



SHERWOOD

Suburban Journal

**Stay Alert
and Aware
During
a Power
Outage**

**Snow
Routes
Update**

**Official
Website
sherwoodca.com**

FEBRUARY IS HEART MONTH

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Ad booking deadlines for this monthly publication are the 14th of the month, prior to the distribution month.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets.

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- more than 88,000 homes
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- Unlimited response

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News From Your Board

Your Sherwood Community Association Board of Directors are engaged in various initiatives and projects to better our community. Please note, more information about many of the initiatives is available in dedicated articles within this newsletter. As many new developments happen, this newsletter format may not give the most current and timely information. Please visit our website!

Dates and Events To Note

Calendar of Events:

- Annual General Meeting (AGM): Tentatively scheduled for Friday April 12, 2019
- Community Cleanup: Tentatively June 8 or June 22, 2019
- Multicultural Festival: Tentatively July 20, 2019

Items in Progress:

Did you know that the Sherwood Community Association is working with other Symons Valley's Community Associations to enhance memberships? We are hoping to have a memberships Discount Program (with local businesses) set up in the New Year to allow for greater benefits to Sherwood members and to support our local businesses.

Soccer signup with FC Metro

Did you know FC Metro is our partner for having professionally managed and affordable soccer programs for the children in our community? If you are interested please contact FC metro <https://www.fcmetro.com>

Did you know FC Metro offers programs all year long, and not just in the spring/ summer months?

Upcoming Events:

Please stay tuned and visit our updated Calendar, or you can visit our website.

DID YOU KNOW??

Honey is the only natural food which never spoils.



Graffiti and Vandalism:

Sherwood continues to be a target especially on Sherwood Blvd. If you see graffiti, please report it immediately to 311 to keep the community clean and law enforcement involved. You can even use the City of Calgary App on your smartphone to be able to do this. Reporting graffiti enables it to be removed and documented and may lead to prosecution of those involved in defacing our community. Please continue to help us remove these unwanted items from our community.

Speed Concerns and Actions from the Councillor's Office:

Speeding and dangerous driving continues to be a huge concern in our community. This remains an important focus for us and for our City partners. Items such as future traffic lights, crosswalks, and other safety devices are being explored. We encourage residents to continue to let your voices be heard. Please contact 311 to report safety concerns, and contact the Calgary Police Service for any emergencies!

Have you noticed that some of the speed and intersection safety steps are being implemented? The intersection at Sherwood Blvd and Sherwood Drive is in the midst of being changed to better reduce issues.

Multicultural Events:

Sherwood is a multicultural community, and we are proud of this. We host the MCF and BBQ every year, but we would like our various ethnic groups to promote their heritage too. If you would like to organize an event, we would be willing to help you do this. For example, if the Chinese community would like to host a Chinese New Year's celebration for Sherwood residents, we would be able to help on this. Please let any of the Board know!

Reminders Regarding Resident Safety and Neighbourhood Considerations:

Unsafe Speeds and Pedestrian Concerns: Please note that all residential areas have a speed limit of 50 km/h. As you all know, there has been many near misses and an actual pedestrian being struck at Sherwood Blvd and Sherwood Point. Please, for the sake of everyone's safety, drive carefully and slowly through the community. Our residents' depend on your cooperation!

If you are concerned with speeding or have other traffic concerns, please contact 911 in an emergency, 403-266-1234 (Calgary Police Service) for non-emergencies. You can also report traffic issues (that need investigation) at: <http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>

If you don't report concerns, there is very little that can

be done. Policies and enforcement rely on community reporting. Please do not be complacent - do your part!

Fire Safety: With the cold weather and winter season here, it is very important to make sure your home and environment are safe. Check smoke detectors/carbon monoxide sensors and make sure they are not expired and that they still work.

Trash

Please do not litter. If you see trash around, please pick it up - we don't want to live in garbage! Anyone who would like a City of Calgary TLC cleanup kit to help do this can call 311 to request these kits, or contact any one of the Sherwood Community Association Board for information on how to obtain some spare kits.

We are aware of construction trash flying around. Please report this to 311. As a community association, we are also discussing this with the developers and home builders to stop this issue.

Memberships and Fundraising:

The Sherwood Community Association is a non-profit organization. As such, we depend on memberships to help raise funds to accomplish social programs that benefit the community. For example, did you know that Servus Credit Union (Creekside Branch) have preferred programs for Sherwood Community Association members? Please contact Melanie (business@sherwoodca.com).

