

JANUARY 2023

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SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

Winterfest's Back!

Volunteers Needed

Next Meeting:

January 19, 7:00 pm



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Mon - Thur 8:30 am - 4:30 pm
Fri 8:30 am - 12:00 noon



Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.



PRESIDENT'S MESSAGE

Happy New Year, Southwood!

Can you believe that we are already three full years into the 20s decade?!

The community association board and I hope you had a wonderful holiday season. We understand that this time of year can be difficult for some, and we truly wish you all the best in this coming year.

On January 9, we are starting a new program called "Open Door Mondays!" Every Monday, at least two members from the community association will be in the Pioneer Room at the hall with a hot pot of coffee (or tea), tasty treats, and open ears. We encourage those who are available from 9:00 am to 12:00 pm to join us as we talk about Southwood, develop solutions to our challenges, and invite guests to come and provide information to you. These are informal sessions, which allows us to pivot based on recommendations each week. For example: If you wanted to play a game of cribbage, we are there to play with you. Our goal for 2023 is to work with the community to make Southwood a safe place where we take pride in our spaces. The community association wants to partner with you. We appreciate that there are frustrations, and we experience them too, so we figure it's best to have more heads coming together.

We want to create safe spaces for youth in Southwood, and on Friday, January 27, we will be hosting a pizza party for all youth plus their family members if the youth are too young to be on their own. Join us from 5:00 to 9:00 pm where we will provide pizza and beverages, as well as have several games to play. We plan to host this on the last Friday of every month. Please encourage your kids, tweens, and teens to consider coming out to get to know one another.

Winterfest is coming back! We last hosted Winterfest in January 2020 and are pleased to say that it is returning this year in February. As I write this newsletter, we are in the process of finalizing the dates, but we are looking to host it either on the 11 or 18 (this is dependent on vendor availability). We need volunteers to make this a wonderful event! Over the course of the month, Shayne will be putting the plan together and assigning times to those who are interested in supporting this wonderful family event. We will be looking for people to help set up, clean up, and support in various areas during the

event. We are also looking for volunteers to support in planning. If you are interested, please reach out to Shayne or me!

We at the community association are very excited for what this year will bring. We have some amazing ideas that we can't wait to share with you. We're also really looking forward to building and strengthening our relationships with people in Southwood because we want to make this a safe community for everyone!

Our board meetings continue to take place on the third Thursday of the month. For January, it will be taking place on the 19, starting at 7:00 pm. If you do not feel comfortable coming to the meetings, consider joining us on Mondays or reaching out by email. You can contact me at Southwood.president@gmail.com (please note, this is a new email address).

Thank you and all the best,

Becky

A promotional graphic for Zumba classes. It features a dark background with a purple-to-black gradient. In the upper left, the word "ZUMBA" is written in a large, white, stylized font. Below it, the phrase "LIKE A NIGHT OUT BUT A WORKOUT" is displayed in bold, white, sans-serif capital letters. Further down, the text "Dance with Us at Zumba® Class" is written in a white, slightly curved font. Below that, the schedule "Thursdays at 5:30pm and Saturdays at 9am" is listed in the same white, curved font. At the bottom, the text "Southwood Community Association" and "\$5 first drop in" are written in white, with the latter being slightly larger and more prominent. The background of the graphic shows a blurred image of people dancing and exercising.



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	Becky Poschmann	president@southwoodconnects.ca	403-629-3292
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Director at Large	Lee Werth		
Social Media Committee	Teresa McLaren		
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	

OTHER CONTACTS

Hall Rentals	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Community Garden	Teresa McLaren	southwoodcommunitygardens@gmail.com	
CPS Community Liaison	Cst. Pavel Adaikin	Pol4162@calgarypolice.ca	
NPC (Neighbourhood Partnership Co-ordinator)	Jenna Findlater	Jenna.findlater@calgary.ca	
Air Cadets	Andrea Chant		
Learning Tree Preschool	Meaghan Collyer	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.

To View Additional Southwood Content

INCLUDING

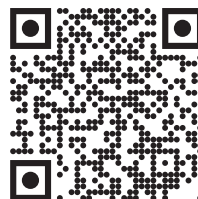
► **News and Events**

► **Real Estate Statistics**

► **Crime Statistics**

and More...

SCAN HERE



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
- 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 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, January 19 at 7:00 pm
11 Sackville Drive SW
Chateau Room



Winter Cart Placement Tips

from 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 quality 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.



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@southwoodconnects.ca 403-255-6049
Publisher	Great News Media 403-720-0762 www.greatnewsmedia.ca
Distribution	Canada Post and Cadets



New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

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 or 403-710-5126 (texts welcome).

YOUR CITY OF CALGARY

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



BUSINESS CLASSIFIEDS

For business classified ad rates call 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."

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JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwhants. 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.

PHYSIOTHERAPY SERVICES IN SOUTHWOOD: Damian Gilbert at Southwood Corner Shopping Centre. 20 years of experience. Extended health benefits with direct billing, motor vehicle accidents, WCB. Senior rate available. 403-253-9444. www.rehabsolutionsphysio.com.

WORK TO EARN EXTRA MONEY: We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$18 per hour to start. Call 403-225-3441.

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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, 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.

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FEDERATION OF
CALGARY COMMUNITIES

Protect Yourself from Identity Theft

A message from the Federation of Calgary Communities

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN, or your phone number.
- Minimize the identification, personal information, and number of cards you carry.
- Do not give personal information on the phone, through the mail, or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements, and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave them in a secure place.
- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).
16032-CalgaryScamsBooklet. In CalgaryScamsBooklet
1F LowRes.

YOUR CITY OF CALGARY

Snow and Ice Road Conditions: Online Map Shows Calgary's Road Conditions

from the City of Calgary

Winter is in full force, which means a potential for snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. This map is located at <https://maps.calgary.ca/RoadConditions/>.



Legend

Plow/Sander



Snow Clearing Progress Roads

- Priority 1 routes - completed
- Priority 2 routes - completed
- Plowed, sanded/salted in the last hour
- Plowed, sanded/salted in the last 2 hours
- Plowed, sanded/salted over 2 hours ago

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!

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BEFORE



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BEFORE



AFTER



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CRIME STATISTICS



Southwood Crime Activity was Up in October 2022

The Southwood community experienced 34 crimes in October 2022, in comparison to 19 crimes the previous month, and 19 crimes in October one year ago. Southwood experiences an average of 22.8 crimes per month. On an annual basis, Southwood experienced a total of 273 crimes as of October 2022, which is up 47% in comparison to 186 crimes as of October 2021. To review the full Southwood Crime report visit swoo.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, or text ttTIPS to 274637.

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