confirmed that they are effective in burning fat in humans, and Dr. Oz's claim to the contrary may be far-fetched.

The raspberry ketone study was funded by a Japanese company that had been developing a diet product that is no longer being produced. For 10 weeks, researchers fed four groups of mice either a high-fat diet alone or a high-fat diet with the addition of different amounts of raspberry ketones (0.5%, 1% or 2%). Those fed the ketones in an amount equal to as much as two percent of their body weight gained less weight than those fed the high-fat diet alone.

However, some experts stress that this study consisted of only 6 male mice in each of the four groups (why no female mice were included is a mystery). So given this small number of test subjects, there just isn't really a lot of evidence here to support the idea that the substance is an effective weight-loss supplement.

As yet, there have also been no significant studies carried out on humans that confirm the theory that raspberry ketones cause weight loss. Catherine Ulbricht, one of the members of a group of scientists who evaluate natural therapies, the Natural Standard Research Collaboration, says "It has not been well studied or well proven in the data we've uncovered to this point."

Laboratory studies have found that isolated fat cells from mice show increased adiponectin production when in the presence of raspberry ketones and norepinephrine, a hormone that breaks down fat. Adiponectin has been associated with increased fat-burning ability and is able to redistribute fat from unhealthy places on the body such as around the liver and abdomen (the infamous "spare tire") to healthier areas such as the hips and thighs. The greater the amount of adiponectin in the body, the less body fat there seems to be. Naturally slim people have been shown to have high levels of adiponectin. It is a compound similar to synephrine and capsaicin, whose actions promote the breakdown of fat. With the addition of the raspberry ketones, more fat was broken down than in the presence of norepinephrine alone. This again has only been shown in laboratory studies and has not been demonstrated in humans.

Exercise, however, is far more effective than raspberry ketones in raising levels of adiponectin. And it's proven. Only two or three sessions of moderately intense exercise are enough to raise adiponectin by 260%. Far better to save the money you would spend on raspberry ketone supplements (up to \$68 a month) and get more exercise. Not only can this exercise help you reduce your weight, it may also reduce your risk of other chronic illnesses such as cardiovascular disease and type 2 diabetes.

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April 25 - Vertigo

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**Mid-Sun Community
Recreation Programs
50 Midpark Rise S.E., 254-8058**



**Mid-Sun Recreation Programs
Call 254-8058 to register.
Save with a Community
Membership!**

**Other community members MUST register in person
with their current community membership card.**

M: member

NM: non-member

————— DROP IN PROGRAMS —————

MID-SUN YOUTH NIGHT!

Apr 26 – Jun 28 Friday, 6:30 p.m. – 9 p.m.

Ages: 8-13 yrs Cost: \$3 drop-in

*****ONLY ON LAST FRIDAY OF THE MONTH*****

MID-SUN BOOK CLUB!

Mar 19, Apr 16, May 21, Jun 18: Tuesday, 7:30 p.m.-9 p.m.

Ages: 16 and up Cost: FREE

Join us for invigorating discussion regarding popular novels. Coffee and snacks will be provided for a small donation. No Registration Necessary. Check out our website for this month's pick!

————— PARENT & TOT PROGRAMS —————

PARENT AND TOT SPORTBALL

Apr 8th – Jun 17th Fri 10:30 a.m.-11:15 a.m.

Ages: 2 – 3.5 yrs & Caregiver

Instructor: Sportball Cost: \$160 M, \$170 NM

A perfect introduction for children to the FUNDamental skills of 7 sports: Soccer, Hockey, Basketball, Baseball, Volleyball, Tennis and Golf. Games and skills are non-competitive and focus on success while building confidence. For more information please visit WWW.SPORTBALL.CA

————— PRESCHOOL PROGRAMS —————

FUN SOCCER FOR PRESCHOOLERS

Apr 9th – Jun 11th Tues, 4:30 p.m.-5:30 p.m.

Ages: 3-5yrs

Instructor: Steven Trottier Cost: \$80 M, \$90 NM

This is an introductory course designed to teach kids fun soccer with a focus on enjoyment and sportsmanship. Children will be taught basic cooperative skills and improve on gross motor skills like coordination, balance and special awareness.

SPORTBALL MULTI-SPORT

Apr 12th – Jun 14th Friday, 4:00 p.m.-5:00 p.m.

Apr 12th – Jun 14th Friday, 9:15 a.m.-10:15 a.m.

Ages: 3 – 5yrs Cost: \$160 M, \$170 NM

A perfect introduction for children to the FUNDamental skills of 7 sports: Soccer, Hockey, Basketball, Baseball, Volleyball, Tennis and Golf. Games and skills are non-competitive and focus on success while building confidence. For more information please visit WWW.SPORTBALL.CA

SPORTBALL MULTI-SPORT

Apr 12th – Jun 14th Friday, 5 p.m. - 6 p.m.

Ages: 6 – 8yrs Instructor: Sportball

Cost: \$160 M, \$170 NM

A perfect introduction for children to the FUNDamental skills of 7 sports: Soccer, Hockey, Basketball, Baseball, Volleyball, Tennis and Golf. Games and skills are non-competitive and focus on success while building confidence. For more information please visit WWW.SPORTBALL.CA

LIL'BAKERS

Apr 8th – Jun 10th Monday, 4:30 p.m.-5:30 p.m.

(No class Monday May 20th) Ages: 5-8yrs

Instructor: Karyn Sunohara Cost: \$100 M, \$110 NM

Come get messy and have some fun in the kitchen! Learn to bake delicious goodies that your whole family can enjoy! For more information please check our website WWW.MIDSUN.ORG

————— YOUTH PROGRAMS —————

So You Wanna Dance!

Apr 12th – Jun 14th Friday, 4:30 p.m.-5:30 p.m.

Ages: 9-15 yrs

Instructor: Hannah Smart Cost: \$80 M, \$90 NM

Come join in this great dance class suitable for beginners or kids with some previous experience! A creative exploration into many different types of dance such as jazz, modern, and ballet just to name a few, this class will open up the world of dance to your child and get them active and moving this fall!

WHAT'S COOKING

Apr 8th – Jun 10th Monday, 5:45 p.m.-6:45 p.m.

Ages: 9-12yrs

Instructor: Karyn Sunohara Cost: \$100 N, \$110 NM

Come on down to Mid-Sun and learn the basics of food preparation, cooking techniques, baking, healthy eating ...but most of all, learn how to create and enjoy great food!

Your kids will be cooking up a storm for the whole family before you know it!

ART EXTRAVAGANZA

Apr 10th – Jun 12th Wednesday, 4:30 p.m.-5:30 p.m.

Ages: 9-15 yrs

Instructor: Amanda Durocher Cost: \$100 M, \$110 NM

Come out and discover the artist in you! This class will teach kids a variety of different mediums such as sketching, painting, sculpting and more! Learn different techniques, discover your passion and let your creativity soar! Each child will have their own masterpiece creations to take home.

ART EXTRAVAGANZA LEVEL 2

Apr 10th – Jun 12th

Ages: 9-15 yrs: Wednesday, 5:45 p.m.-6:45 p.m.

Instructor: Amanda Durocher. Cost: \$100 M, \$110 NM

Ages: 9-12 yrs: Wednesday, 5-6 p.m.

Instructor: Todd Ness Cost: \$80 M, \$90 NM

Come join in this popular sport! Learn some new skills in a fun, relaxed and non-competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends, get active and enjoy a great sport! No experience required.

YOUTH TENNIS

Apr 11th – Jun 13th Thursday, 4 – 5 p.m. Ages: 5-8 yrs

Apr 11th – Jun 13th Thursday, 5 – 6 p.m. Ages: 9-12 yrs

Instructor: First Serve Tennis Cost: \$100 M, \$110 NM

Come join in this great sport! Learn the basic skills and strokes for the first half of class then put those skills to use in scrimmages and game play. No experience necessary. Rackets provided.

**NEW!! DRAMA, DRAMA, DRAMA

Apr 12th – Jun 14th Friday, 6:30-8:30 p.m. Ages: 12-15 yrs

Instructor: Amanda Durocher Cost: \$130 M, \$140 NM

Is your child a drama queen or king? Now they have the opportunity to be as dramatic as they'd like! With our new drama program, your children can learn the basics of acting and drama and put those skills to use while starring in the class play! No experience necessary!

FLOOR HOCKEY

Apr 10th – Jun 12th Wednesday, 5-6 p.m. Ages: 9-12 yrs

Instructor: Todd Ness Cost: \$80 M, \$90 NM

Come join in this popular sport! Learn some new skills in a fun, relaxed and non-competitive atmosphere then put those skills to use in an exciting scrimmage! This class is a great way to hang out with your friends, get active and enjoy a great sport! No experience required.

