

APRIL 2023

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

MEETING

APRIL 20

**COMMUNITY
CLEANUP**

APRIL 30

AGM

JUNE 8



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YOUR CITY OF CALGARY

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

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April 23
2:00-3:30PM
Flames Community Arena

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PRESIDENT'S MESSAGE

Spring has sprung (I seem to say this for every April newsletter)! It's wonderful to fully be in a new season!

I wanted to send a huge thank-you to all our wonderful volunteers who helped during Winterfest! Thank you, Dorothy, Craig, Yan, Sara, Mary, Quinn, Denise, Paul, James, Lily, Kelianne and stepson (I'm so sorry, I forgot his name), Natalie, and Michael. Without your support, we could not have pulled this event off! It truly warms my heart that we have wonderful people in Southwood who are willing and able to help make these events a success. There are not enough words and I look forward to reconnecting with everyone at our next event.

On Thursday, April 13 from 7:00 to 8:30 pm, the City of Calgary will be hosting an Opiate Awareness and Naloxone Training session. This session will be facilitated by David Fraser. What you can expect to learn:

- The reality of living with substance use issues and homelessness
- The history of opiates and the illicit drug market
- What to do when encountering folks who might be actively using
- The emergence of drugs like fentanyl
- The importance of harm reduction and various harm reduction supplies used and how to safely dispose of them

The presentation is from the perspective of someone who has experienced homelessness and substance abuse. For further information and to register, please contact Binu Sebastian at Binu.Sebastian@calgary.ca.

The Southwood Community Cleanup is back! This year, we will be hosting the event at the community hall (11 Sackville Dr SW). It will be taking place on Sunday, April 30 from 9:00 am to 2:00 pm. We will be posting information on the CA website (www.southwoodconnects.ca) to list the rules and other vendors that may be there. Please stay tuned as we finalize everything. If you are interested in volunteering, please connect with Becky at southwood.president@gmail.com.

Youth Nights continue to be a great success! If you have a child aged 10 to 18, they can join us on the last Friday of the month from 5:00 to 9:00 pm at the community hall. Some highlights from the last couple include fun

with games and pizza, snacks, and iced tea! Youth Night this month will be on Friday the 28!

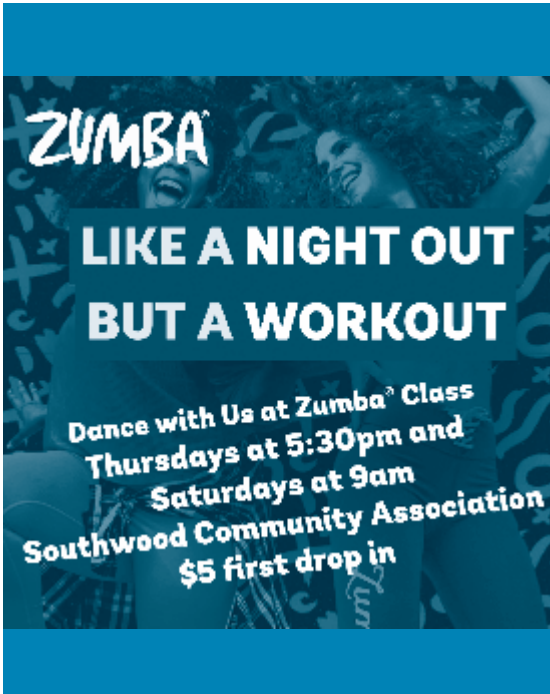
Our AGM is Thursday, June 8 from 7:00 to 8:00 pm. This is your opportunity to join the board, get a look at our financials, and hear about our successes and challenges. This year, we are looking for a treasurer. If you are interested in joining the board but find that there isn't a position that speaks to you, please join us and we can certainly work around your interests! Do connect with Becky if you have any questions.

Our board meeting this month will take place on Thursday, April 20 from 7:00 to 9:00 pm. If you have any concerns or are interested in learning about what we do, please join us. We will be meeting in the Pioneer Room at the community hall.

I wish you and your families a wonderful Easter or whatever you may celebrate on that long weekend.

All the best,

Becky Poschmann

A promotional graphic for Zumba classes. It features a blue background with a faint image of a woman dancing. The text is white and bold. At the top, it says 'ZUMBA'. Below that, in large letters, is 'LIKE A NIGHT OUT BUT A WORKOUT'. At the bottom, it says 'Dance with Us at Zumba® Class Thursdays at 5:30pm and Saturdays at 9am Southwood Community Association \$5 first drop in'.



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

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Director at Large	Lee Werth	leenexywerth@gmail.com	
Social Media Committee	Teresa McLaren		
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	

OTHER CONTACTS

Hall Rentals	Lola Medjedovich	southwoodhallrental@gmail.com	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	sscchair52rcac@gmail.com	403-461-5195
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.

St. Stephen Playground

We are writing to inform the community of Southwood that the St. Stephen School playground has reached the end of its lifespan, and we expect its removal as early as this coming June 2023.

St. Stephen is an Elementary Junior High (K to 9) school serving 385 students from Southwood, Legacy, Canyon Meadows, and Woodbine/Woodlands. St. Stephen playground not only benefits the student population



but is a crucial play structure and gathering space for the children and caregivers of the surrounding Southwood community.

We have been working with BDI to develop an inclusive playground design that will be the first accessible playground in Southwood with rubber surfacing. Our target installation date is Summer 2024.

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 & 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

OUR NEXT MEETING:

Thursday, Apr 20, at 7:00 pm
11 Sackville Drive SW
Chateau Room





How to Meet Your Neighbours

A message from the Federation of Calgary Communities

Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.
2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!
3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My

Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.

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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.

Spring Session:

Wednesday mornings from 10:30 to 11:45 am

April 5 to June 14 (11 classes)

\$132 for members | \$152 for non-members

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).



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 Editor Barb Short
newsletter.southwood@gmail.com
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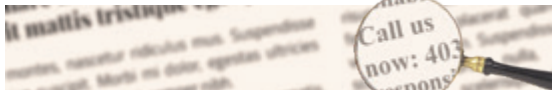
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YOUR CITY OF CALGARY

Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.



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This banner features two women, Dorothy Rice and Rena St. Clair, against a red and white background with a blue swoosh. Dorothy Rice is on the left, wearing a grey blazer, with her contact information and a QR code. Rena St. Clair is on the right, wearing a beige top and a necklace, with her contact information and a QR code. Logos for RE/MAX First and Axiom Mortgage Solutions are also present.

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