Are you a business that is looking for community partnership? We are looking for business and corporate support and would like to hear from you! If interested, contact Melanie at business@sherwoodca.com.

Continued Call For Resident Participation

Your Board needs your help. A strong community is built upon its residents. Have you ever wondered why some communities in our city have great programs and people actively want to live there? It is not just due to money or location. It has to do with residents actively contributing and supporting their community. Interested?

There are many ways to help. Purchasing a community membership, attending the Annual General Meetings, volunteering for various projects and initiatives, and speaking up all help. Purchasing a membership provides needed funding for our social programs that work to benefit you.

Resident Engagement

Your Board has been actively seeking your feedback. Please speak up. We cannot read minds nor intentions! Feedback is important to us as it lets us know how we are doing and what you would like - all suggestions will be considered.

Calling All Babysitters!

Do you love children? Are you good at handling the basic needs of babies, toddlers, and young kids? Are you excited to get involved in a community initiative (and make a little cash on the side)? If you have taken a Red Cross Babysitting Course, and are above the age of 12, you could qualify as a local babysitter! To get involved with the program, email hanneyya98@gmail.com, and you could see your name below in our list of available babysitters in the area!

Name	Age	Phone #
Kareena	12	587-893-7632
Briana	14	403-698-4234
Shannah	13	403-999-4263
Lauren	14	403-837-3932
Angel	15	403-226-6811
Joy	14	403-226-6811
Misha	14	403-860-1294
Michelle	12	403-971-4782
Lawrence	13	403-305-2623

SCA Sponsors

The Sherwood Community Association depends heavily on its sponsors for many of our events, and would like to share its success with the following organizations for all their hard work and support. A huge thank you to these sponsors for their cooperation with the SCA!

Premier Sponsors:

Servus Credit Union
Trico Homes

Gold Sponsors:

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Homes by Avi
RBC Sage Hill
Shahzad Zaffar REALTOR

Neighbourhood Sponsors:

Shoppers Drug Mart
Symons Valley Ranch
Canadian Tire



Sherwood Community Association

Membership Application

Please fill out this form and include payment by cheque and mail to:

Sherwood Community Association

1170 Sarcee Trail N.W. PO Box 80013, Beacon Hill, Calgary, Alberta T3R 0A0

Cheques made payable to: Sherwood Community Association

LAST NAME

FIRST NAME

Member Name: _____

Mailing Address: _____

Postal Code: _____ Phone Number: _____

Email Address: _____

Amount Paid: \$ _____ (Membership Fee: \$25 Family/Year. Membership fees are non-refundable.)

Recipe of the Month



Chocolate Chip Red Velvet Whoopie Pies

Ingredients:

- 1 package red velvet cake mix (regular size)
- 3 large eggs, room temperature
- 1/2 cup canola oil
- 2 teaspoons vanilla extract

Filling:

- 8 ounces cream cheese, softened
- 1/2 cup butter, softened
- 2 cups confectioners' sugar
- 1 cup (6 ounces) miniature semisweet chocolate chips

Directions:

1. Preheat oven to 350°. In a large bowl, combine cake mix, eggs, oil and extract; beat on low speed 30 seconds. Beat on medium 2 minutes.
2. Cut a 1/2-in. hole in the tip of a pastry bag or in a corner of a food-safe plastic bag. Transfer dough to bag. Pipe 1-1/2x1-in. hearts onto parchment paper-lined baking sheets, spacing hearts 1 in. apart.
3. Bake until edges are set, 6-8 minutes. Cool on pans 2 minutes. Remove to wire racks to cool completely.
4. For filling, in a large bowl, beat cream cheese and butter until blended. Gradually beat in confectioners' sugar until smooth. Stir in chocolate chips. Spread filling on bottoms of half of the cookies. Top with remaining cookies. Refrigerate leftovers.

Recipe from tasteofhome.com

Stay Alert and Aware During a Power Outage

Power outages can happen any time of the year but are especially dangerous during the cold winter months. They can last for minutes, hours and sometimes even days.

“The best way to stay safe in a power outage, is to be prepared,” says Sue Henry, Deputy Chief at Calgary Emergency Management Agency. “Have a fully stocked 72 hour kit including flashlights, blankets and non-perishable food. It’s also important to have a plan for any medications that require power to be administered that are powered by electricity or need to be refrigerated.”

While temperatures may drop, it is never safe to use camp stoves, kerosene heaters or barbecues indoors, as they emit carbon monoxide. Gas stoves used as a heat source for long periods of time without ventilation will also pose a danger.