YOUTH TENNIS

Apr 11th – Jun 13th Ages: 5-8 yrs Thursday, 4-5 p.m.

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Apr 11th – Jun 13th Ages: 9-12 yrs Thursday, 5-6 p.m.
Instructor: First Serve Tennis Cost: \$100 M, \$110 NM
Come join in this great sport! Learn the basic skills and strokes for the first half of class then put those skills to use in scrimmages and game play. No experience necessary. Rackets provided.

————— MARTIAL ARTS PROGRAMS —————

(Part of the National Karate Association and Karate Alberta Association). The Mid-Sun “Shito-ryu” Karate Program offers classes from Youth to Adult for every skill level. Shito-ryu Karate teaches not only unarmed omboact and self-defense but it introduces new students to the art of “kobudo” or weapons training. The “Bo” (six foot staff), “Jo” (walking stick), “Tonfa” (police baton) and “Sai” (Blunt and rounded short sword) are a few of the weapons you will learn about in Kobodu. All classes focus on continued physical and mental development and are taught by an NCCP (National Coaching Certification Program) Certified 6th degree Black Belt (Shihan) instructor. Training emphasizes self-discipline, self-control and proper technique. Uniforms (karate-gi) and equipment can be purchased from your instructor.

INTRODUCTORY KARATE

Apr 8th – Jun 17th Monday, 7:15-8:15 p.m.
Instructor: Frank Prystupa Cost: \$80 M, \$90 NM

ADVANCED KARATE

Apr 8th – Jun 24th Monday, 7:30-9 p.m.
Instructor: Frank Prystupa Cost: \$110 M, \$120 NM

————— ADULT ART/DANCE PROGRAMS (16 & UP) —————

ACRYLICS WITH ALEXANDER

Apr 10th – Jun 12th Wednesday, 11 a.m.-1:30 p.m.
Apr 7th – Jun 16th Sunday, 7-9:30 p.m.

(No Class May 19th)

Instructor: Alexander Ivanov

Cost: \$200 M, \$210 NM (supplies not included)

Come and join established artist, Alexander Ivanov, in the art of acrylic painting. Use your own inspiration to create a masterpiece while learning techniques and methods of acrylics in a relaxed environment.

WATERCOLOUR PAINTING - LEVEL I

Apr 10th – Jun 12th Wednesday, 7-9:00 p.m.
Apr 11th – Jun 13th Thursday, 10:30am-12:30pm
Apr 11th – Jun 13th Thursday, 7-9 p.m.

Instructor: Gabriele Lynch

Cost: \$140 M, \$150 NM (supplies not included)

Back by popular demand! Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your

own artistic expression. Great for those who have previous experience but would like a little refresher.

WATERCOLOUR PAINTING – LEVEL 2

Apr 12th – Jun 13th Friday, 9-11:30 a.m.

Instructor: Gabriele Lynch

Cost: \$160 M, \$170 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. Participants will work on individual paintings using techniques learned in previous sessions with Gabriele. Level I must be completed prior to participation in this class. **THIS CLASS IS BY INVITATION ONLY. PARTICIPANTS MUST HAVE DONE AT LEAST TWO (2) SESSIONS WITH GABRIELE.**

**NEW!! SKETCHING 101

Apr 8th – Jun 17th Monday, 10:30 a.m.-12:30 p.m.

(No Class May 20th)

Instructor: Darcy Presiloski

Cost: \$160 M, \$170 NM (supplies not included)

Mid-Sun is proud to present established Calgary artist **Darcy Presiloski** to our programs. Join her in discovering an introduction to sketching. Learn drawing techniques and composition, portraits and more. No previous experience necessary. www.darcypresiloski.com

LINE DANCE BEGINNER **ONLY 9 WEEKS

Apr 3rd – May 29th Wednesday, 9:30-10:25 a.m.

Instructor: New Attitude Line Dance; Sue Hall

Cost: \$70 per person, \$60 for seniors over 65

Out with the old idea that line dancing is only country! Line dancing has progressed drastically over the past few years, becoming one of the fastest growing styles of dance! Rhythm & blues, swing, jazz, Latin American, and many more styles of music have been integrated into this progressive contemporary form of dance. The best part about it? You don't need a partner! Besides the fun and social benefits, line dancing is one of the best forms of physical and mental exercise, and has been proven to be one of the best activities you can do for total body wellness. **WWW.NEWATTITUDELINEDANCE.COM**

LINE DANCING – INTERMEDIATE **ONLY 9 WEEKS

Apr 3rd – May 29th Wednesday, 10:30-11:30 a.m.

Instructor: New Attitude Line Dance; Sue Hall

Cost: \$70 per person, \$60 for seniors over 65

————— ADULT FITNESS PROGRAMS (16 & Up) —————

**NEW! CARDIO SCULPT

Apr 9th – Jun 11th Tuesday, 7:30-8:30 p.m.

Instructor: Maggie Nichol-Bowen

Cost: \$100 M, \$110 NM

Redefine your muscles with a mix of Cardio and Weight Training exercises designed to get your heart pumping and your muscles burning. All equipment provided.

****NEW! KETTLEBELL KICKBOXING**

Apr 9th – Jun 13th Tuesday & Thursday, 9:30-10:30 a.m.
Instructor: Darlene Guenther Cost: \$200 M, \$210 NM
Kettlebell kickboxing is a great way to burn a crazy amount of calories by combining kickboxing and Kettlebell training. By putting together two of the most popular ways to workout you get the benefits of both workouts. You maximize calorie burn, achieve your peak level of fitness, build long lean muscles, power, flexibility, and endurance.

****RETURNING! Circuit N' Work It**

Apr 11th – Jun 13th Thursday, 5-6 p.m.
Instructor: Darlene Guenther Cost: \$100 M, \$110 NM
Take your work-out to the next level with this high energy class that combines resistance training and high intensity aerobics! Using all types of equipment and fun new exercises this class is guaranteed to build that sexy core and get you into shape. If you want to sweat like crazy and call working out fun, this class is for you!

****NEW! S.E.T. FITNESS (Strength, Endurance, Training)**

Apr 10th – Jun 12th Wednesday, 6-7 p.m.
Instructor: Maggie Nichol-Bowen Cost: \$100 M, \$110 NM
Join Maggie using light to moderate weights to lengthen and strengthen each muscle in your body! Try it out and see just what your muscles are waiting for! Feel the burn, and see what weight training can do for you!

****NEW! TABATTA EXPRESS**

Apr 10th – Jun 12th Wednesday, 5:30-6 p.m. (½ hour class)
Instructor: Maggie Nichol-Bowen Cost: \$80 M, \$90 NM
Just finished work? Looking for a quick workout before going home for the day? Then try our Tabatta Express class! This class will push you towards your fitness goals in half the time! With weight and cardio in just half an hour, you'll be feeling great all evening and into the next day!

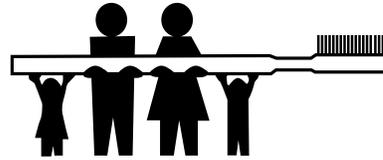
BOSU WITH MAGGIE!

Apr 10th – Jun 12th Wednesday, 7-8:00 p.m.
Instructor: Maggie Nichol-Bowen Cost: \$100 M, \$110 NM
The term BOSU means "both sides up" implying that the equipment can be used on either the platform side or the dome side. With this class you will enjoy a pumped up, full body cardio workout using the BOSU ball as your primary piece of equipment! This class is sure to improve your balance, while getting your heart pumping.

BALLET FITNESS! **NEW TIMES**

Apr 7th – Jun 16th Sunday, 10-11 a.m.
Apr 7th – Jun 16th Sunday, 5-6:00 p.m.
(No Class May 19th) Instructor: Susana Sylvester
Cost: \$90 M, \$100 NM

SOMERSET DENTAL CLINIC



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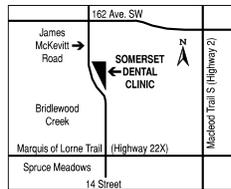
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ZUMBA

Apr 9th – Jun 11th Tuesday, 6:10-7:10 p.m.

Instructor: TBA Cost: \$110 M, \$120 NM

The Latin inspired, easy-to-follow, calorie-burning, dance fitness-party™. Feel the music and let loose!

ABS & BUNS

Apr 10th – Jun 12th Wednesday, 8-9 p.m.

Instructor: Maggie Nichol-Bowen Cost: \$100 M, \$110 NM

This class will target your abdominals and buns. The main focus is to work towards six-pack abs and the hard as rock buns you've always wanted. One of our most popular classes!

FUSION

Apr 10th – Jun 12th Wednesday, 6:30-7:30 p.m.

