

THE OFFICIAL VOICE OF THE SHERWOOD COMMUNITY ASSOCIATION



SHERWOOD

Suburban Journal

**Kincora/
Sherwood
Land Use
Change**

**Snow and
Ice Safety**

**February
Is Heart
Month**

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In Our Community

Facebook

Sherwood now has it's own Facebook Page. Find us, become a fan and get up to date info on what's new and what's happening in your community every month.



"I like these cold, gray winter days. Days like these let you savour a bad mood."

Bill Watterson



Sherwood Community Association

Membership Application

Please fill out this form and include payment by cheque and mail to:
Sherwood Community Association
 73 Sherwood Common N.W. Calgary, Alberta T3R 1P9
 Cheques made payable to: Sherwood Community Association.

Parent's Names: _____ SURNAME _____ FIRST NAME(S) _____

Children's Names: _____

Mailing Address: _____

Postal Code: _____ **Phone Number:** _____

Email Address: _____

Amount Paid: \$ _____ (Membership Fee: \$25 Family/Year)



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- 26 community newsletters
- more than 81,000 homes
- over 215,000 residents
- Unlimited response

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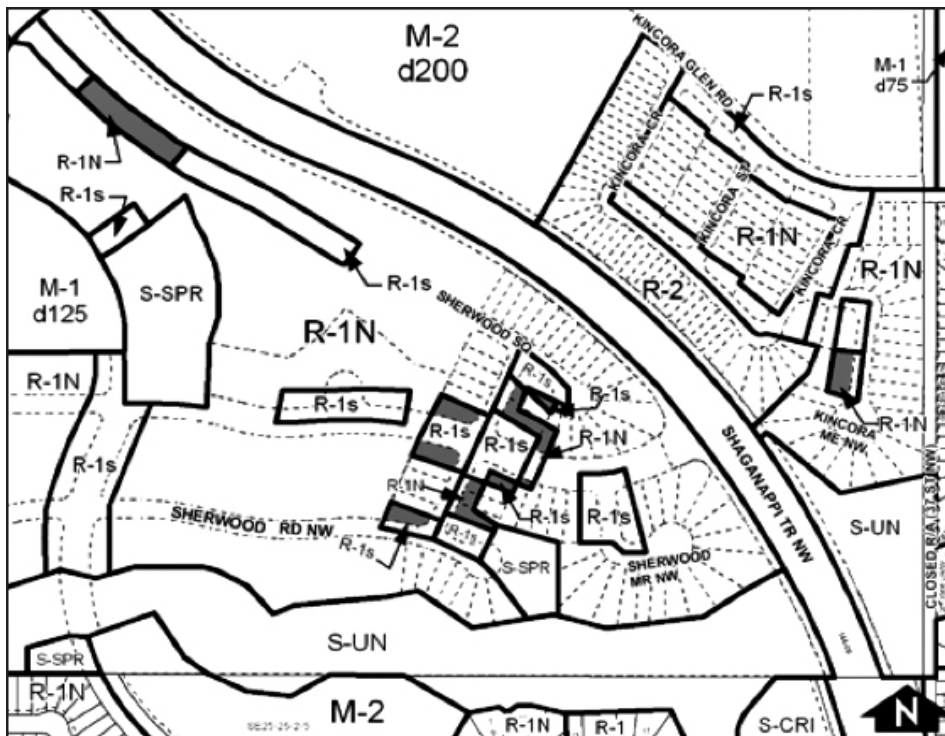
In Our Community

Kincora/Sherwood Land Use Change

There was an application to change the land use designations for future residential development at 12413-37 St. NW. The purpose was to eliminate the split land uses of R-1s and R-1N on the undeveloped parcels and to designate the applicable corner lots to R-1s. The dual land use on single-detached parcels may have confused future homeowners. A portion of land

was added, in order to correct an error in the City of Calgary Land Use Map. The change is in keeping with the 2008 Sherwood/Kincora Outline Plan and Land Use Approval. The Calgary Planning Commission, in November, unanimously recommended City Council support the change at their January 9th Public Hearing.

Anne Burke



Community Connection

New Program Coming to the NW for Immigrant and Refugee Women:

The Calgary Immigrant Women's Association is opening an informal conversation group for women, the New Friends and Neighbourhood Group. All immigrant and refugee women are welcome to come, enjoy free certified childcare while practicing English together, learning about services in Calgary and making friends. This is a drop-in program with no cost or fee, no minimum language requirement and no immigration requirements. Enjoy our 17 locations throughout Calgary, including three nearby the Sherwood area:

- **Edgemont Group:**
224 Edgeburn Lane N.W. Every Wed. 1:00 p.m. – 3:00 p.m.
- **Beddington Group:**
16 Bermuda Dr. N.W. Every Tue. 1:00 p.m. – 3:00 p.m.
- **Varsity Group:**
4612 Varsity Dr. N.W. Every Tue. 9:30 a.m. - 11:30 a.m.

For more information, please contact Marilee Campbell at 403-444-1752 or marileec@ciwa-online.com. Visit our website: www.ciwa-online.com.

Crowfoot Library

Programs for Children and Youth

- **Love you Forever:**
Feb. 10, 10:30 a.m. – 11:00 a.m. Ages 2 – 5.
- **Drop-in Gaming for all Ages:**
Feb. 16, 11:00 a.m. – 12:30 p.m.



