

MAY 2019

DELIVERED MONTHLY TO 2,900 HOUSEHOLDS

# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**HAPPY MOTHER'S DAY!**

**RHUBARB FEST**  
JUNE 1 VOLUNTEERS NEEDED!

**CASINO AT CASH CASINO**  
SEPTEMBER 4 AND 5. VOLUNTEERS NEEDED!

**NEXT BOARD MEETING**  
MAY 30 AT 7 PM. EVERYONE WELCOME!

**AGM**  
JUNE 13

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**Brad Kilb 403.875.8463**

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*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 and the Southwood Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.*

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LEADERS IN COMMUNITY FOCUSED MARKETING

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## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
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LEADERS IN COMMUNITY FOCUSED MARKETING



# Southwood mybabysitterlist

Name	Age	Contact	Course
Madison	13	587-435-8151	Yes
Nathalie	16	403-615-7994	Yes
Nathalie	16	403-615-7994	Yes
Madi	17	587-830-6287	No
Chloe	18	403-975-7037	Yes
Kyra	18	403-397-3870	Yes
Keiren	19	403-496-9505	Yes
Ariel	20	587-500-6166	No
Ariel	20	587-500-6166	No
Kim	27	587-585-4647	Yes
Raquel	31	403-690-0970	No
Rexilla	42	403-478-9465	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



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**South Central  
Garden Coalition  
presents...**

## Garden On!

**PROMOTING EDUCATION AND COMMUNITY GROWTH INSIDE AND OUTSIDE THE GARDEN**

# BRING BACK THE BUGS!

Acadia  
Cedarbrae  
CKE  
Common Ground  
Haysboro  
Southwood

- Learn about native insects to and their roles in the environment
- Building bio-diversity in plants
- Providing insect habitat
- Garden practices to protect insects in the garden
- IPM principles to manage pests.
- Hands on Activity: **Bumblebee Houses**

**June 8 | Southwood Community Hall  
7-9 pm | 11 Sackville Dr. SW**

Presented by Janet Melrose Calgary's Cottage Gardener  
\$20

Please register at **Eventbrite Garden On** so we can order enough supplies!



# SOUTHWOOD COMMUNITY ASSOCIATION



11 Sackville Drive S.W., Calgary, Alberta, T2W 0W3  
 Telephone: 403 259 0919  
 Website: SouthwoodConnects.ca  
 Twitter: @SouthwoodYYC Facebook: Southwood Connects

## BOARD OF DIRECTORS

President	Ellen Close	president@southwoodconnects.ca	403-826-6797
Past-President	Vivien Jonathan	wiznim@shaw.ca	403-253-5885
Vice President	Vacant		
Secretary	Lily Anne Wroblewski	secretary@southwoodconnects.ca	403-671-7459
Treasurer	Jeff Burton	treasurer@southwoodconnects.ca	403-852-0353
Director of Programs	Vacant		
Director of Membership	Thalia McRae	membership@southwoodconnects.ca	403-698-9133
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Trico Liaison	Dorothy Cornwall	dothome@shaw.ca	
Director of Ice Rinks	Paul Webber	pdwebber@shaw.ca	403-253-5139
Director of Casino	Bob Jonathan	moneywiseman@shaw.ca	403-253-5885
Director of Development	Becky Poschmann	development@southwoodconnects.ca	403-629-3292
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Director at Large	Barb Short	barblshort@shaw.ca	403-255-6049

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Air Cadets	Andrea Chant	sschair52rcac@gmail.com	403-461-5195
Learning Tree Pre-school	Megan	thelearningtreepre-school@shaw.ca	403-680-9868
Sparks/Brownies	Vicky Klassen		403-255-4810

## SOUTHWOOD BUSINESS MEMBERS

***We thank the following businesses for their ongoing support of the Southwood Community Association.***

***Please Support These Local Businesses:***

- Southwood Veterinary Hospital
- Bell Davidson Insurance Brokers Ltd.

- Apple Dental Group
- Psychology Plus
- Great News Media
- Kimberly Hull, CPM
- Universal Health Pharmacy-Southwood

To join this list, please email [swca@shaw.ca](mailto:swca@shaw.ca).