Instructor: Mona Power Cost: \$100 M, \$110 NM

Come check out two of the best workouts combined in one; Yoga and Pilates! This class will teach you Pilates and Yoga fundamentals while working towards producing long, lean muscles and increasing flexibility! Work on core conditioning and toning your entire body!

MEDITATION FOR BEGINNERS

Apr 11th – Jun 13th Thursday, 6:30-7:30 p.m.

Instructor: Angus Macdonell, Certified Reiki Practitioner

Cost: \$100 M, \$110 NM

Learning to meditate is a great way to relax and promote health and wellness. This course will focus on bringing students mental balance and peace of mind through breathing and meditation techniques. Learn an easy, effective method of clearing away negative energy and replacing it with positive flow. Reaching deeper meditative states will be addressed in the final three classes. Please wear comfortable clothes and bring a mat, towel or cushion to sit on.

PILATES FOR BEGINNERS

Apr 8th – Jun 10th, Monday, 6:30-7:30 p.m.

Apr 11th – Jun 13th Thursday, 12:30-1:30 p.m.

Instructor: Mona Power Cost: \$110 M, \$120 NM

All ages, body types and levels of fitness welcome! This course will start with exercises and education of the fundamentals of Pilates and progress each session to develop and challenge as participants improve. With the use of props you will strengthen your core, improve alignment and posture, increase flexibility and mobility, develop strength, release stress and tension and improve coordination. Bring your own exercise mat.

PILATES - INTERMEDIATE LEVEL 1

Apr 10th – Jun 12th Wednesday, 7:30-8:30 p.m.

Instructor: Mona Power Cost: \$110 M, \$120 NM

With the use of props, rebalance and strengthen your deep abdominal and back muscles which support your body. This class is appropriate for all body types and levels of fitness, beginners welcome. Exercise modifications shown to suit mixed level of participants and workouts progressing challenge each week. Bring your own exercise mat.

SPIN-TASTIC

Apr 9th – Jun 11th Tuesday, 5:30- 6:15 p.m.

Apr 9th – Jun 11th Tuesday, 6:30-7:15 p.m.

Instructor: Maggie Nichol Bowen Cost: \$85 M, \$95 NM

Come out and try this great aerobic exercise on our stationary bikes! It's a great way to burn calories, tone your legs and get in shape. This class is good for people of all fitness levels because you control how hard your workout is! So what are you waiting for? *Please bring a water bottle and a towel*

INTRODUCTORY YOGA

Apr 8th – Jun 10th Monday, 7:30-9:00 p.m.

Instructor: Mona Power

Apr 10th – Jun 12th Wednesday, 7:30-9:00 p.m.

Instructor: Gladys Mccoy

Apr 11th – Jun 13th Thursday, 9:30-11 a.m.

Instructor: Skjei Sharma; Yoga Haven

Cost: \$110 M, \$120 NM

This program is designed for beginners through to those with some previous yoga experience. The course will guide students in various basic yoga postures (asana's), breathing (pranayama), and an introduction to meditation. Sign up early to ensure your spot!

YOGA CORE

Apr 9th – Jun 11th Tuesday, 7:30-9 p.m.

Instructor: Mona Power Cost: \$110 M, \$120 NM

This intermediate Yoga program is designed for those who want to improve their core! Yoga Core uses Yoga postures designed to target your mid-section to strengthen and elongate your abdominals. **Previous Yoga experience required

50+ PROGRAMS

55 + YOGA

Apr 11th – Jun 13th

Thursday, 11:15 a.m. - 12:15 p.m.

Instructor: Mona Power

Cost: \$80 M, \$90 NM

This class is designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. No experience necessary!

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Hello Neighbours,

Spring is in the air and as you are reading this we will have completed our first few weeks of the Spring Session in the Legislature. The budget came out today, March 7th, but as I am required to submit my column a month ahead of production this information is a little dated. I just found out that our lobbying the Government has paid off for Calgary Shaw, The Macleod Trail interchange has been approved for funding! Other than this budget tidbit, I cannot fill you in on the latest news from the Legislature, as we have only sat for 2 days; therefore, I thought this would be a great time to talk about our communities.

In January I had a meeting with the community presidents in our constituency. We had a great discussion about the role of community associations, where they see our neighbourhoods heading, and community engagement and collaboration. One of the biggest obstacles the associations run into is lack of volunteers and members.

WHO IS YOUR COMMUNITY ASSOCIATION?

Well, they are volunteers who contribute their time to make your neighbourhood a great place to live. They keep the community informed of new developments and changes that affect residents and advocate on their behalf. They provide and maintain a safe place for reasonably priced recreation, sports and socializing with neighbours.

SOME BENEFITS OF MEMBERSHIP ARE:

Special Events – Christmas markets and parties, Easter egg hunts and Stampede events offer a great opportunity to socialize and meet your neighbours.

COMMUNITY SAFETY

From traffic committees to block watch programs, your association is looking out for you and your family.

COMMUNITY NEWSLETTER

The community association communicates to the residents the activities, programs and services that are happening in the community through a monthly newsletter.

FACILITIES

Many community associations operate a facility that is available for programs, meetings, social and private functions. They also provide and maintain a variety of free outdoor venues such as skating rinks and parks.

YOU CAN BECOME INVOLVED WITH YOUR COMMUNITY ASSOCIATION IN TWO IMPORTANT WAYS:

Become a member. When you purchase a membership in your community association, your dues are used to offer you and your neighbours all of the above benefits and many many more.

Become a volunteer. Community Associations rely on volunteers to make things happen. There are many ways you can volunteer to make your community a more enjoyable place to live while making new friends and learning skills.

I am hosting a **TOWN HALL, WEDNESDAY APRIL 3rd** to give you an update from the Legislature and I look forward to seeing you then and hearing your ideas on how we can help make the communities in Calgary-Shaw the best they can be!

Jeff Wilson

Jeff Wilson
MLA Calgary-Shaw



Town Hall Meeting
Wednesday April 3rd

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Friday: 10 a.m. - 6 p.m.

Saturday: 10 a.m. - 6 p.m.

Sunday (mid-Sept. to mid-May): Noon - 5 p.m.

ECOPALOOZA FAIR 2013

Sat. April 13; 10 a.m. – 3 p.m.

Join the Calgary Zoo and Green Calgary share ways to create a greener Calgary with hands-on activities, exhibits and workshops for the whole family. Entertainment will include face painting, magic and more!

TEEN MOVIE MARATHON

Tues. April 9; 4:30 p.m. – 8 p.m.

Meet new people! Get comfortable and enjoy a selection of movies at the library. Call 403-221-2072 for movie titles. Ages 13 to 17

STITCH AND CHAT

Tues. April 9 and 23; 6:30 p.m. – 8:30 p.m.

Bored of doing needlecraft on your own? Join us for company, tea, and share needlecraft techniques with each other.

ESL COFFEE & CONVERSATION

Wednesdays; 6:30 p.m. – 8 p.m.

Practice your English speaking and listening skills in an informal drop-in setting. Coffee and tea provided.

TEEN THURSDAYS – Thursdays; 4 – 5:30 p.m.

Hang out and make new friends! Drop in every Thursday after school for movies, games, crafts, conversation and more! Ages 13 to 17

50+ COFFEE & CONVERSATION

Fridays; 2 p.m. – 3:30 p.m.

Interact with others over a cup of coffee and discuss topics of interest. Ages 50 and up

MARVELOUS MOVIES – Sat. April 6; 2 p.m. – 4 p.m.

Looking for some quality time with your family? Spend the afternoon with us and watch a movie in our program room. Call us at 403-221-2072 for movie title.

LEGO CLUB – Sundays; 12 p.m. – 1 p.m.

We invite all creative children and teens to join us for some Lego fun! Build, design, and explore. Lego provided.

DROP-IN STORYTIME

Sunday afternoons; 2:30 p.m. – 3 p.m.

Spend your Sunday with us! Listen to stories, songs and fingerplays for the whole family! Ages 2 – 5 with a caregiver.

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Call 403-201-8652 to register**

Registration deadlines for each session are one (1) week prior to course start date. In order to guarantee your spot we strongly recommend signing up early! Classes fill up quickly and in an effort to keep our instructor/student ratios low we do limit registration numbers in each class. Late registrations will be accepted provided there is space available in the class. We reserve the right to cancel classes if minimum numbers are not met by the registration deadline. Member rates are available for SFCRA Founding Members as well as members of the following community associations: Millrise, Midnapore, Somerset/Bridlewood, Sundance, Shawnessy, Evergreen, Shawnee, & Chaparral. Multiple program and/or multiple family member registrations will receive a 10% discount if registered before the registration deadline.

