

MARCH 2023

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

OUR NEXT MEETING

MARCH 16 | 7:00 PM



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Spring into a Beautiful Smile!

The Apple Dental Team is here to help you spring clean your dental health. That's why our team is pleased to offer a \$50 New Patient Exam*. Our team of amazing doctors came together to ensure that our new patient exams are affordable, accessible, and with the highest standard of expertise and care for every patient we see.



10233 Elbow Dr SW, Suite #380, Calgary, AB T2W 1E8
Phone: (403) 640-4000 | info@appledentalgroup.ca
www.appledentalgroup.ca

*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

South Calgary Community

Clothing GIVEAWAY

Saturday, May 6, 2023
10:00 am to 1:00 pm

380 MIDPARK BLVD SE
All Saints Lutheran Church





Personal Safety When Walking

A message from the Federation of Calgary Communities



- Tell someone where you are going, which route you are taking, and when you will be back.
- Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you.
- The earlier you notice a possible problem, the greater chance you have of dealing with it.
- Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so, if you notice something like this, move yourself away from it as quickly as possible.
- Walk facing the traffic.
- Walk near the curb unless cars are parked on the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant can be hiding.
- Never assume parked cars are empty.
- Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.
- Be wary of casual requests from strangers (someone asking for directions, a cigarette, or change – they could have ulterior motives).
- Be alert. Look over your shoulder once in a while.
- Never accept rides with strangers.
- If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.
- Enjoy your walk, but always remain aware of your surroundings.

If you suspect that you are being followed by a pedestrian:

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.
- If you know you are being followed, go directly to the nearest well-lighted business and call the police.

If you are being followed by a vehicle:

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a U-turn faster than a vehicle.
- Seek help at a place of business.

BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION

PRESIDENT'S MESSAGE

Spring is around the corner! It seems like the snow has been around for too long and it's time to see some of it melt away.

I wanted to send a huge-thank you to all our volunteers who supported us for Winterfest. We are so happy to be able to provide programming for the community and we are looking forward to bringing more throughout the year.

Please note that the board has updated their emails. We are no longer using the email [position]@southwoodconnects.ca. Please visit the contact page to see the new emails.

This year, we are planning on doing some big renovations at the hall. As this is a City building, there are some lifecycle items that we need to address and we thought that while we're doing that, we might as well improve some of the dated spaces. Most of our attention will be placed on the Pioneer Hall where we are planning to replace the windows and doors, update the kitchen cabinets and appliances, update the washrooms, and replace the flooring. This is a large project with a large price tag. To help cushion the blow of the costs, we will be applying for the Capital Conservation Grant from the City. We will keep everyone updated on the progress of the application and renovation through social media and the website. Our timeline for completion depends on the approval from the grant, but we are aiming for an early fall completion.

Our Annual General Meeting will take place on Thursday, June 8, 2023, starting at 7:00 pm. This year, we will be looking for a treasurer as well as directors-at-large to support. The treasurer position is an executive board member role. You do not need to be a trained accountant or bookkeeper to take on this role, however,

you must be highly organized. Our outgoing treasurer, Jeff, has offered to support the new person in this role until they are comfortable. As for the director-at-large positions, we are looking for directors who can support their colleagues throughout the year. The benefit with being a director is that you have voting authority on all motions. To vote at the AGM, you must have a valid membership. Please register for your free membership today at www.southwoodconnects.ca/membership.

Our March board meeting will take place on the 16 of this month. If you have an idea that you would like to present, you are invited to join us for the first 30 minutes. All guests do not have to stay for the entire length of the meeting. We will be gathering in the Pioneer Hall starting at 7:00 pm.

If you are interested in learning more about the available board positions, please email Becky at southwood.president@gmail.com.

Have a wonderful March, everyone!

Becky

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



ZUMBA
**LIKE A NIGHT OUT
BUT A WORKOUT**
Dance with Us at Zumba® Class
Thursdays at 5:30pm and
Saturdays at 9am
Southwood Community Association
\$5 first drop in



SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Drive SW, Calgary, Alberta, T2W 0W3