## SOUTHWOOD COMMUNITY ASSOCIATION SUPPORTERS

Good Earth Cafe Glenmore Landing  
 Southwood Corner Planet Organic  
 Southwood Corner Chiropractic  
 Southwood Corners  
 The Box Discount Store  
 Calgary Family Eye Doctors

## PLEASE SUPPORT OUR SCA FRIENDS

The businesses above have supported the efforts of the SWCA Board. Through their financial and/or material donations, they have encouraged Southwood residents to become members and to participate in community events. Help support these corporate members by keeping your business local.

# 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 & playgroups, fitness classes and more! Discounted rental fees for community members! For more info, visit our website at [www.southwoodconnects.ca](http://www.southwoodconnects.ca) or call Lola at 403-474-3845.

# Gentle Yoga

**Tuesday 9:30 - 10:45 am**

**Spring session: April 9th - June 18th**

**Full session (11 classes): \$100**

**Drop-in fee: \$10 for Southwood Community Association Members / \$15 for non-members**

We will focus on the spine and back health as our foundation. Relaxation poses and gentle myofascial release techniques will be used to bring balance to the body. We will use active exercises and yoga poses to develop strength, mobility and proprioception. As we move towards neutral, we find balance, and resolve stiffness and pain in the back, shoulders, hips, and neck. Please bring a yoga mat and a curiosity about our amazing bodies. No prior yoga experience required.

Instructor, June Kwak, holds certifications from the Yoga Studio College of Canada (RYT 200), Critical Alignment Yoga and Therapy (CAT Level IV), Mindful Yin Yoga, and is currently training in the Myofascial Yoga Institute of Canada. She has studied with senior teachers specializing in Iyengar yoga, vinyasa (flow), yoga therapy and the science of yoga and stretching.

Testimonial: "June is a very caring and patient yoga teacher. She never pushes you beyond your limits, but frequently suggests body adjustments that allow you to move a little deeper into the pose. June's class is completely stress-free and enjoyable." - Verna F.

Register for the full session or on a drop-in basis by contacting June Kwak, 403-710-5126 (Texts welcome), June@regroovenating.com/ website: regroovenating.com



## Board Members Needed!

Southwood residents—we need your energy, expertise and ideas on our Community Association's Board of Directors, starting at our Annual General Meeting on **June 13**. A desire to have a positive impact on the daily lives of your neighbours is far more important than any previous board experience. Many of our existing board members have served for many years and are in need of a well-deserved break. Please get in touch with President Ellen Close at [president@southwoodconnects.ca](mailto:president@southwoodconnects.ca) or 403-826-6797 to discuss these or other positions:

**Secretary** - A member of the Board Executive responsible for distributing agendas and taking minutes at our meetings. If you enjoy taking notes, this could be a great role for you! If you're not already familiar with the usual format of minutes, we can easily teach you.

**Director of Casino** - This position is responsible for our fundraising casino, which happens every 18 months and is the major source of funding for the Community Association. There is some straightforward paperwork involved, but the main duty is to coordinate the 45+ volunteers we need for this two-day event. You will have the opportunity to shadow the coordination for our September casino before diving into the full role.

**Director of Membership** - This dynamic role requires someone who can think creatively about new ways to engage residents as community association members, including through our annual membership drive.

# PLUMBER

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- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

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## PRESIDENT'S MESSAGE

Dear Neighbours,

Join me in celebrating the warm weather by getting out and volunteering!

We have many opportunities for you to contribute your unique skills, meet other residents, and contribute to making Southwood a vibrant, welcoming community for all. Later in this issue, you'll see details about **several vacant positions** on our Board of Directors starting at our Annual General Meeting on June 13. We also have many one-off volunteer positions that need to be filled for Rhubarb-Fest and our September fundraising casino—read more at [www.southwoodconnects.ca](http://www.southwoodconnects.ca) or reach out to me at [president@southwoodconnects.ca](mailto:president@southwoodconnects.ca) or 403.826.6797 to learn more.

Our next Board Meeting will be Thursday, May 30 from 7:00-9:00 pm at the Community Hall in the upstairs Chateau Room. As always, it is open to residents. We are also looking forward to seeing community members of all ages out for our annual **Rhubarb Fest** on **Saturday, June 1**.

Take care,  
Ellen

## SCHOOL SHOUT-OUTS

### Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month our classes will be all about bugs and spring.