REFUND POLICY: Refunds requested up to 1-week prior to the start of program will receive a full refund. For cancellations within 7 days of the program start date OR if the program has started, **refunds** will only be issued for medical reasons, and will require a doctor's note before the refund is processed. The refund amount will be pro-rated based upon the number of classes remaining in the program. **All refunds requested after the registration deadline, regardless of reason, are subject to a \$10.00 administration fee.**

PLEASE NOTE: There will be a \$25.00 fee charged on all NSF cheques posted to SFCRA.

****NOTE: ALL PROGRAMS ARE 8 WEEK PROGRAMS UNLESS OTHERWISE STATED. SFCRA GENERALLY DOES NOT RUN PROGRAMS ON LONG WEEKENDS OR STAT HOLIDAYS.**

ART SAMPLER - Participants in this class will be encouraged to reveal their unique artistic abilities as they explore a variety of art mediums. All supplies are included. Dress to get messy!

Ages: 6 – 9 yrs Day/Time: Wed, 4:30 – 6:00 p.m.

Winter #2: Mar 06-Apr 24 Course #3925

Spring: May 08-Jun 26 Course #3926

Ages: 6 – 9 yrs Day/Time: Sat, 11:00 a.m. -12:30 p.m.

Winter #2: Mar 02-Apr 27 Course #3930

May 04-Jun 24 Course #3931

Ages: 10 – 13 yrs Day/Time: Wed, 6:15 -7:45 p.m.

Winter #2: Mar 06-Apr 24 Course #3935

Spring: May 08-Jun 26 Course #3936

Cost: **7 weeks \$95 (M) or \$110 (N-M)

Cost: 8 weeks \$110 (M) or \$125 (N-M)

ART SAMPLER FOR ADULTS

This class is an opportunity for participants to take time to explore a variety of art mediums in a relaxed and fun atmosphere. Areas of expression include watercolors, clay, acrylics, Chinese brush painting, drawing and more! Supplies are included.

Ages: 14+ yrs Day/Time: Thurs, 6:30-8:30 p.m.

Winter #2: Mar 07-Apr 25 Course #4078

Spring: May 02-Jun 20 Course #4079

Cost: \$140(M) or \$160 (N-M)

DRAMA CLUB—NEW FOR 2012 –2013! Participants will learn the basics of theatre in a fun, safe and encouraging environment by engaging in many drama games and activities. Improvisation, movement, voice, characterization, storytelling and more.

Ages: 6-12 yrs Day/Time: Mon, 6:30-8:00 p.m.

Winter # 2: Mar 11-Apr 29 Course #4068

Cost: \$100(M) or \$110 (N-M)

SPANISH – Instruction for all Spanish classes offered at South Fish Creek Recreation Association is provided by Spanishmania. Learning materials for each course are included in the fees. Additional information can be obtained on the Spanishmania website. www.spanishmania.ca. **Please contact 403-475-6162 for details.**

UN POCO DE ESPANOL—SPANISH FOR TRAVELERS

Are you traveling to a Spanish – speaking country? Wouldn't it be nice to be able to communicate with locals in their own language? Learn the basics to survive your trip in a fun environment. By re-creating real life situations you will learn greetings; forms of courtesy; how to express likes and dislikes; what you want and don't want; ask for directions; order your meals; and express feelings and discomforts.

Ages: Adult 14+ yrs Day/Time: Sat, 9:00-11:00 a.m.

Dates: Spring TBA

Cost: \$225 (M) or \$252.00 (N-M)

BIENVENIDOS AL MUNDO DEL ESPANOL—ADULT SPANISH PROGRAM

This is a program for adults designed in a series of courses from a short introduction up to level 6. The 12-hour introductory course will introduce you to the wonderful Spanish language, while the other Levels are 20 hours in length. In class you will practice and reinforce all concepts learned through fun activities, audio and short videos. Enjoy the challenge!

INTRODUCTORY SPANISH FOR ADULTS

The introductory course is a short course that will get you started in Spanish! You will learn the basic structures and formalities such as personal pronouns; how to ask and answer questions; use expressions of courtesy; greetings; dates and numbers...just enough to give you a taste of it.

Ages: Adult 14+ yrs Day/Time: Tues/Thurs, 7-9: p.m.

Winter #2: Mar 05-Mar 21 Course #4082

DAYTIME INTRODUCTION TO SPANISH

Ages: Adult 16+ yrs Day/Time: Mon, 9-11 a.m.

Winter: Feb 04-Mar 18 Course #4074

Cost: \$130 (M) or \$160.00 (N-M)

PARENTED AND UNPARENTED PRE-SCHOOL

CREATE & GROW PLAY-SCHOOL (PARENT & TOT)

Join your pre-schoolers as they tap into their amazing creative and learning potential. Our experienced instructor will lead you both through structured activities such as crafts, stories, songs and games. Unstructured playtime, with the opportunity for scheduled "special activities" such as gym time, skating time, and/or kitchen time. **(7 Weeks)**

Ages: 2 – 3 yrs/Parent Day/Time: Mon, 9:15 – 10:45 a.m.

Winter #2: Mar 11-Apr 22 Course #3844

Spring: May 06-Jun 24 Course #3845

Cost: \$80 (M) or \$90 (N-M)

Ages: 2 – 3yrs/Parent NEW Day/Time: Fri, 9:15-10:45 a.m.

Winter #2: Mar 08-Apr 26 Course #3849

Spring: May 10-Jun 21 Course #3850

Cost: \$80 (M) or \$90 (N-M)

TINY TUNES

An enriching music experience designed specifically for "tiny" participants. The basic elements of music are introduced. Through the use of music, these courses will help nurture your child by developing coordination skills, language, social interaction and creativity. Instruction will be provided by Sonata Yamaha School of Music. (8weeks)

Ages: 2-3 yrs Day/Time: Fri, 10:55-11:25 a.m.

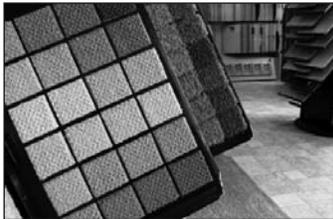
Winter #2: Mar 01-Apr 26 Course #3854

Spring: May 03-Jun 21 Course #3855

Cost: \$40 (M) or \$50 (N-M)



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Ages: 4 – 5 yrs Day/Time: Fri, 11:30 a.m.-12:15 p.m.
Winter #2: Mar 01-Apr 26 Course #3859
Spring: May 03-Jun 21 Course #3860
Cost: \$60 (M) or \$70 (N-M)

MOMMY & ME PRESCHOOL DANCE (DADS ARE WELCOME AS WELL) - In this dynamic, jam-packed 45 min class, you and your child learn through dance, song and stories. Parent participation is required as this will help your child feel comfortable in a classroom setting, follow a class routine and feel the joy of dancing with mom and dad. This exciting class divided into two different age groups 2—3 & 4 –5 allow your child to develop gross and fine motor skills that are age appropriate. So get your dancing shoes on and let the fun begin.(8 Weeks)

Ages: 2 – 3 yrs/Parent Day/Time: Thurs, 9:30-10:15 a.m.
Winter #2: Mar 06-Apr 24 Course #3864
Spring: May 08-Jun 26 Course #3865
Cost: \$60 (M) or \$70 (N-M)

Ages: 4-5 yrs/Parent Day/Time: Thurs,10:25-11:10 a.m.
Winter 2: Mar 06-Apr 24 Course #3869
Spring: May 08-Jun 26 Course #3870
Cost: \$60 (M) or \$70 (N-M)

STEPPING STONE PLAY-SCHOOL (PARENT OPTIONAL)

Is your child ready to move up from the Parented program, but not quite ready for a 3-hour program? Then this 2-hour “parent optional” program is the next step. We keep the same theme and basic structure as our regular play-school program, with games, songs, stories, & more, but the length is shorter and parents are invited to stay if they choose. *Note: Child must be potty trained to attend un-parented.

Ages: 3 – 4 yrs + Parent/Guardian optional
Day/Time: Tues, 1-3 p.m.
Winter #2: Mar 05-Apr 23 Course #3899
Spring: May 07-Jun 25 Course #3900
Cost: \$95 (M) or \$105 (N-M)

Ages: 3 – 4 yrs + Parent/Guardian optional
Day/Time: Wed, 9:30-11:30 am
Winter 2: Mar 06-Apr 24 Course #3904
Spring: May 08-Jun 26 Course #3905
Cost: \$95 (M) or \$105 (N-M)

Ages: 3 – 4 yrs + Parent/Guardian optional
Day/Time: Thurs, 1-3:00 p.m.
Winter 2: Mar 07-Apr 25 Course #3909
Spring: May 09-Jun 27 Course #3910
Cost: \$95 (M) or \$105 (N-M)

CREATE & COOK

Much like our Create & Grow program, this fun parented class has the added element of kitchen time with your little one. Our experienced instructor will lead you both through structured activities such as crafts, stories, songs and

games, ending each class with a snack you have prepared with your child. Be sure to bring a packed lunch to supplement the fun snack you will create. Keep in mind, SFCRA is a **PEANUT FREE** environment.

