SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER





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



CALGARY MAT & LINEN SERVICES

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- Outdoor and indoor entryway mat rentals
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BEFORE & AFTER RENOVATION PROJECTS





BEFORE

AFTER





BEFORE

AFTER





BEFORE

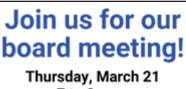
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Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca







7 to 9 p.m.

Southwood Community Hall 11 Sackville Drive SW Pioneer Room



Get updates about community and special member events

Sign up for a Southwood Community Association membership today!

www.southwoodconnects.ca





SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

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	Vacant				
Director of Development and Traffic	Max Webber	southwood.development@gmail.com			
Director of Facility and Rink	Amanda Tafts	southwoodgm@gmail.com			
Director of Programs	Emma McCaul	programs.southwoodca@gmail.com	programs.southwoodca@gmail.com		
Director of Newsletter	Vacant	newsletter.southwood@gmail.com			
Director of Communications	Claire Prokopenko	communications. southwood@gmail.com	communications.southwood@gmail.com		
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Director at Large	Lee Werth	leenexywerth@gmail.com			
Director at Large	Susan Sobey-Fawcett				
Director at Large	Jim Cunningham				
OTHER CONTACTS					
Social Media Committee	Vacant				
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Community Garden	Teresa Mclaren				
CPS Community Liaison	Cst. Pavel Adaikin	pol4162@calgarypolice.ca	403-461-5195		
Neighbourhood Partnership	Jenna Findlater	jenna.findlater@calgary.ca	403-479-4952		
Coordinator					
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.



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.

St. Stephen School Playground **Update**

The playground at St. Stephen school was constructed in the late 1990s and has now reached the end of its life cycle. A playground committee of volunteer parents was created in 2022 to drive this important initiative. Fundraising has been ongoing over this time period with a myriad of events and incredible volunteerism from our community. The facility will be developed to ensure accessibility. This is incredibly important as there are no playgrounds in the area that have been developed in such a manner.

We are thrilled to announce that in November 2023. St. Stephen School, in partnership with the Calgary Catholic Education Foundation (CCEF), found out it has secured \$50,000 for our playground through the Blue Cross Build Together grant.

We are well on our way to raising \$125,000 this year through grants that we are actively applying for and the generosity of our community. Once we have reached this objective, we will be able to apply for the Alberta Community Facility Enhancement Program (CFEP) matching grant. With this matching grant secured we have the 2024/25 school year to raise any additional funds needed to build the new playground in the summer of 2025.





YOUR CITY OF CALGARY

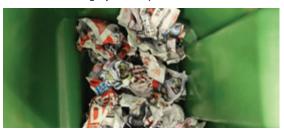
Winter Cart Placement Tips

by The City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on
- even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- · Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- · Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.







Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.

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.

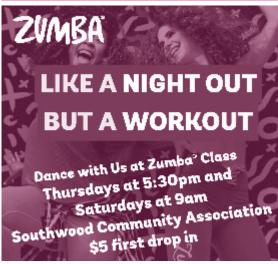
Newsletter newsletter.southwood@gmail.com

Publisher Great News Media

403-720-0762

www.greatnewsmedia.ca

Distribution Canada Post and Cadets



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 function like 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 that we move and to practice sensing 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 (300Hr), the Yoga Studio College of Canada (RYT 200), Critical Alignment and Therapy (CAY-T Level IV), and Mindful Yin Yoga.

Wednesday mornings from 10:30 to 11:45 am

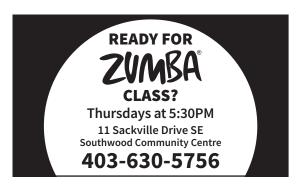
14 classes for \$156

Drop-ins (\$15) can be arranged if space permits. Please reserve your class at least a day in advance.

For new students, a 4-class pass (\$44), is available to see if the class is a good fit.

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





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



Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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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.

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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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to mediumsized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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.

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.

SOUTHWOOD PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

AFFORDABLE DENTAL CARE MINUTES FROM SOUTHWOOD! Don't break the bank! We honour Alberta Blue Cross and all insurance fees! Hasslefree direct billing O.A.C. Instant tax receipt for your portion. No fluff, no frills. Non-corporate, independent small business. Save money, live happy. Smiling? Call now at 403-287-6453 or 403-272-7272 or visit www.calgarydentalcenters.com.

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.

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.

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.

OVERWEIGHT? Lose 10-25 lbs. or more in 6 weeks! Biweekly one-to-one coaching and weigh-ins! Nicole is a PN Level 1 Certified coach and has lost over 80 lbs. She understands and cares! Join for 6 weeks and get 2 weeks free! Call now: 403-860-4240. Go to www.nicolelaurin.com.

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





SOUTHWOOD COMMUNITY CONNECTORS

OUR VISION

A safe, inclusive, and welcoming community where residents are connected to each other, and to the resources and supports they need

WHAT WE DO

- · Connect Southwood residents with neighbours, resources, and supports
- Assist in the development of beneficial programs and projects
- Amplify community voices and concerns to explore effective solutions

WHO WE ARE

Driven by passion and commitment, we are Southwood residents, working in partnership with the City of Calgary, to build stronger community connections



Find us on Facebook: Southwood Community Connectors





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 - Wisdom Teeth
 - Periodontics
- Conscious sedatives
 & dental anxiety



- Veneers
- Teeth Whitening

#150, 10601 Southport Road SW Calgary, AB T2W 3M6 (403) 271-2661 info@symmetrydental.ca

Hours of Operation

Monday: 8AM - 3PM
Tuesday: 8AM - 3PM
Wednesday: 8AM - 7PM
Thursday: 8AM - 3PM
Friday: 8AM - 3PM
Saturday: 8AM - 2PM

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