

FEBRUARY 2023

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# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



**OUR NEXT MEETING**

**FEBRUARY 16 | 7:00 PM**

**WINTERFEST**

**FEBRUARY 18**



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FIND SOLUTION ON PAGE 10

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## CRIME STATISTICS

### Southwood Crime Activity was Down in November 2022

The Southwood community experienced 13 crimes in November 2022, in comparison to 36 crimes the previous month, and 29 crimes in November one year ago. Southwood experiences an average of 21.9 crimes per month. On an annual basis, Southwood experienced a total of 263 crimes as of November 2022, which is up 30% in comparison to 202 crimes as of November 2021. To review the full Southwood Crime report visit [swoow.mycalgary.com](http://swoow.mycalgary.com).

*How To Report Crime In Southwood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



Please allow us to  
introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**  
A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

**To discover more, please contact us!**  
email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)  
[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies, Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations*



## PRESIDENT'S MESSAGE

Winterfest is back! Join the Southwood CA on Saturday, February 18, as we gather to enjoy what winter has to offer. This will be a free event taking place at the Southwood Community Hall. Please keep an eye out for bold signs and social media advertisements for the timing. Here is what you can expect:

- Skate Shack to borrow skating equipment
- Indoor Market
- Firepits
- Variety of winter activities
- Snacks

This has always been a fun and friendly event, and we are looking forward to spending the day with you! If you have an hour to lend a hand, that would be great! Please reach out to Shayne to sign up.

Open-Door Mondays will continue throughout February (except for February 20)! These are informal gathering times where at least two members from the community association will be available to chat with you on community challenges or celebrations, collaborate on projects in and around the community, play a game of cards, or grab a coffee and enjoy some company. We don't have a set plan for what these Mondays will look like, but the CA wants to provide the community with a safe space where we can support one another. As the months go on, we may develop themes for each of the Mondays, but for now, we want to connect with you and get to know our neighbours more!

Tweens and Teens Night is back for a second month, this time taking place on February 24! These monthly gatherings will be taking place from 5:00 pm to 9:00 pm, and are open to all tweens and teens in Southwood between the ages of 10 and 18. The CA will provide snacks and activities for everyone!

If there are programs you are interested in seeing take place in Southwood, please reach out to Shayne at [programs.southwoodca@gmail.com](mailto:programs.southwoodca@gmail.com). For programming during the weekdays, we will need some volunteers to help support these, as most of our directors are working during these times.

Our Treasurer, Jeff, has decided that this will be his last term serving in this role and we are looking for a community member to join us! This position does require knowledge of QuickBooks, Google Suite, and you must be extremely organized. Jeff will be available to help transition the interested community member into this position, as there are some important details that must be followed. If you are interested in joining the board as an executive member, please contact me at [Southwood.president@gmail.com](mailto:Southwood.president@gmail.com).

I hope to see you out at Winterfest or Open-Door Mondays! We are really looking forward to reconnecting with everyone this year.

All the best,

*Becky*

**To View Additional Southwood Content**

INCLUDING

- ▀ **News and Events**
- ▀ **Real Estate Statistics**
- ▀ **Crime Statistics**
- and More...

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# SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: [SouthwoodConnects.ca](http://SouthwoodConnects.ca)

Twitter: @SouthwoodYYC Facebook: Southwood Connects

## BOARD OF DIRECTORS

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Vice President	Amanda Taffs	<a href="mailto:southwoodvp@gmail.com">southwoodvp@gmail.com</a>	
Treasurer	Jeff Burton	<a href="mailto:southwood.treasurer@gmail.com">southwood.treasurer@gmail.com</a>	
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Director of Programs	Shayne Henkelman	<a href="mailto:programs.southwoodca@gmail.com">programs.southwoodca@gmail.com</a>	
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Casino Coordinator	Paul Webber	<a href="mailto:southwoodcasino@gmail.com">southwoodcasino@gmail.com</a>	

## OTHER CONTACTS

Hall Rentals	Lola Medjedovich	<a href="mailto:hallrental@southwoodconnects.ca">hallrental@southwoodconnects.ca</a>	403-474-3845
Webmaster	Thalia McRae	<a href="mailto:webmaster@southwoodconnects.ca">webmaster@southwoodconnects.ca</a>	
Community Garden	Teresa McLaren	<a href="mailto:southwoodcommunitygardens@gmail.com">southwoodcommunitygardens@gmail.com</a>	
CPS Community Liaison	Cst. Pavel Adaikin	<a href="mailto:Pol4162@calgarypolice.ca">Pol4162@calgarypolice.ca</a>	
NPC (Neighbourhood Partnership Co-ordinator)	Jenna Findlater	<a href="mailto:Jenna.findlater@calgary.ca">Jenna.findlater@calgary.ca</a>	
Air Cadets	Andrea Chant		
Learning Tree Preschool	Meaghan Collyer	<a href="mailto:learningtreepreschool@shaw.ca">learningtreepreschool@shaw.ca</a>	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](http://www.southwoodconnects.ca) or call Lola at 403-474-3845.



## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

# 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](http://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](http://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 28, 2023

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, February 14, at 7:00 pm  
11 Sackville Drive SW  
Chateau Room



# What Can Go in Your Blue Cart?

*from the City of Calgary*

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

### Put These Items into Your Blue Cart:

#### 1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

#### 2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



#### 3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

##### 3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

##### 3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

##### 3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

#### Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.

# 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.

## 2023 Winter Session:

**Wednesday mornings from 10:30 to 11:45 am  
January 11 to March 29 (12 classes)**

\$144 for the full session | Drop-ins: \$15

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](mailto: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](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 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@southwoodconnects.ca](mailto:newsletter@southwoodconnects.ca)  
403-255-6049

**Publisher** Great News Media  
403-720-0762  
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# Your community plan is ready

## Hey Heritage Communities!

That's you Kelvin Grove, Eagle Ridge, Chinook Park, Kingsland, Haysboro, Southwood, Willow Park, Maple Ridge, Acadia, and Fairview.

The Heritage Communities Local Area Plan is ready.

Wondering what the Plan's all about?

③ The Heritage Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and investment.

③ A few of the key ideas in the plan include:

- Foster vibrant transit station areas
- Connect the Heritage Communities
- Increase housing choice
- Enhance parks, open spaces, and natural areas
- Revitalize the Macleod Trail South area

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit [calgary.ca/heritagecommunities](http://calgary.ca/heritagecommunities) to:

- ③ Review the final draft Heritage Communities Local Area Plan.
- ③ Learn how public input informed the Heritage Communities Local Area Plan.
- ③ Find out about upcoming Public Information Sessions (online and in person).



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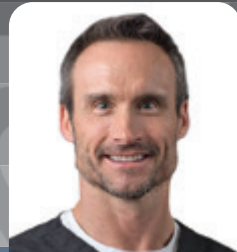


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