Ages: 3-5 yrs + Parent
Day/Time: Wed, 11:30 a.m. – 1 p.m.
Winter 2: Mar 6-Apr 24 Course #3920
Spring: May 8-Jun 26 Course #3921
Cost: \$90 (M) or \$100 (N-M)

ALL GROWN UP PLAY-SCHOOL (NO PARENT)

Now that your child is “All Grown Up” let them join in this un-parented play-school program. This 3-hour program includes the addition of some pre-kindergarten learning in science, language skills, counting, and more! Your child will leave this program with increased self-confidence and independence - ready to enter into the world of Kindergarten!

Ages: 3-5 yrs Day/Time: Mon, 12:30 – 3:30 pm
Winter #2: Mar 11-Apr 22 Course #3874
Spring: May 06-Jun 24 Course #3875
Cost: \$120.00 (M) or \$130.00 (N-M)(7 Weeks)

Ages: 3-5 yrs Day/Time: Tues, 9 a.m.-12p.m.
Winter #2: Mar 05-Apr 23 Course #3879
Spring: May 07-Jun 25 Course #3880
Cost: \$135.00 (M) or \$150.00 (N-M)(8 Weeks)

Ages: 3-5 yrs Day/Time: Wed, 12:30-3:30 p.m.
Winter #2: Mar 06-Apr 24 Course #3884
Spring: May 08-Jun 26 Course #3885
Cost: \$135.00 (M) or \$150.00 (N-M) (8 Weeks)

Ages: 3-5 yrs Day/Time: Thurs, 9 a.m.-12 p.m.)
Winter #2: Mar 07-Apr 25 Course #3889
Spring: May 09-Jun 27 Course #3890
Cost: \$135.00 (M) or \$150.00 (N-M) (8 Weeks)

Ages: 3-5 yrs Day/Time: Fri, 12:30-3:30 p.m.
Winter #2: Mar 01-Apr 28 Course #3894
Spring: May 03-Jun 21 Course #3895
Cost: \$135.00 (M) or \$150.00 (N-M) (8 Weeks)

SPORTS

AIKIDO is a non-competitive traditional Japanese martial art. Course objectives include: demonstrating respect, having good manners, showing discipline and having fun. As you advance through your belt levels, there will be testing fees payable to Big Rock Aikikai. **NOTE:** Aikido is now **SEASONAL NOT MONTHLY**

CHILDREN'S AIKIDO: 6- 8 YRS

Day/Times: Wed, 7:15-8 pm & Sat, 8:15-9 a.m.
Spring: May 01- Jun 29 Course #3913
Cost: \$75.00 (M) or \$85.00 (N-M)

YOUTH AIKIDO: 9-11 YRS

Day/Times: Wed, 8-8:45 pm & Sat, 9-9:45 am
Spring: May 01-Jun 29 Course #3916
Cost: \$75.00 (members) or \$85.00 (N-M)

YOUTH BADMINTON

Whether you are just getting started or have played in the past, this class is for you. Classes will feature an introduction of rules, racquet and shot development as well as strategic playing. Each class allows participants to put their practice into action through game play. Racquets are available, but participants are welcome to bring their own. Shuttles will be provided. (7 weeks)

Ages: 8-13 yrs Day/Time: Sun, 1:30-2:30 p.m.
Winter #2: Mar 03-Apr 21 Course #3940
Spring: Apr 28-Jun 16 Course #3941
Cost: \$50.00 (M) or \$60.00 (N-M)

ADULT BADMINTON

Classes will feature an introduction of rules, racquet and shot development as well as strategic playing. Each class allows participants to put their practice into action through game play. Racquets are available, but participants are welcome to bring their own. Shuttles will be provided. (7 weeks)

Ages: 14+ yrs Day/Time: Sun, 2:30-3:50 p.m.
Winter #2: Mar 03-Apr 21 Course #3945
Spring: Apr 28- Jun 16 Course #3946
Cost: \$70.00 (M) or \$80.00 (N-M)

ARENA

PARENT & TOT SKATING LESSONS

Join your child on the ice for lots of fun, games, and basic skating instruction in a group format. Classes are designed to introduce and help younger skaters learn the basic fundamentals of skating. Mandatory equipment required. *A parent/guardian must accompany EACH child.*

Ages: 3-5 yrs Day/Time: Thurs, 11:30 a.m. -12 p.m.
Winter #2: Mar 07-Apr 25 Course #3954
Spring: May 02-Jun 20 Course #3955
Cost: \$55.00 (M) or \$60.00 (N-M)

Ages: 3-5 yrs Day/Time: Thurs, 12:05-12:35 p.m.
Winter #2: Mar 07-Apr 25 Course #3959
Spring: May 02-Jun 20 Course #3960
Cost: \$55.00 (M) or \$60.00 (N-M)

BEGINNER LEARN TO SKATE LESSONS

These unparented classes will provide basic skating instruction in a group format. Mandatory equipment includes: helmet (one that covers front and back of head), skates, gloves and waterproof pants.

LEVEL 1: No previous skating experience. Skater is unable to stand & move on their own. To advance to level 2, skater

How Well Does Your Child See?



DR. DIANA MONEA Optometrist

dr_monea@hotmail.com
www.eyehhealthcentres.com

PLEASE NOTE:

- **80%** of learning is through vision.
- An eye-health examination should begin at **age 6 months** and **annually** thereafter.
- Eye-Health examinations are **paid** annually to age 18 inclusive, by **Alberta Health**.
- Many visual problems are not detected by parent or teacher!
- Many school aged children have an undiagnosed vision problem.
- A child's visual system is normally fully developed by age 9!
- Vision screenings do not adequately pick up vision problems.

CALL US TODAY! "WE LOVE KIDS". EYE HEALTH CENTRE

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must be able to get up by themselves, march 1/2 width of ice and scrape.

LEVEL 2: Skaters will learn how to perform push/glide sequence, stopping and introduction to backwards.

LEVEL 3: Skills include backwards c-pushes, double sculling, one foot glides and more.

BEGINNER LEVEL 1

Ages: 4-5 yrs Day/Time: Thurs, **11:30-12p.m.**
Winter #2: Mar 07-Apr 25 Course #3964
Spring: May 02-Jun 20 Course #3965
Cost: \$55.00 (M) or \$60.00 (N-M)

BEGINNER LEVEL 1

Ages: 4-5 yrs Day/Time: Thurs, **12:05-12:35 p.m.**
Winter #2: Mar 07-Apr 25 Course #3969
Spring: May 02-Jun 20 Course #3970
Cost: \$55.00(M) or \$60.00 (N-M)

BEGINNER LEVEL 1 NEW FOR 2012– 2013!

Ages: 5-7 yrs Day/Time: Sat, **11-11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4047
Cost: \$70.00 (M) or \$80.00 (N-M) (7 weeks)

BEGINNER LEVEL 1 NEW FOR 2012– 2013!

Ages: 8-12 yrs Day/Time: Sat, **11–11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4057
Cost: \$70.00 (M) or \$80.00 (N-M) (7 weeks)

BEGINNER LEVEL 2

Ages: 4-5 yrs Day/Time: Thurs, **11:30 a.m.-12 p.m.**
Winter #2: Mar 07-Apr 25 Course #3974
Spring: May 02-Jun 20 Course #3975
Cost: \$70.00 (M) or \$80.00 (N-M)

BEGINNER LEVEL 2

Ages: 4-5 yrs Day/Time: Thurs, **12:05-12:35 p.m.**
Winter #2: Mar 07-Apr 25 Course #3979
Spring: May 02-Jun 20 Course #3980
Cost: \$55.00 (M) or \$60.00 (N-M)

BEGINNER LEVEL 2 - NEW FOR 2013!

Ages: 5-7 yrs Day/Time: Sat, **11-11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4053
Cost: \$70.00(M) or \$60.00 (N-M)(7 weeks)

BEGINNER LEVEL 2 - NEW FOR 2013!

