# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER





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# BATHROOM RENOVATION SALE

#### SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- · Supply & install new acrylic soaker tub
- · Supply & install new toilet with soft close seat
- · Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- · Supply & install new mold-resistant board
- · Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

- · Supply & install one corner caddy & soap dish
- · Supply & install new subfloor
- · Installation of new tile flooring
- · Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- · Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

SALE \$9,879

Limited Supplies

### SUPREME TUB TO SHOWER

- · Remove all old materials from bathroom and job site · Supply & install a new toilet with soft
- Supply & install one custom shower stall 60" x 30"
- · Supply & install new water resistant board
- Schluter base added
- · Supply & install new tile to ceiling
- · Supply & install custom shower doors
- Supply & install new Delta pressure balance taps

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$16,789

- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- · Supply & install new sub-floor
- · Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- · Supply & install new vanity

SALE \$11,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms
PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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# SOUTHWOOD COMMUNITY ASSOCIATION

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

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Twitter: @SouthwoodYYC Facebook: Southwood Connects

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#### **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.



**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.







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

\$50 for hockey bag full of gear. 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. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













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Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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

# 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.

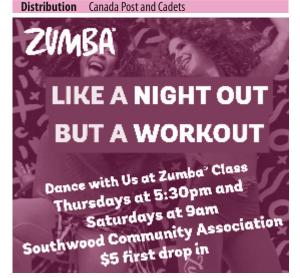
We want to make our newsletter as complete as possible, to include all community events and programs. If we missed yours, please contact the newsletter editor.

**Newsletter** newsletter.southwood@gmail.com

**Publisher** Great News Media

403-720-0762

www.greatnewsmedia.ca







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# **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,
- Hall rentals (creating needed income for Southwood Community Association)

community gardens

- 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, 2025

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:					
	Postal Code				
(Used only by SCA to send occasional emails about community issues and events)					
Cell #:					
YES	NO				
YES	NO				
YES	NO				
YES	NO				
	y issues and aCell #:  YES  YES  YES				

### 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





## GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow Plant (Athaea officinalis). Which grows wild in marshes!



#### Cleaning Services Mat Rentals ☑ Dry Cleaning ☑ Tablecloths ✓ Napkins ☑ Table Skirts ☑ Chair Covers

☑ Massage Sheets ☑ Tork Dispensers ☑ Face Cradles ☑ Gym Towels ☑ Face Cloths ☑ Chef Coats ☑ Coveralls ☑ Microfibre Cloths

☑ Dish Rags

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

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**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 FRESH JOCK: \$50 for a hockey bag full of gear. We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301. Equipment pick-up / drop-off service available.

**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 calgarymatandlinen.com to learn more and get a guote. We are located in SE Calgary.

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# **BUSINESS CLASSIFIEDS**

**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.

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**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.

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**AFFORDABLE DENTAL CARE MINUTES FROM SOUTHWOOD!** Dental doesn't need to break the bank! 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.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**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.



403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!





# DISCREET & CONVENIENT TEETH STRAIGHTENING





#### **COMFORTABLE:**



Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.

#### **PREDICTABLE RESULTS:**

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



#### **INVISIBLE APPEARANCE:**

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



#### SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



#### REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



#### IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.





# EXPLORE OUR WEBSITE

www.symmetrydental.ca

All services provided by a general dentist

## **Gentle Yoga**

We will explore yoga poses, mindful movement, and tools for self-regulation including breathing exercises. We will learn gentle ball rolling techniques that act as a tune up for the body and bring awareness to the continuity of our fascia. 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 sensing and responding to our bodies with kindness. We will explore movements that resource our fascial matrix to resource ourselves.

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

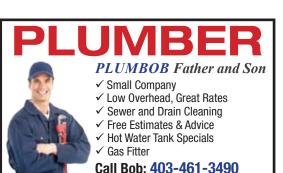
A squishy apple sized ball may be used in some classes as well as a Pilates stability ball (approximately 8 to 12 inches in diameter). Please bring your own if you have one. Extras are available to borrow.

No prior yoga experience required.

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

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







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## **Know the signs** of STROKE



is it drooping?

**Face** 

**Arms** 

can you raise both?

**Speech** is it slurred or jumbled?

Time to call 9-1-1

**Beat stroke** Call 9-1-1 FAST

heartandstroke.ca/FAST

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