This year's MCP year-end party will be held at Park 96 on May 31st and we are looking forward to enjoying some food and fun in the park. Thank you to DR Heat & Air Ltd. for sponsoring us!

We still have a few spots available in our classes for next year – please call for a tour of the school. Want to know more about Mapleridge Cooperative Preschool? Contact us at 403-278-9594, [mapleridgepreschoolyyc@gmail.com](mailto:mapleridgepreschoolyyc@gmail.com), or visit our Facebook page or our website at [www.mapleridgepreschool.com](http://www.mapleridgepreschool.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](http://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 5th of the month prior to publication.

### Calendar Submissions

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

Newsletter Editor	Barb Short	<a href="mailto:barblshort@shaw.ca">barblshort@shaw.ca</a>
Publisher	Great News Media	403-720-0762
	<a href="http://www.greatnewsmedia.ca">www.greatnewsmedia.ca</a>	
Distribution	Canada Post and Cadets	

## Willow Ridge Preschool Reopening

For the 2018/2019 school year, Willow Park Preschool was forced to close due to renovations on the Willowridge Community Association building. The renovations are now complete and the preschool will be open again for September 2019. For more information contact Willow Ridge Community Association.





### Superhero Day

Calling all superheroes! On Saturday, June 1, five libraries will be transformed into Superhero Headquarters. A menace threatens the safety of Calgary, and superheroes must save the day. Enjoy free activities, from making your own comic book to meeting your favourite superhero, at Crowfoot, Country Hills, Central, Quarry Park, and Village Square libraries. Family-friendly costumes are encouraged. Learn more at [calgarylibrary.ca](http://calgarylibrary.ca).

### Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult

learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at [calgarylibrary.ca/resource](http://calgarylibrary.ca/resource).

### Did You Know? Join a Book Discussion Group

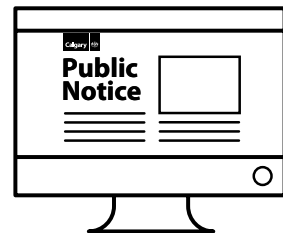
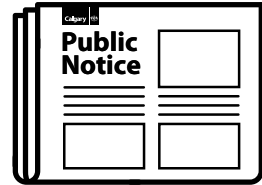
Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs).

Calgary



## Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit [Calgary.ca/publicnotices](http://Calgary.ca/publicnotices) to see detailed information on development activity in your neighbourhood.



19-00217417

# 2019 RHUBARB FEST

JUNE 1, 2019  
11AM - 5PM

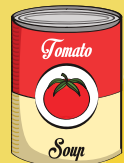


FEATURING:  
LIVE MUSIC  
CASH BBQ & MARKETPLACE  
FACE PAINTING & PETTING ZOO  
KIDS GAMES & ACTIVITIES  
VILLAGE BREWERY BEER GARDEN  
SOUTHWOOD COMMUNITY HALL AND GROUNDS  
11 SACKVILLE DR SW

**MEMBERS GET BEST PRICES!**

**CAN you help?**

Bring a food donation item upon entry.



got digital?



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on our Carefully Selected Network of Premium Sites.  
Call 403-720-0762 | sales@greatnewsmedia.ca

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Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

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South Central  
Garden Coalition  
presents...

## Garden On!

Acadia  
Cedarbrae  
CKE  
Common Ground  
Haysboro  
Southwood

**PROMOTING EDUCATION AND COMMUNITY GROWTH INSIDE AND OUTSIDE THE GARDEN**

**HERBS FOR  
GARDEN &  
KITCHEN**

Learn : herbs and their functions, what grows best in Calgary, sowing methods, caring for, harvesting and preserving  
Hands on : herb planter to take home

**May 13 2019 | Acadia Recreation Complex**  
**7-9 pm | 240 - 90th Avenue SW**

Presented by Janet Melrose  
Calgary's Cottage Gardener

\$30 All materials included  
Everyone is welcome!

Please register at **Eventbrite Garden On** so we can  
order enough supplies!

# Girl Guides BLACKFOOT DISTRICT

Spring is in the air! It's time to register for fall 2019!

**Girls returning to the same unit—registration opens April 15, 2019**

**Girls advancing (moving up) to a new unit—registration opens May 06, 2019**

**New girls wishing to join any level of Guiding—registration opens June 03, 2019**

For more registration information and to find a unit near you go to [www.girlguides.ca](http://www.girlguides.ca).