Ages: 8-12 yrs Day/Time: Sat, **11:00 –11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4061
Cost: \$70.00 (M) or \$80.00 (N-M)(7 weeks)

BEGINNER LEVEL 3

Ages: 4-5 yrs Day/Time: Thurs, **11:30 a.m.-12 p.m.**

Winter #2: Mar 07-Apr 25 Course #3984
Spring: May 02-Jun 20 Course #3985
Cost: \$55.00 (M) or \$60.00 (N-M)

BEGINNER LEARN TO SKATE

Ages: 6-12 yrs Day/Time: Thurs, **12:05–12:35 p.m.**
Winter #2: Mar 07-Apr 25 Course #3989
Spring: May 02-Jun 20 Course #3990
Cost: \$55.00 (M) or \$60.00 (N-M)

INTERMEDIATE LEARN TO SKATE

These daytime on-ice classes will provide basic skating instruction in a group format. Intermediate classes are designed help skaters advance their skills including; hockey stops, mohawks, edges, tight turns and cross overs, as well as a review of skills learned in the beginner classes. Mandatory equipment required

Ages: 4-5 yrs Day/Time: Thurs, **11:30-12:00 p.m.**
Winter #2: Mar 07-Apr 25 Course #4065
Spring: May 02-Jun 20 Course #4066
Cost: \$55.00 (M) or \$60.00 (N-M)

Ages: 6-12 yrs Day/Time: Thurs, **12:05-12:35 p.m.**
Winter #2: Mar 07-Apr 25 Course #3994
Spring: May 02-Jun 2 Course #3997
Cost: \$55.00 (M) or \$60.00 (N-M)

ADULT LEARN TO SKATE

Ages: 16+ yrs Day/Time: Thurs, **12:45-1:30 p.m.**
Winter #2: Mar 07-Apr 25 Course #4016
Spring: May 02-Jun 20 Course #4017
Cost: \$80.00 (M) or \$90.00 (N-M)

NEW DATES AND TIMES ADDED!!!!

Ages: 16+ yrs Day/Time: **Sat, 11:00-11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4021
Cost: \$70.00 (M) or \$80.00 (N-M)(7 weeks)

LEARN TO FIGURE SKATE: NEW DAY AND TIME!

Ages: 8-15 yrs Day/Time: **Sat, 11:00-11:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4012
Cost: \$70.00 (M) or \$80.00 (N-M)(7 weeks)

INTRODUCTORY HOCKEY

This is a non-competitive introduction to hockey. Participants will be introduced to scrimmages in a non-competitive environment. **Previous skating experience is mandatory;** participants should be comfortable skating forwards, backwards and stopping. Both boys and girls are welcome.

Full equipment is mandatory

Ages: 4-5 yrs Day/Time: Thurs, **12:45-1:30 p.m.**
Winter #2: Mar 07-Apr 25 Course #3999
Spring: May 02-Jun 20 Course #4000
Cost: \$80.00 (M) or \$90.00 (N-M)

INTRODUCTORY HOCKEY—NEW DAY AND TIME!!!!

Ages: 4-5 yrs Day/Time: **Sat, 9:00—9:45 a.m.**
Winter #2: Mar 02-Apr 20 Course #4004
Cost: \$70.00 (M) or \$80.00 (N-M)(7 week)

RECREATIONAL HOCKEY – This non-competitive program is a fun alternative to Minor Hockey. Participants will be split into groups on ice based upon ability levels. Participants should be comfortable skating forwards, backwards as well as turning and stopping. Both girls and boys are welcome. **Full equipment is mandatory:**

Ages: 5-7 yrs Day/Time: **Sun, 12:00-12:55 pm**
Winter #2: Mar 03-Apr 21 Course #4025
Cost: \$95.00 (M) or \$110.00 (N-M)(7 weeks)

Ages: 5-7 yrs Day/Time: **Tues, 4:00-4:55 pm**
Winter #2: Mar 05-Apr 23 Course #4029
Cost: \$115.00 (M) or \$130.00 (N-M)

NEW DATES AND TIMES ADDED!!!!

Ages: 8-12 yrs Day/Time: **Sat, 9:50-10:45 am**
Winter #2: Mar 02-Apr 20 Course #4037
Cost: \$95.00 (M) or \$110.00 (N-M)(7 weeks)

Ages: 8-12 yrs Day/Time: **Sun, 1:00-1:55 pm**
Winter #2: Mar 03-Apr 21 Course #4035

Cost: \$95.00 (M) or \$110.00 (N-M)(7 weeks)
Ages: 8-12 yrs Day/Time: **Tues, 5:00-5:55 pm**
Winter #2: Mar 05-Apr 23 Course #4039
Cost: \$115.00 (M) or \$130.00 (non-members)

Ages: 13-15 yrs Day/Time: **Sat, 9:50-10:45 am**
Winter #2: Mar 02-Apr 20 Course #4045
Cost: \$95.00 (M) or \$110.00 (N-M)(7 weeks)

NEW! LADIES LEARN TO PLAY HOCKEY!

Have you always wanted to play hockey, but don't know where to begin? Our program is designed for women that already know how to skate but haven't skated in a hockey setting. Full gear is required.

Ages: 16 + yrs Day/Time: **Sat, 9:00-9:45 am**
Winter #2: Mar 02-Apr 20 Course #4008
Cost: \$70.00 (M) or \$80.00 (N-M)(7 weeks)

HOME SCHOOL CLASSES – SFCRA is excited to be entering our 11th year of offering daytime programs geared specifically for the home school community. Each registered program consists of 8-wks of fun-filled learning taught by our experienced Instructors. Classes are offered for ages 6-17 broken down into appropriate age groups based upon the activity. All class supplies are included unless otherwise stated. Cost : \$75.00(M) & \$80.00 (N-M). Multiple registrations of more than one program or family member receive a 10% discount.

2013 Trade & Lifestyle Show

Friday, April 19: 5-9 p.m.

Saturday, April 20: 9 a.m. - 4:30 p.m.

**Okotoks Recreation Centre – 99 Okotoks Drive, Okotoks
(corner of Milligan Dr & Okotoks Dr)**

COME AND CHECK OUT: Over 140 local & area businesses. Products, services & free draws.
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FOOTHILLS FESTIVAL OF FLAVOURS

Saturday, April 20: 1-3 p.m.

**Enjoy a variety of samples from local restaurants
& caterers at a BUCK A BITE**

For more information contact the Chamber Office:
(403)938-2848 | www.okotokschamber.ca

Brushstrokes Art Club's Annual Art Sale



The artists of the FLC Seniors Club invite you to an exhibition and sale of their original art work at very reasonable prices.

Saturday, April 13, 2013
10 a.m. to 3 p.m.
Willowridge Community Hall (680 Acadia Drive SE)

There will be refreshments and a free raffle for an original piece of art. (Cash or cheques only, please.)

Spring Clothing Give Away! Saturday – May 4

*Bring your Family and Pick out some
FREE Clothing!*

Time: 10 a.m. - 1 p.m.

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, April 30: 11 a.m. - 2 p.m.

Wednesday, May 1: 11 a.m. - 2 p.m.

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

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

*For more information, please call
Jenn at (403) 475-1519*

Programs to Inspire Healthy, Active & Vibrant Seniors!



Looking for a program to inspire you to be more active?

Acadia Aquatic Centre has a variety of programs that are suitable for seniors. There are many benefits to being active as you age including: reducing the risk of falls, stronger muscles and bones, improved mood, healthy weight control, better posture and balance, continued independent living, as well as many others.

All of our programs are taught by certified instructors that give lots of options so that everyone is able to exercise at their own pace and ability. You will love the value the City of Calgary offers, as our drop-in rates are very affordable.

Below are a few drop-in programs you may be interested in trying out:

BONE BUILDERS: Tuesdays 9:45-10:45am
Strengthen your bones and prevent fall related injuries in this strength, core and balance class.

AQUA ZEN: Mondays 3:00-4:00pm
A shallow water aquacize class that focuses on range of motion, fall prevention & relaxation.

WELLNESS YOGA: Fridays 2:45-3:45pm
Restore and relax in this yoga class that focuses on overall health & wellness.

ACADIA AQUATIC CENTRE, 9009 FAIRMOUNT DRIVE S.E.

SENIORS (65YRS) DROP-IN RATE \$2.80. Please contact 311 for more information.

Maintaining your health through prescriptions is necessary, but not necessarily simple. I commit to providing the services and support you need to understand and manage your prescriptions, in your language.

The Pharmacy is the heart of every Shoppers Drug Mart store; each store is owned and operated by a licensed pharmacist. Together with a team of pharmacy technicians, your Shoppers Drug Mart Pharmacist is dedicated to making a difference to the health and well-being of Canadians.

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Bicycle Helmet Safety



Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

Southland Leisure Centre

2000 Southland Drive S.W.

Phone: 403-648-6555



CALGARY AFTERSCHOOL YOUTH DROP-IN PROGRAM

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available. For details, call our centre at 403-648-6550 or look online at calgary.ca/leisurecentres or calgary.ca/afterschool

Cost: Free

Ages: 11 – 15

When: Mondays to Thursdays, 3-6 p.m. and Fridays, 1-5 p.m.

Location: Southland Leisure Centre (2000 Southland Dr. SW)

FRIDAY NIGHT YOUTH NIGHTS!