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

BOARD OF DIRECTORS

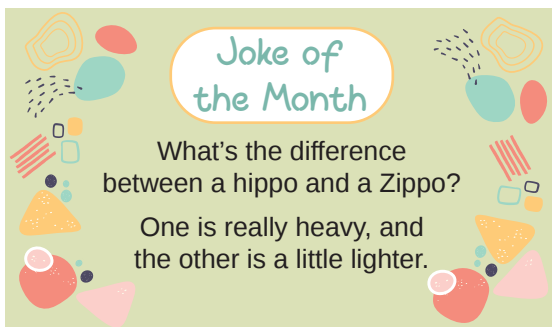
President	Becky Poschmann	southwood.president@gmail.com	403-629-3292
Vice President	Amanda Taffs	southwoodvp@gmail.com	
Treasurer	Jeff Burton	southwood.treasurer@gmail.com	
Secretary	Joce Henkelman	southwoodsecretary@gmail.com	
Director of Membership	Barb Short	membership.southwood@gmail.com	
Director of Development and Traffic	Max Webber	southwood.development@gmail.com	
Director of Facility and Rink	Amanda Taffs	directoroffacility.sca@gmail.com	
Director of Programs	Shayne Henkelman	programs.southwoodca@gmail.com	
Director of Newsletter	Barb Short	newsletter.southwood@gmail.com	
Director of Communications	Joce Henkelman		
Director at Large	Lindsay Andreassen		
Director at Large	Faye Coburn		
Director at Large	Lee Werth	werth-leenexywerth@gmail.com	
Social Media Committee	Teresa McLaren		
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	

OTHER CONTACTS

Hall Rentals	Lola Medjedovich	medjedovich-southwoodhallrental@gmail.com	403-474-3845
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Community Garden	Teresa McLaren	southwoodcommunitygardens@gmail.com	
CPS Community Liaison	Cst. Pavel Adaikin	Pol4162@calgarypolice.ca	
NPC (Neighbourhood Partnership Co-ordinator)	Jenna Findlater	Jenna.findlater@calgary.ca	
Air Cadets	Andrea Chant	chant-sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool	Meaghan Collyer	learningtreepreschool@shaw.ca	403-479-4952

Hall Rentals

Looking for a space to hold your next function or weekly/monthly meeting? The Southwood Community Hall is the perfect spot for birthdays/anniversaries, seminars/workshops, book clubs, day camps and playgroups, fitness classes and more! Discounted rental fees for community members! For more info, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.



PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

Get Your FREE Southwood CA Membership!

More and more Southwood residents are getting involved!
Connect with your Community Association to find out what makes Southwood a great community!

Your Community Association offers:

- Community representation on city development issues
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Hall rentals (creating needed income for Southwood Community Association)
- Funding for special programs
- Keeping residents informed through articles in the monthly community newsletter and on line at www.Southwoodconnects.ca
- Exclusive offerings for Southwood Community Association Members at community events

To register your household for a membership, you can do one of the following:

1. Go to Southwoodconnects.ca/Memberships.
2. Complete the form below and drop it off or mail it to the community association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

Southwood Community Association Membership

Valid until FEBRUARY 29, 2024

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties.

Family Name:..... First Name:

Address: Postal Code.....

Email:..... (Used only by SCA to send occasional emails about community issues & events)

Phone #:..... Cell #:

Can we contact you about upcoming activities? YES NO

Can we contact you about volunteer opportunities? YES NO

THANK YOU FOR SUPPORTING YOUR COMMUNITY

- Southwood Community Association Meetings are held the third Thursday of each month at 7:00 pm – All are welcome. 11 Sackville Dr SW
- Have a voice and be informed about issues affecting our community
- Volunteer at Events. Join the Southwood Community Board

OUR NEXT MEETING:
Thursday, March 16, at 7:00 pm
11 Sackville Drive SW
Chateau Room



YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

Spotlight on Safety and Accessibility: Green Line's Stations and Trains

from the City of Calgary

Green Line's stations are designed to promote accessible, safe, and secure transit use for all Calgarians.

Stations will feature plenty of signage, information displays, and wayfinding details to help riders navigate the area. A tactile strip will also inform visually impaired riders of the platform's edge.

Station platforms will also be lower, meaning Calgarians will move through less ramps to reach a platform from street level. Our underground stations will feature convenient elevator access from ground level and will likewise take advantage of CCTV cameras and help phones to promote security.

Where possible, our stations will feature weather protection, including transparent and heated passenger shelters; well-lit, open spaces with plenty of CCTV cameras for added security; and help phones that offer immediate assistance.

Our new Urbos 100 Light Rail Vehicle (LRV) also makes use of accessibility- and safety-conscious low-floor technology. Lowered floors remove the need for steps during boarding and integrate more easily with existing city infrastructure and communities. As well, the LRV's eight entrances dock level with station platforms, providing a safe, accessible, and convenient boarding experience for riders.

