

AUGUST 2023

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

MEETING
SEPTEMBER 21, 7:00 PM

CASINO
OCTOBER 2 AND 3



THIS SPACE IS AVAILABLE!

Use this ad space to promote your business and get noticed!
Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW

APPLE DENTAL

New Patient Exam
\$50
Spring Clean Your Dental Health!

Happy and Healthy Summertime Smiles!

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 offer the highest standard of expertise & 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.

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

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays. Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED **UNSEALED**

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737

MIDTOWN STORAGE

NEW SECURE INNER CITY
SURFACE and CONTAINER STORAGE

Conveniently located close to Chinook Mall, Blackfoot, Glenmore, and MacLeod Trails

Easy access for large vehicles and trailers

Fenced, security cameras and lighting, remote gate access

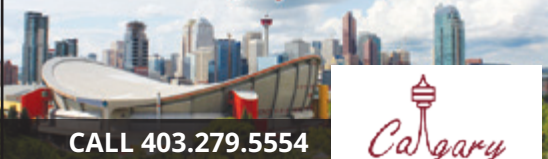
Reclaim your garage and store non-essential equipment & furniture

CALL OR EMAIL FOR COMPETITIVE RATES

CONTAINER - 8' X 10', 8' X 20', 8' X 40'
SURFACE - 10' X 17', 10' X 40', 10' X 50'

7204 FLINT PLACE SE, CALGARY, AB - 403-819-9424
rent@midtownstorage.space - www.midtownstorage.space

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

Workwear and cleaning of uniforms and coveralls



CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

PRESIDENT'S MESSAGE

Hi Southwood,

I hope that summer is going great for everyone!

On June 8, we held our Annual General Meeting and had one of the best turnouts in recent years! Thank you to everyone who joined us that evening to review the past year and discuss what we can work to achieve in 2023/2024. I would also like to welcome several new residents to the board of directors. Thank you again for dedicating your time to this organization. I believe we can become a great community when we work together.

Here is the list of the new board members:

President	Andrej
Vice-President	Emma
Secretary	Joce
Treasurer	Vacant
Past-President	Becky
Director of Development and Traffic	Max
Director of Communication	Claire
Director of Programming	Emma
Director of Membership	Barb
Director of Newsletter	Barb
Director of Facility and Ice Rink	Amanda
Directors-at-Large	Lee, Shayne, Susan, and Jim
Seniors' Committee	Frank

In total, we have 12 people on the board and are strengthening our committees!

Our first board meeting after summer break will be Thursday, September 21 starting at 7:00 pm. This will be the first time our new president, Andrej, runs the show! We will be meeting in the Pioneer Room at the community hall (11 Sackville Dr SW).

As you will see, I have moved into the past-president role. It was a difficult decision for me to make this year. Next year, I will celebrate my eighth year serving on the board and I thought it was time to step back and let a new generation come in. I have truly appreciated being able to serve as the director of development and most recently as president. Volunteering for the CA has provided me with amazing opportunities that have supported my growth in my professional life.

Thank you Southwood and I look forward to supporting this new board!

Becky Poschmann

Past-President

YOUR CITY OF CALGARY

Parks Wayfinder: Discover Calgary Parks

from the City of Calgary



Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

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

Measuring Main Streets

from the City of Calgary



Successful main streets bring people together. To help understand how Calgary's main streets are doing, The City of Calgary is conducting the annual Main Street Metrics Program, which will collect and track data related to how our main streets:

- Support a social and healthy environment.
- Facilitate improved mobility and functionality.
- Demonstrate a unique character and identity.
- Create areas of economic vitality.

Help Us Measure Calgary's Main Streets!

- Public Survey – Do you visit main streets? Take this survey to share insights about the user experience, such as how safe you feel, what types of businesses you visit, and more.
- Business Survey – Do you own a business on a main street? Take this survey to share information about your business to help us understand the economic vitality of the street.

As someone that uses our main streets everyday or just occasionally, your insights are very valuable to this process! These inputs will be used alongside other types of data to help paint a comprehensive picture of the current successes and challenges of each main street. To find the survey's and learn more about Calgary's Main Streets, visit calgary.ca/mainstreets.

When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.



In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!



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	Andrej Brajic	southwood.president@gmail.com	403-999-7379
Vice President	Emma McCaul	southwoodvp@gmail.com	
Treasurer	Jeff Burton	southwood.treasurer@gmail.com	
Secretary	Joce Henkleman	southwoodsecretary@gmail.com	
Director of Memberships	Barb Short	membership.southwood@gmail.com	
Director of Development and Traffic	Max Webber	southwood.development@gmail.com	
Director of Facility and Rink	Amanda Tafts	directoroffacility.sca@gmail.com	
Director of Programs	Emma McCaul	programs.southwoodca@gmail.com	
Director of Newsletter	Barb Short	newsletter.southwood@gmail.com	
Director of Communications	Claire Prokopenko		
Director at Large	hayne Henkleman		
Director at Large	Lee Werth	leenexywerth@gmail.com	
Director at Large	Susan Sobey-Fawcett		
Director at Large	Jim Cunningham		

OTHER CONTACTS

Social Media Committee	Teresa McLaren		403-474-3845
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	
Hall Rentals	Lola Medjedovich	southwoodhallrental@gmail.com	403-474-3845
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Community Garden	Teresa McLaren		
CPS Community Liaison	Cst. Pavel Adaikin	pol4162@calgarypolice.ca	403-461-5195
Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	403-479-4952
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool		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.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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.