Join us for our youth-exclusive Friday nights! Come play a variety of sports and activities in the gym and/or have some "Breaking" (Break Dancing) instruction and/or dance with a live DJ.

Cost: \$5.50

Ages: 12 – 17

When: Friday nights, 7:30-10 p.m.

Location: Southland Leisure Centre (2000 Southland Dr. SW)

SOUTH CALGARY YOUTH COUNCIL (SCYC)

An exciting opportunity for youth ages 12-18 years to become active participants in their community. Learn how to be an influential leader, have a voice in community projects while having a great time and meeting lots of new friends. SCYC is offered in partnership with Community & Neighbourhood Services, South Area Office and the Southwest Community Resource Centre. Meetings are the first Wednesday of every month. Please call Southland Leisure Centre at 403-648-6550 for more information.

VOLUNTEER OPPORTUNITIES

Southland welcomes volunteers, 13 years old to seniors, to assist with a variety of programs and activities throughout the year. Opportunities may include Babysitting, Day Camps, Fitness (Disability and Weight Room), Special Events, Skating, Sport Programs and Youth Programs. Please call 403-648-6550 for more information.

PLAYSCHOOL – DROP-IN KINDERSCHOOL

Want to sample some of our Playschool activities including educational play centres, gym time, arts/crafts and circle time based on a variety of themes? We have drop-in Kinderschool for 3-5 year olds on Wednesdays, 1-3 p.m. Call the centre at 403-648-6550 for more information.

DROP-IN PRESCHOOL PROGRAMS

Check out some of our drop-in preschool programs including Kinder Room, Funtime, Kinderschool and Tot's Gym Time. See calgary.ca/leisurecentres for more information and schedules.

DROP-IN CLIMBING AND GYMNASTICS

There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences on our rock wall climbing and at our gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you. See calgary.ca/leisurecentres for schedules and more information.

BABYSITTING ROOM

Treat yourself to some 'me time' to work out or take a class. Book your children into our Babysitting Room Mon – Wed. 8:30 a.m. – 8:15 p.m., Thurs 8:30 a.m. - 8:00 p.m., Fri 8:30 a.m. - 6 p.m., Sat & Sun 8:30 a.m.-12:30 p.m. Reasonable rates for a well-deserved break!

SPRING BREAK DAY CAMPS

Escape during the break! This action-packed camp is sure to be a great time. Camps for ages 5-6, 7-9, and 10-12. Call 268-3800 to register!

PD SCHOOL DAYS

Did you know that Southland Leisure Centre offers programs to elementary school ages children on some PD days? Call 403-648-6550 and ask for the School's Out coordinator for more information. Upcoming PD program days are April 26 and May 17. Hours of School's Out PD Days are 7 a.m. – 6 p.m., and the cost is \$47.50/day.

TRY THREE FOR FREE

Try one, two or all three sample classes for FREE! Pre-registration is required at the Leisure Centre or by calling 403 268-3800, option #1 – quote the barcodes for the class(es) you would like to try. Free Babysitting Service is provided during these 'try it times,' if desired. Call 403 648-6550 for more information. For adults 18 years and up.

April 7, 12:00 – 2:45 p.m.

TRX Bootcamp (12 – 12:45 p.m.) – barcode 319981

Hula Hooping Fitness (1 – 1:45 p.m.) – barcode 319982

Rock Climbing (2 – 2:45 p.m.) – barcode 319983

Professional Services



Dr. Jennifer Scott & Associates
403.254.9698

www.sundanceanimalhospital.com

35 Sunmills Dr. S.E. Mon, Wed-Fri: 8 am-6 pm
Medicine - Surgery - Dentistry Tues: 8 am-8 pm
Acupuncture - Chiropractic Saturday: 9 am-1 pm

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- Has smaller cluster of water molecules (makes water super absorbable into the body)
- Drastically increases V02 levels (increases intake of oxygen into lungs and muscles)
- Has **billions** of antioxidants (neutralizes disease causing free radicals)
- **Emulsifies** oil based pesticides off fruits and vegetables (no chemicals left on food)
- Has disinfection and cleaning properties (allows for chemical free home)

To get more information and a free 4 week trial, call Al & Bev Greenlee at
403-225-1899 or email:
healthylifestyles.abg@gmail.com

Girl Guides of Canada



Are looking for something DYNAMIC for you or your daughter to do one evening a week? Consider becoming a member of the Calgary Area Girl Guides of Canada.

Girl Guides of Canada is the largest leadership organization for girls led by women who are young at heart. We're looking for youth and adult members from all walks of life and all cultures.

Girl Guides is an organization that encourages girls to reach their potential, be confident and caring and grow into responsible citizens. As a youth member you will be empowered to develop decision-making, leadership and life skills. As an adult member you can serve as unit leaders or committee members to make a statement that you believe in what we do and want to make a difference by sharing your enthusiasm and talents. Membership subsidies are available.

More information can be found at <http://www.girlguides.ca/> or by contacting Kristy Brosz, Membership Support Coordinator at kristyb@calgareaguides.com or at 283-8348 ext 40.

MONDAYS:

Sparks (ages 5 and 6) 6:15-7:15
Brownies (ages 7 and 8) 6:30-8:00
Guides (ages 9-11) 6:30-8:30
Pathfinders (ages 12-15) 6:00-8:00

THURSDAYS:

Guides 6:30-8:30
Pathfinders 7:15-9:00



Girl Guides
of Canada
Guides
du Canada



DR. GARY HARRISON B.Sc., D.D.S.
DR. LUKE SZOTT B.Sc., D.D.S.

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- New Patients Welcome
- All Facets Of General Dentistry

Office Hours:

Monday ----- 11:00 a.m. - 7:00 p.m.
Tuesday ----- 7:00 a.m. - 7:00 p.m.
Wednesday ----- 7:00 a.m. - 7:00 p.m.
Thursday ----- 7:00 a.m. - 7:00 p.m.
Friday ----- 7:00 a.m. - 2:00 p.m.
Saturday ----- 9:00 a.m. - 4:00 p.m.

**For appointments,
please call**

403.256.2727

Located at Shawnessy Village Shopping Center – 70 Shawville Blvd S.E. unit 134



Frequently Used Community Services and Emergency Numbers



Community Info 211
Municipal Info 311

EMERGENCY AND CRISIS LINES

ALL EMERGENCY CALLS: 911
 Calgary Police Non-Emergency 403.266.1234
 Ambulance Non-Emergency 403.261.4000
 Alcohol/Drugs/Family Help 403.253.5250
 Calgary Health Link 403.943.5465
 Child Abuse 1.800.387.5437
 Child Find 403.270.3463
 Children's Cottage (24hrs. Crisis) 403.233.2273
 Distress Centre/Drug Centre 403.266.1605
 Hospital – Rockyview 403.943.3000
 Hospital – Children's 403.955.7211
 Hospital – Foothills 403.944.1110
 Parent Resource Line 403.205.5189
 Poison Centre 403.944.1414
 Sexual Assault Centre 403.237-5888
 Suicide Crisis Line 403.266.1605
 OR 403.266.8717
 Women's Emergency Shelter 403.231.8717

OTHER:

Abandoned Vehicles 403.537.7100
 Alberta One Call (buried utility lines) 1.800.242.3447
 Animal Injured/Stray Pets 403.250.7100
 Animal Control 311
 Alberta Health Care 403.310.000
 then dial 780.427.1432
 City of Calgary 311
 Enmax Trouble Calls Only 403.514.6100
 Gambling Help Line 1.800.332.2322
 Library - Fish Creek 403.221.2090
 Library - Shawnessy 403.260.2600
 Road Conditions 403.246.5853
 Weather Report 403.299.7878

POLITICAL REPRESENTATIVES

Alderman – Diane Colley-Urquhart 403.268.1604
 MLA – Dave Rodney 403.238.1212
 MP – Stephen Harper 403.253.8203

LOCAL CHURCHES

Peace Lutheran Church 403.256.1439
 All Saints Lutheran Church 403.256.1439
 Campbell-Stone United Church 403-708-7729
 Covenant Christian Reformed Church 403.254.2505
 Fish Creek Christian Fellowship 403.938.0063
 Full Gospel Church 403.256.3274

New Hope Community Church 403.256.2772
 Midpark Christian Assembly 403.256.4722
 Red Deer Lake United Church 403.256.3181
 St. Paul's Anglican Church 403.256.1428
 Southview Alliance Church 403.256.4922
 St. Patrick's Catholic Church 403.254.6878
 The Church of J. Christ of Latter-day Saints 403.571./3718
 Trinity Mennonite Church 403.256.7157