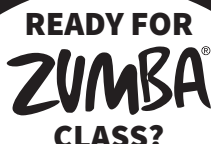
In addition, the Urbos offers three designated, roomy areas for people with mobility aids. Each of these designated areas is flanked by two entryways that allow immediate boarding and exiting for people with mobility aids. The Urbos also includes an easy to navigate, spacious interior with plenty of hand grips.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



**READY FOR
ZUMBA®
CLASS?**

Thursdays at 5:30PM & Saturdays at 9AM
11 Sackville Drive SE
Southwood Community Centre
403-630-5756

Gentle Yoga



We will explore a variety of yoga poses with time to experiment and mindfully arrive at our own expressions of yoga poses. We will learn gentle ball rolling techniques that highlight our self-regulating capacities. Some classes will include Critical Alignment exercises to care for our spines. The intended effect of the practice is to leave feeling refreshed, calm, and ready for the rest of the day.

Three main goals of this class are adding variety to the way we move, and to practice listening and responding to our body with kindness.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

A squishy apple-sized ball or a pair of thick socks rolled into a ball may be used in some classes. Please bring your own if you have one.

No prior yoga experience required.

June Kwak holds certifications from the Myofascial Yoga Institute of Canada (300 Hr), the Yoga Studio College of Canada (RYT 200), Critical Alignment and Therapy (CAY-T Level IV), and Mindful Yin Yoga.

Spring Session:

Wednesday mornings from 10:30 to 11:45 am

April 5 to June 14 (11 classes)

\$132 for members | \$152 for non-members

Drop-ins can be arranged if space permits. Please reserve your class at least a day in advance.

For more information and to register, contact June Kwak at june@regroovenating.com or 403-710-5126 (texts welcome).



SOUTHWOOD CA

This is your community newsletter with a mission to keep Southwood residents connected and involved in community life. The volunteer efforts of contributors and distributors ensure its success. This newsletter is printed monthly and is distributed without charge to all residents of Southwood.

Please check out our website, which contains useful information for you to access at SouthwoodConnects.ca.

Newsletter Submissions

We welcome articles and letters from our readers. All submissions must be accompanied by a name and telephone number. Articles should be between 200 and 550 words and can be submitted to the newsletter editor.

We reserve the right to edit articles for appropriate content or length. Photographs of community events are also greatly appreciated. Editorial deadline is the first day of the month prior to publication.

We want to make our newsletter as complete as possible, to include all community events and programs. If we missed yours, please contact the newsletter editor.

Newsletter Editor Barb Short
newsletter.southwood@gmail.com
403-255-6049

Publisher Great News Media
403-720-0762
www.greatnewsmedia.ca

Distribution Canada Post and Cadets

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Southwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SOUTHWOOD MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

PHYSIOTHERAPY SERVICES IN SOUTHWOOD: Damian Gilbert at Southwood Corner Shopping Centre. 20 years of experience. Extended health benefits with direct billing, motor vehicle accidents, WCB. Senior rate available. 403-253-9444. www.rehabsolutionsphysio.com.

AFFORDABLE DENTAL CARE MINUTES FROM SOUTHWOOD! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

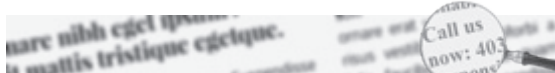
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

WORK TO EARN EXTRA MONEY: We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$18 per hour to start. Call 403-225-3441.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES: Experience in public accounting, CPA, CMA provides multiple year filings, mobile services, Canada and US personal and corporate tax preparation, bookkeeping, GST, and source deduction. Please call 403-305-0955, email okonbooks@gmail.com, or visit www.okonbooksaccounting.com.



Marda Loop Main Streets Will Begin Construction This Year

from the City of Calgary

The Streetscape Master Plan is a holistic design that reflects the vibrancy, diversity, and history of Marda Loop. It prioritizes pedestrian safety, connects the community to nearby transit and wheeling systems, and improves vehicle traffic flow. Once complete, it will offer a variety of safe, accessible mobility connections, new community gathering spaces, and a uniquely Marda Loop character.

We understand that construction is impactful to a community and throughout the planning process we have had area businesses and residents top of mind. We have worked to plan construction in a thoughtful way, balancing our desire to quickly and safely complete construction with our efforts to minimize disruption to the community.

We will continue to update the community in the coming weeks and months to ensure businesses and residents are aware of the construction schedule, detours, and any other relevant information.

Visit calgary.ca/MardaLoop for more information.