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

Phone #:..... Cell #:

Can we contact you about upcoming activities? YES NO

Can we contact you about volunteer opportunities? YES NO

Casino volunteer? YES NO

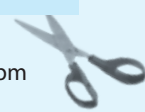
Quarterly e-newsletter? YES NO

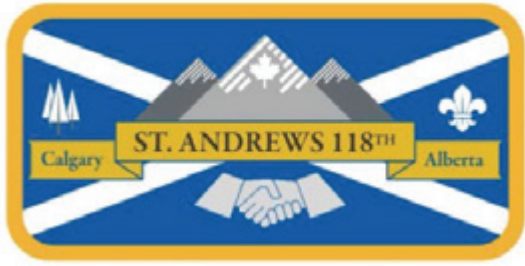
THANK YOU FOR SUPPORTING YOUR COMMUNITY

- 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, September 21, at 7:00 pm
11 Sackville Drive SW
Chateau Room





Volunteers Wanted

Are you passionate about making a difference in the lives of youth?
Interested in a fun, adventurous, impactful volunteer opportunity?

Go to <https://www.scouts.ca/volunteer/overview.html> or email standrews118scouts@gmail.com for more information.



Southwood Real Estate Update

Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 23	\$284,900	\$299,100
May 23	\$312,450	\$324,500
April 23	\$349,650	\$354,500
March 23	\$439,000	\$450,000
February 23	\$525,000	\$525,000
January 23	\$639,900	\$636,000
December 22	\$469,999	\$453,000
November 22	\$482,400	\$467,250
October 22	\$265,000	\$252,750
September 22	\$469,900	\$469,900
August 22	\$499,900	\$482,500
July 22	\$382,450	\$380,000

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 23	17	12
May 23	17	16
April 23	9	8
March 23	7	11
February 23	6	3
January 23	6	5
December 22	3	7
November 22	7	10
October 22	10	6
September 22	6	5
August 22	7	7
July 22	8	10

To view more detailed information that comprise the above
MLS averages please visit swoo.mycalgary.com



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



Bike Safety

A message from the Federation of Calgary Communities

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to! The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

Ring, Ring! Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

Stop! Being a cyclist means you must follow similar rules to driving a vehicle. Pay attention to posted signs, speed limits, and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

Increase Your Visibility! Use reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

Be Diligent! You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities.



Stonylope Brewing

Now Open!

Family-Friendly,
Fresh, Small Batch Beers &
Cozy, Locally Sourced Food

Show us this ad
when you come in
for 10% off



#20 9620 Elbow Dr. SW, Calgary, Alberta, T2V 1M2



Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.





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



No one
has to
face
cancer
alone.



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135
Charitable Reg. #809013675RR0001

"When my dad PASSED AWAY my family STRUGGLED a lot financially. We relied on his income. I learned that I never wanted my loved ones to go through that. I locked in on a protection plan while I am still healthy to make sure that food and life expenses are dealt with when something happens to me. I wish I could go back in time and tell my dad to get this for us, but I can't. I miss you so much, dad"

Let's get you and your loved ones protected! Call/ Text 587.832.4218 Life Insurance

-Your Daughter, Emma

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



BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

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.

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.

PIANO LESSONS: Joan A.C. Gilmore - I'm accepting new students for September. I am an experienced teacher and composer with over 30 years of experience. I teach a well-rounded curriculum, including theory. I prepare students for The Royal Conservatory of Music examinations. I offer reasonable rates. Call 403-590-5808.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

Your Southwood Real Estate and Mortgage Specialists

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

Rena St. Clair, AMP
MORTGAGE ASSOCIATE
403.680.7362

RE/MAX FIRST
Independently Owned and Operated

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

BACK TO SCHOOL 2 for 1 Eyewear*

*see store for details

ONLY FROM AUG 15 - SEPT 15

New Patients Welcome
**CALL TO BOOK YOUR
EYE EXAM TODAY!**
403-253-8803

Dr. Shmyla Chaudhery & Associates
Optometrists
160-10233 Elbow Dr. SW
Calgary, AB T2W 1E8
info@southwoodeyecare.com
www.southwoodeyecare.com

HOURS OF OPERATION: Closed Sun & Mon
Tues, Wed, Fri 9am - 5pm | Thurs 9am - 6:30pm
Sat 10am - 3pm

ADVANCED DRY EYE & LID PROCEDURES



NOW OFFERING

- Intense Pulse Light (IPL)
- Forma & Forma-I Radiofrequency
- Lipiflow
- Morpheus8
- AND MORE!



**ALUMIER MD SKINCARE
AVAILABLE HERE!**

Alumiers

BOOK YOUR CONSULTATION TODAY!