LOCAL SCHOOLS/INSTITUTIONS

Bishop Paul O'Byrne High 403.500.2103
 Bishop Grandin Senior High 403.500.2047
 Centennial High School 403.256.8140
 Dr. E.P. Scarlett Senior High 403.281.3366
 École St. Gérard 403.252.5192
 Escuela Canyon Meadows School 403.777.8600
 Father Doucet 403.500.2089
 Glenmore Christian Academy 403.254.9050
 Harold Panabaker Junior High 403.777.7890
 Janet Johnstone School 403.777.8670
 Msgr J.J. O'Brien 403.500.2104
 Our Lady of Peace EL/JH 403.500.2097
 Samuel W. Shaw School 403.777.6163
 St. Mary's University College 403.531.9130
 St. Matthew Elementary 403.500.2030
 Sundance Elementary 403.777.8690
 Trinity Christian School 403.254.6682

Did you know? A wealth of knowledge is at your fingertips by simply calling 3-1-1, 2-11, and (NEW since February 2013) 5-1-1

• **Call 3-1-1 (24 HRS), or visit the website www.calgary.ca.**
 • **For information on services specifically provided by The City of Calgary including:**

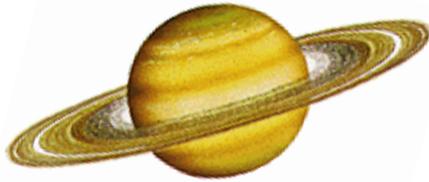
• Animal & Bylaw Services, Calgary Fire Department, Calgary Police Service, Calgary Transit, Urban Development, Parks & Recreation, Waste & Recycling, Roads & Transportation Planning, Water Services, Land Use, Community & Neighbourhood Services

• **Call 2-1-1 (24 HRS), or visit the website www.calgary.ca.**
 • **For other Community, Government, Health and Social Service Information, including:**

• Aboriginal Services, Addiction Services, Child Protection and Welfare, Consumer Services, Legal Information/Services, Counseling, Health Services, Hospitals, Education, Income Support and Employment

• **Call 5-1-1 (24 HRS), or visit the website www.511.alberta.ca.**
 • **Updates on highway conditions and travel problems provided by the Government of Alberta.**

*Fish Creek Provincial Park
Spring Star Night
Saturday, April 13*



The Royal Astronomical Society of Canada and Fish Creek Provincial Park invite the General Public to our Fish Creek Environmental Learning Centre "Spring StarNight" and display by Fish Creek Provincial Park.

At our annual Spring Star Night event members of the Royal Astronomical Society of Canada, Calgary Centre will have telescopes available for FREE public viewing of the Moon and Saturn, star clusters, nebulae and much more! The fun and discovery is on, "cloudy or clear!"

WHEN: Saturday, April 13, 2013 - 7:00 to 10:00 p.m. (clear or cloudy!)

WHERE: Fish Creek Environmental Learning Centre – 13931 Woodpath Rd. SW.

SPECIAL NOTES

Free! Bring the whole family! Activities: Telescope viewing through telescopes provided by members of the Royal Astronomical Society of Canada (RASC), Astronomy Presentations, Presentation by the Park staff.

ADMISSION: Free! - Bring the whole family!

ACTIVITIES:

- Telescope viewing through telescopes provided by members of the Royal Astronomical Society of Canada (RASC)
- Astronomy Presentations
- Presentation by the staff of Fish Creek Provincial Park
- Light Pollution and Responsible Lighting display and information

PRESENTED BY: the Royal Astronomical Society of Canada and the Fish Creek Environmental Learning Centre – 13931 Woodpath Rd. SW.

For more information contact **Julia Millen** at 403-297-7926 or Julia.Millen@gov.ab.ca

**ANIMAL & BYLAW
SERVICES**

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www.calgary.ca/animalservices

**ANIMAL & BYLAW SERVICES REMINDS
CALGARIANS TO AVOID ILLEGALLY PLACING
TEMPORARY SIGNS**

With the arrival of spring, Animal & Bylaw Services would like to remind Calgarians to consult the rules for posting temporary signs before placing them along city streets or in other public areas.

Complaints about temporary signs advertising everything from landscaping to garage sales tend to increase as the weather warms up. If illegally placed, they can cause a public safety concern by impeding the visibility of motorists and pedestrians. They can even cause traffic hazards. Since May 2012, bylaw officers have taken down over **7,500** illegal signs.

**There are proper areas and methods of legally placing signs.
To be legal, the bylaw states that temporary signs must be:**

- At least 30 metres away from an intersection.
- At least 10 metres away from a crosswalk.
- Two metres from the curb or edge of the road.

It is illegal to place signs:

- On a traffic island, centre median, or if the placement creates a potential traffic or pedestrian hazard.
- On a street light pole, traffic control device, fire hydrant, Plus 15 bridge or sound attenuation wall.
- By permanently affixing them or supporting them with string, rope, wire or metal stakes or if the placement causes damage to municipal property.
- That are larger than 0.6 square metres or 2X3 feet in size.

Calgarians are also reminded to be respectful and ensure that they are not placing signs on private property.

Temporary signs must list the name, address and phone number of the owner and date the sign was placed. The sign cannot be displayed for longer than 14 consecutive days or for more than 24 hours after the advertised event has ended.

Officers can impound any signs found in breach of the bylaw with a **\$100 fine per sign**. The Temporary Signs on Highways Bylaw 29M97 also includes a list of roadways where signs are prohibited or restricted. To read the bylaw, visit calgary.ca/bylawservices.

Shawnee/Evergreen's Classified Ads



Cost per issue, for the first three lines (maximum of 40 words).

Members: \$15.00 + GST

Non-Members: \$25.00 + G.S.T.

For additional lines, the fee is \$5.00 more - up to a maximum of 40 words. There is no charge for lost and found items. We will not print any ad that has not been paid for prior to the deadline. All the ads will run on a monthly basis. The cut-off date is 5:00 p.m. of the fifth day of the month prior to the issue month.

To book your ad, call: **Digital Gallery at 403.201.0357**

E-mail: digitalgallery@shaw.ca

NO PHONE-IN'S PLEASE!

A SECOND SET OF HANDS To help with those things which you know must get done, but just don't have the time or energy for. I can help with these (and more): organizing, cleaning, errands, relocation assistance, genteel senior care, new mommy support, loving pet care, house sitting. I offer my services in a personal but professional manner. Please call Joanne at 403-238-3587. I will be happy to hear from you!

PLUMBOB- For your plumbing needs. Senior discounts. Free estimates. Call Bob at 257-3465.

ALL TYPES OF DRYWALL/RENOVATIONS: Boarding, taping and texturing. Complete basement developments. Renovations. Licensed and insured. References. Call Austin Construction at 403.852.2785.

ESL AND IPP STUDENTS: Individual tutoring for students in elementary and junior high on individual program plans. Specific help with learning needs. ESL tutoring for children and adults, speaking, reading, writing. South Fish Creek location. Summer times available. 27 years experience. Call Joyce, B.Ed. 403-256-4706

FRENCH IMMERSION STUDENTS & PARENTS: Individual or small group tutoring for students in French Immersion & Late French Immersion Programs. Also available for parents who would like to improve their French. Located in the south. For more information, call Madeleine at 403.212.8983.

IS CHILD CARE IMPORTANT TO YOU? Mature, reliable mom will provide quality care for your child or children in your home (full or part time). References upon request. Call Bonnie at 254-5833.

FREE ESL CLASSES – The Church of Jesus Christ of Latter-Day Saints is offering free ESL classes on Wednesday evenings at 7:30pm at 10923 24th St SW and on Thursday evenings at 7:00pm at 30 Evergreen

Bldv SW. All languages welcome. For more information, please contact the Mandarin Elders at 403-617-3058.

CALGARY SOUTH SENIOR'S BRIDGE - Calgary South Senior's Bridge Club meets at 12:15 PM on Tuesdays and Thursdays at the Covenant Church on Millrise Blvd SW. New members are welcome. For more information please call: **Dawn Jamieson 403 255 7050 or Geri Christofferson 403 254 8335.**

DOG WALKER: Reliable dog walker looking for "Canine Clients" who want to have fun. All sizes and breeds are welcome. Cat sitting also available. Please contact Debbie at (403) 251-4569.



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ENJOY this amazing home with dramatic two storey foyer and living room, stunning curved staircase with wrought iron spindles, knockdown stipple, estate casing and baseboard, soft rounded corners, 9 foot ceilings, built-in sound, gleaming hardwood floors, dream maple island kitchen with upgraded cabinets and walk-in pantry.

BIG bedrooms up, spacious master with lavish ensuite with Jacuzzi tub, separate shower, dual sinks and walk-in closet.

PROFESSIONALLY developed basement features a custom bar, wine cellar, family room, games area, bedroom, full bath and storage. Excellent landscaping with custom beds, mature trees, firepit and playhouse.



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Not intended to solicit properties already listed for sale.

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