Sparks units attended Sparklefest at Camp Jubilee, did projects for Earth Day, will be potting flowers for Mother's Day and learning basic first aid. Some girls will "advance" to the next level of Guiding which means they will move up and be joining their Guiding sisters in Brownies in the fall for new friendships and challenges.

Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, made bird feeders and are prepping for camp. Some girls will be advancing to Guides and taking on new adventures in the fall.

Guide units helped green our world for Earth Day by learning about recycling and how to reduce our consumption of non-recyclable waste, attended Guide Skills at Camp Jubilee and are prepping for tent camping. One Guide unit travelled to the Bamfield Marine Sciences Centre on Vancouver Island for a fantastic learning experience during spring break! Third year Guides continue to work on their Lady Baden Powell Award, and some will be advancing to Pathfinders.

Pathfinder, Ranger & Trex units attended Alberta Girls Parliament in Edmonton, will be backpacking, yurt & tent camping, had an evening at Combat Archery and held a campfire in Fish Creek Park. Some units are busy prepping for travel this summer to Halifax and Vancouver Island.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at [any-calgaryinfo@girlguides.ca](mailto:any-calgaryinfo@girlguides.ca) or go to [www.girlguides.ca](http://www.girlguides.ca) to register for fall 2019!

Girl Greatness Starts Here





# Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors

and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

*Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.*

**THE HONOURABLE BRIGADIER** **SIR NILS OLAV**

Nils Olav is a brigadier, knight, and colonel-in-chief in the Norwegian Army's Hans Majestet Kongens Garde. In 2005, a bronze statue of Nils was erected at the Edinburgh Zoo, and he was awarded knighthood by King Harald V of Norway in 2008. He is also the mascot of his unit...because Nils Olav...is also a penguin.

## Calgary Fire Department Home Safety Program

Fire safety is an important issue for everyone.

The Calgary Fire Department recognizes the complex needs of individuals with dementia, including the increased risk of home fire hazards. During a fire, individuals with dementia may find it more difficult to escape or understand the situation.

Common dementia related fire hazards include:

- Leaving a pot on the stove unattended.
- Forgetting to turn off the oven.
- Mixing up the seconds and minutes when using a microwave.

If you are an individual with dementia or caring for an individual with dementia, the Calgary Fire Department can help reduce home fire hazards.

### Contact 311

When you **contact 311 and request a free Home Safety Visit**, Community Safety Officers will visit the residence to:

- Share important home safety information.
- Inspect smoke and carbon monoxide alarms
- Replace and install free smoke alarms and batteries, if needed.

Together, we can help create dementia friendly communities and help individuals with dementia age-in-place safely in their homes.



**Come Garden with us!**

ACCEPTING APPLICANTS FOR  
COMMUNITY GARDEN BED RENTAL  
\$20 PLUS SOUTHWOOD COMMUNITY MEMBERSHIP  
PLEASE EMAIL  
SOUTHWOODCOMMUNITYGARDENS@GMAIL.COM

# Southwood Membership Drive

## You belong in Southwood - Join the Community Association today!

We're holding our annual Community Association Membership Drive. Whether you have been a member in the past or are getting involved for the first time, joining the Community Association is a great way to get involved, stay connected, and help support some of the initiatives that make Southwood a fantastic place to live.

With the support of neighbours like you, the Southwood Community Association:

- Offers fun events like the Winter Festival and Rhubarbfest
- Manages the skating rinks and the community hall
- Is a source of information on issues affecting our community
- Promotes public engagement by hosting events like information sessions and candidate forums
- And more.

### Joining is easy

Memberships are just \$15 per household and are valid until February 29, 2020.

### • Join online at [www.southwoodconnects.ca/memberships](http://www.southwoodconnects.ca/memberships)

- Complete and return the form in this newsletter
- Community Association volunteers will be selling memberships door to door in March. Volunteers will have identification. If you have any questions or concerns, contact our membership director at [memberships@southwoodconnects.ca](mailto:memberships@southwoodconnects.ca), or call 403-698-9133.

# Buy a membership and be part of Southwood

More and More Southwood Residents Are Getting Involved!

Your Membership Helps Southwood be a vibrant and sustainable community.