Electrical equipment and appliances can be overloaded when the power is turned back on, so it’s a good idea to disconnect them. Be sure to leave one light on, so you know when the power has been restored!

A fully charged power bank is invaluable during a power outage. This will allow you to charge your smartphone so you can check for updates on the internet, and contact family members.

For more information on preparing for a power outage and building a 72-hour kit, visit calgary.ca/getready.

To report a power outage call ENMAX Power Trouble Line at 403-514-6100.

City of Calgary

DID YOU KNOW?

Cats spend 66% of their life asleep.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.



Common signs of a heart attack

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

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or simply a ‘heavy’ sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men and women, and the elderly.

Heart attack Risk Factors

- 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.

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 medication(s) in the early minutes of a heart attack to

lessen heart damage;

- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 13

DID YOU KNOW??

The croissant was invented in Austria.



Community Task Force

Public engagement from April to June 2018 was important for development of the Community Representation Framework. There were online surveys and workshop sessions for representatives of 130+ community groups. City Council approved the Framework and asked for a progress report by early 2020. The Council Innovation Fund was used and the Task Force members were thanked for their service.

Council was asked to disband the Task Force. There was a motion to support a future strategic session of Council on the Framework, possibly on Jan. 28, 2019, as part of setting Council strategic priorities for the remainder of the term.

Anne Burke

Pension Plans

City Council members are eligible for the Elected Official Pension Plan and, based on their annual salaries, the Supplementary Pension Plan.

A Notice of Motion was passed at City Council to ask for Council comments and suggestions about their pension plans. There are different opinions, but using plain language will help.

The observations and experiences were organized for the Pension Governance Committee, the Council Compensation Review Committee, other Committees of Council, and City staff.

After interviewing 13 Council members, the Human Resources Department completed a review to report the recommendations to the Council Committee on Priorities and Finance.

Anne Burke

Safer Buildings

According to the City, there is no clear requirement in the Alberta Building Code, to maintain buildings, although a building owner may not allow an unsafe condition to continue.

The City has investigated many incidents related to falling debris, cracks, or collapse, due to a lack of main-

tenance. There was consultation with industry and advocacy groups, to include maintenance of building structures,

In 2012, a visual assessment must be done by owners of the 584 buildings with 5 storeys and higher, 10 years old or older, to reduce the chance of structural failure.

A monitoring report to Council is due by 2020, with the final scope, and changes, if any, to the Building Maintenance Bylaw, by 2022.

Anne Burke

Snow Routes Update

The fine for parking on a Snow Control Route during a Snow Event is \$75. If the ticket is paid within 30 days, the fine is \$50, and if paid within 10 days, the fine is \$40.

This is less than a fine for the City's spring street sweeping. The penalty for "parking or stopping due to a maintenance operation" is \$120. The increase to the snow route parking fine will be consistent with the spring maintenance parking fines.

A review was done and Calgary has the lowest fine amount for a similar program in Canada. The most common fine amount for cities with similar programs is \$100 and the range is from \$100 to \$200.

Anne Burke

Sudoku Corner Solution

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

I'm Voting for Kids (Part 2)!

Following up our fast facts about School Readiness from last month, we're taking this month to highlight how investing in early childhood development impacts the economy. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!

Did You Know?

- A 1% increase of the high school completion rate in Canada would save \$7.7B annually in social assistance, costs of crime and lost earnings
- For every dollar spent in early education, there is between a \$2 and \$7 return on investment
- Greater skills development in early childhood makes it more likely that children will succeed in education; raising employment prospects and reducing duration of unemployment

Ask candidates and representatives what their parties' plans are to invest in Early Childhood Development, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all



working together to better the lives of young children and their families. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

Calgary NW Early Childhood Coalitions

A Sampling of Concerts

- **The Trews:** February 1, The Palace Theatre
- **Mother Mother:** February 8, Grey Eagle Event Centre
- **Vanic:** February 8, The Palace Theatre
- **Arkells:** February 9, Scotiabank Saddledome
- **Nick Gilder and Sweeney Todd, Doug and The Slugs:** February 22, Grey Eagle Event Centre
- **Snoop Dogg & Friends:** February 21, Scotiabank Saddledome
- **Little Big Town:** February 23, Scotiabank Saddledome
- **Home Free:** February 24, Jack Singer Concert Hall
- **Foreigner:** February 27, Grey Eagle Event Centre



DID YOU KNOW??

According to History.com, the oldest record of a valentine was a poem Charles Duke of Orleans wrote to his wife when he was imprisoned in the Tower of London in 1415.