ANITA MORTGAGE
AVENUE Financial
Real Estate Solutions



SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE
INCLUDING SMALLER IN-HOME PROJECTS



Services

- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo Property Management
- Snow and Ice Removal

Contact Us

Address
20 Sunvale Place SE
Calgary, AB T2X 2R8

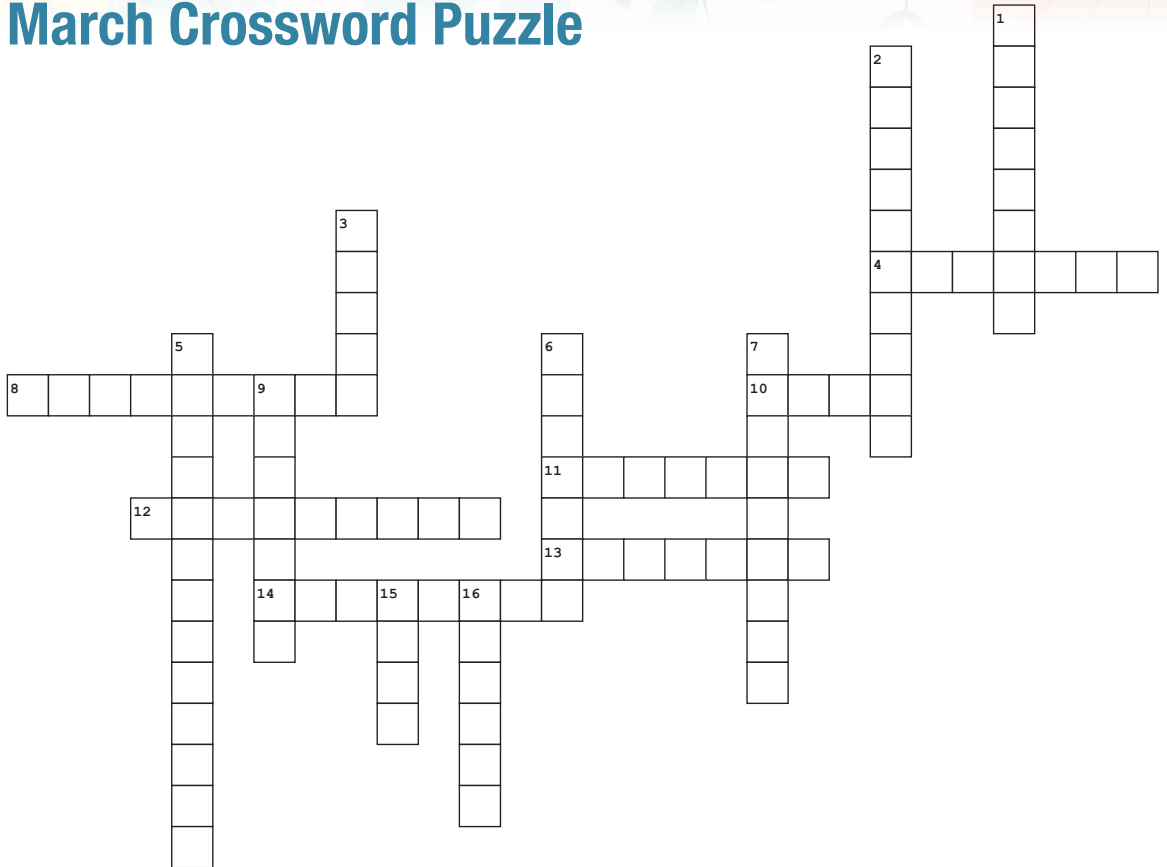
Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Your Southwood Real Estate and Mortgage Specialists



A banner featuring two women, Dorothy Rice and Rena St. Clair, against a red and white background with a blue wave. Dorothy Rice is on the left, wearing a grey blazer, with her name and contact information in white text. Rena St. Clair is on the right, wearing a beige top, with her name and contact information in black and green text. Both have QR codes below their photos. Logos for RE/MAX and AXIOM are also present.

Dorothy Rice
REALTOR®, C.C.S.
403.919.7355

Rena St. Clair, AMP
MORTGAGE ASSOCIATE
403.680.7362

RE/MAX
FIRST

AXIOM
Mortgage Solutions

Dorothy Rice
REALTOR C.C.S.
Free Home Evaluations

Rena St. Clair
AMP Mortgage Associate
Free Mortgage Help, Advice & Options

CONNECT WITH US! dorothy.rice@shaw.ca • rena.stclair@axiommortgage.ca




**We are excited to welcome you to our brand
new location opening March 2023!**

Dr. Adrian Harbison and Dr. Sean Carey along with the
the rest of the West Peaks Dental Team look forward
to meeting you!

Book Now



 Suite 205, 125 Oakmoor Pl SW
Calgary, AB T2V 4A3
 (403) 281-4264
 westpeaksdentalsuite.ca