## Your Community Association offers:

- Three annual events - Winter Fest, Rhubarb Fest, & the Halloween Howler
- Community representation on city development issues (Transit Oriented Development)
- Management, upkeep, maintenance of our hall, hockey rink, community gardens, labyrinth etc...
- Hall rentals (creating needed income for Southwood Community Association)
- Funding for special programs (i.e: Music in the Park)
- Applications for available grants helping to pay for our community playgrounds & green space improvements & upkeep
- Keeping residents informed through articles in the monthly community newsletter and on line at [www.Southwoodconnects.ca](http://www.Southwoodconnects.ca)
- Members receive a discount when renting the Community Hall.
- Exclusive offerings for Southwood Community Association Members at community events

Please take a moment to use one of the following payment options to purchase or renew your Membership

1. Go to [Southwoodconnects.ca/Memberships](http://Southwoodconnects.ca/Memberships) to purchase your membership online.
2. Complete the form below and drop it off or mail it to the community association with a cheque payable to Southwood Community Association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

# Southwood Community Association Membership

Valid until FEBRUARY 29, 2020

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 #: .....

Flat Rate for All \$15

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 last Thursday of each month @ 7 p.m. – 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:

May 30, 2019  
at 7 pm





CUSTOMER SATISFACTION GUARANTEED



**We specialize in all forms of landscape and Construction**

- *Decorative Concrete Curbing*
- *Custom Decks*
- *Fences*
- *Retaining Walls*
- *Irrigation*
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# BUSINESS

**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."

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**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](http://www.communitymediation.ca), 403-269-2707.



# CLASSIFIEDS

For business classified ad rates call  
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**LANDSCAPE CONSTRUCTION:** Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Sod installation, rocks, mulches, shrubs, xeriscaping. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

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**HELP WITH RECYCLING EMPTIES FOR SRI-LANKA CANDLE - AID RELIEF WORK:** One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Please contact Siri or In-dranie to donate 403-253-1993. Yes we can make a difference when we team together.

**HOUSE CLEANING SOUTHWOOD AND LOCAL COMMUNITIES:** Homemaker from nearby area looking to clean houses on a weekly, bi-weekly or monthly basis. Reasonable price, 10 years' experience and great references. Please call Sue at 403-828-2131.

# Sportball

SPORTS INSTRUCTION FOR KIDS

**REGISTER ONLINE FOR SPRING 2019!**

SOUTHWOOD CA			INDOOR	11 SACKVILLE DR SW	
DAY	TIME	AGE	PROGRAM TYPE	DATES	PRICE
MON	10:45 - 11:30 AM	1.5 - 3 YRS	PARENT & CHILD MULTI-SPORT	MAY 6 – JUN 17	\$111
MON	11:35 - 12:30 PM	3 - 5 YRS	MULTI-SPORT	MAY 6 – JUN 17	\$111

**PLEASE NOTIFY SPORTBALL & LEARNING TREE PRE-SCHOOL IF YOUR CHILD NEEDS TO BE PICKED UP/DROPPED OFF AT SCHOOL BY THE SPORTBALL COACH (COACH NEEDS TO BE ADDED AS ALTERNATIVE PICK-UP AT PRESCHOOL)**



SOUTHWOOD CA			OUTDOOR	11 SACKVILLE DR SW	
SAT	2:00 - 3:00PM	5 - 8 YRS	T-BALL & BASEBALL	MAY 25 – JUNE 22	\$93
SAT	3:00 - 4:00PM	3 - 5 YRS	T-BALL	MAY 25 – JUNE 22	\$93
SAT	4:00 - 4:45PM	2 - 3 YRS	PARENT & CHILD T-BALL	MAY 25 – JUNE 22	\$93

**EACH PARTICIPANT SHOULD BRING THEIR OWN BASEBALL GLOVE (OPTIONAL)**

**NEW TO SPORTBALL? VISIT OUR WEBSITE TO SCHEDULE A COMPLIMENTARY TRIAL CLASS BEFORE REGISTERING**

FOR MORE INFO

**VISIT [SPORTBALL.CA](http://SPORTBALL.CA)**

403-700-7994 | [CALGARYADMIN@SPORTBALL.CA](mailto:CALGARYADMIN@SPORTBALL.CA)



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**Contact me!**

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