- **Make-up for Teens:** Feb. 18, 2:00 p.m. – 3:00 p.m.
- **Manga and Comics Drawing Workshop for Teens:** Feb. 26, 1:00 p.m. – 2:00 p.m. Ages 13 – 17.
- **Programs for Adults**
- **Law at Your Library; Small Claims Court:** Feb. 8, 7:00 p.m. – 8:30 p.m.

- **Coaching for Business Professionals:** Feb. 9, 6:30 p.m. – 8:30 p.m.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



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In Our City

Snow and Ice Safety

- Property owners are responsible for clearing all snow and ice from adjacent sidewalks within 24 hours of the snow being deposited.
- Remember that snow from a public sidewalk can be put onto the road or boulevard, but snow from private property cannot.
- All sidewalks must be cleared down to the bare concrete.
- With the freeze and thaw that can come from Calgary's chinooks, ice

- can form quickly.
- For hard to remove ice, take a container to a fire hall or Roads depot for a sand and salt mixture.
- Keep extension cords and other obstructions off the sidewalk.
- Help to ensure everyone's safety this winter.



Animal & Bylaw Services

New Cat Room

The Animal Services Centre is now home to a spacious new communal cat room! The purpose of this bright new expansion is to help promote healthy living by providing an enriching living environment for some of our longer term residents.

Besides the obvious advantages to our adoptable cats of increased exercise, comfort and social interaction, potential adopters benefit from seeing the cats interact with each other. Cats are much more able to showcase their true personalities and temperaments in this spacious environment. Potential adopters have a much better idea of how a pet might adjust to his new home after adoption. The communal cat room also allows for more natural meetings between adopters and potential new feline friends.

The room can house up to seven cats at one time. It includes a gorgeous, big tree for climbing and hiding in, couches and chairs for lounging on and even a TV that's programmed with captivating programs about birds and fish!

If you would like to see the adoptable cats in action in the new communal cat room, stop by the Animal Services Centre at 2201 Portland Street S.E. Hours of operation are Monday – Friday, 10:00 a.m. to 7:00 p.m. and Saturday – Sunday, 10:00 a.m. to 4:00 p.m.

Animal & Bylaw Services



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.

- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk

- Heart attack risk factors include:
- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

Alberta Health Services

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

n00b: Feb. 3 – 4 & Feb. 10 – 11, Vertigo Mystery Theatre. A play inspired by a tragic true story. A n00b is an inexperienced or unskilled player in video games.
www.vertigotheatre.com

Bliss Wedding Fair Extraordinaire: Feb. 5, Carriage House Inn. Showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. www.blissweddingfair.ca

Calgary Boat & Sportsmen's Show: Feb. 9 – Feb. 12, BMO Centre. Outdoor enthusiasts will find all the latest boats, fishing gear, accessories and outdoor products at this event. www.calgaryboatandsportshow.ca

Alberta Dance Festival: Feb. 9 – 11, 16 – 18 & 23 – 25, Dancers' Studio West Theatre. A three week festival showcasing contemporary dance works by Alberta choreographers. www.dswlive.ca

Great Northern Concrete Toboggan Race: Feb. 11, Canada Olympic Park. A celebration of innovations and engineering spirit, bringing together some of the most talented and enthusiastic members of the engineering community. www.winsportcanada.ca

The Harlem Globetrotters: Feb 15, Scotiabank Saddledome. Watch the entertaining Harlem Globetrotters. www.harlemglobetrotters.com

Calgary's World of Wheels: Feb. 17 – 19, BMO Centre. Features all types of cars, trucks, motorcycles and related products and accessories. Special guest appearances are featured and TV celebrities will be in attendance. www.autorama.com

Reel Fun Film Festival: Feb. 20 – 26, Eau Claire Theatres. 7 days of international family films showcasing award winning feature presentations, thought provoking documentaries and animated films that will engage children of all ages. www.reelfunfilmfest.com

Calgary Mid-Winter Blues Festival: Feb. 20 – 25, various venues. A week long festival showcasing the blues by way of workshops, jams, dances and concerts. Beat the winter blahs by enjoying the blues!
www.calgarybluesfest.com

Calgary Home & Garden Show: Feb. 23 – 26, BMO Centre. Find inspiration and solutions for home improvement projects and discover the coolest new home and garden products. www.calgaryhgs.com

Winefest: Feb. 24 – 25, Stampede Park. Features hundreds of international wines, port, champagne, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Back Cast Fly Fishing Film Festival: Feb. 25, Mount Royal University. To benefit Western Sky Land Trust and their Bow and Beyond Initiative which aims to conserve watershed lands along the nationally significant stretch of the Bow from Calgary to Siksika. www.westernsky-landtrust.ca

Spruce Meadows February Classic:

Feb. 25 – 26, Spruce Meadows. Watch as some of the best riders compete in show jumping tournaments.
www.sprucemeadows.com

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers. www.100dollarfilmfestival.org

A Sampling of Concerts

- **Matt Anderson:** Feb. 3, Banff Centre—Eric Harvie
- **Herman's Hermits:** Feb. 4, Century Casino
- **Benny Benassi & Sander Van Doorn:** Feb. 10, Big Four Building
- **Chicago:** Feb. 14, Jack Singer Concert Hall
- **Hedley:** Feb. 16, Enmax Centre
- **Deep Purple:** Feb. 19, Southern Alberta Jubilee
- **Linda Tillery & Cultural Heritage Choir:** Feb. 19, Banff Centre
- **Jann Arden with Guests:** Feb. 23, Southern Alberta Jubilee



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