

NOVEMBER 2023

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



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JANUARY 7, 2024

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**Design subject to change.*

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Help give kids a **ladder up on literacy** and build the new home for the Engine 23 fire truck at Fish Creek Library, *brick-by-brick.*



For \$123 you can put your name on a brick!

All proceeds support the Calgary Public Library and are 100% tax receiptable.



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SOUTHWOOD COMMUNITY ASSOCIATION

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Twitter: @SouthwoodYYC Facebook: Southwood Connects

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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.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Cats, Canines, & Critters of Calgary



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FEDERATION OF
CALGARY COMMUNITIES

November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.



Southwood Real Estate Update

Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$ 355,000	\$ 370,000
August 2023	\$ 305,000	\$ 345,000
July 2023	\$ 559,000	\$ 570,000
June 2023	\$ 284,900	\$ 299,100
May 2023	\$ 312,450	\$ 324,500
April 2023	\$ 349,650	\$ 354,500
March 2023	\$ 439,000	\$ 450,000
February 2023	\$ 525,000	\$ 525,000
January 2023	\$ 639,900	\$ 636,000
December 2022	\$ 469,999	\$ 453,000
November 2022	\$ 482,400	\$ 467,250
October 2022	\$ 265,000	\$ 252,750

Last 12 Months Southwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	9	17
August 2023	17	19
July 2023	18	13
June 2023	20	12
May 2023	17	16
April 2023	9	8
March 2023	7	11
February 2023	6	3
January 2023	6	5
December 2022	3	7
November 2022	7	10
October 2022	10	6

To view more detailed information that comprise the above
MLS averages please visit southwood.mycalgary.com

ZUMBA

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in and around your community.

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



Winter is coming!

by City of Calgary

Winter can be a time for family fun, but there are several risks associated with the changing weather. Knowing the risks ahead of time will help keep you and your family safe this winter.

Winter storms increase the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. They can last a few hours or several days, knocking out heat, power, and communication services. These storms can also place seniors, young children, and sick individuals at greater risk.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the discussion and use it to talk about emergencies, how you will communicate with each other about your whereabouts and how to evacuate the house if needed.
- Winterize your home.
- Pay attention to weather reports and warnings from Environment Canada. Sign up for *Alert Ready* for notifications.
- Gather supplies in case you need to stay home during a power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure you always keep your gas tank full!

For more information on how to prepare for other emergencies? Visit calgary.ca/getready to learn more.

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Long-Term Inner City Resident






The Sun: Our Friend and Sometimes Foe

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

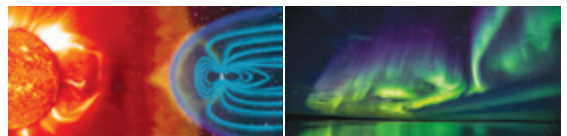
On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.





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

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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.

Fall Session 2023:

Wednesday mornings from 10:30 to 11:45 am

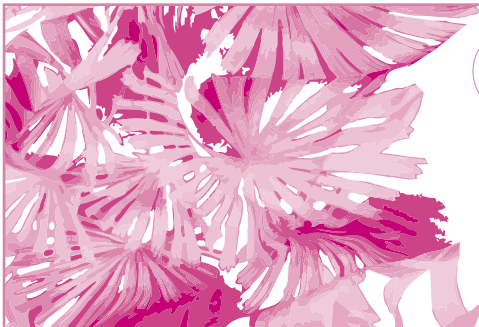
September 13 to December 13

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).



Google Images

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!



Fall is here,
 and the end
 of the year is
 right around
 the corner!

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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 Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?
Namaste.



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The program is offered by request. Only about 2% of households use this service.



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22-0024302 ADV-23056

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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.

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WILL BE DIAGNOSED
WITH PROSTATE CANCER



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AND DONATE LOCAL TODAY



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