

SEPTEMBER 2023

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Fri 8:30 am - 12:00 noon

## PRESIDENT'S MESSAGE

Hi Southwood,

I hope that summer is going great for everyone!

On June 8, we held our Annual General Meeting and had one of the best turnouts in recent years! Thank you to everyone who joined us that evening to review the past year and discuss what we can work to achieve in 2023/2024. I would also like to welcome several new residents to the board of directors. Thank you again for dedicating your time to this organization. I believe we can become a great community when we work together.

### Here is the list of the new board members:

President	Andrej
Vice-President	Emma
Secretary	Joce
Treasurer	Vacant
Past-President	Becky
Director of Development and Traffic	Max
Director of Communication	Claire
Director of Programming	Emma
Director of Membership	Barb
Director of Newsletter	Barb
Director of Facility and Ice Rink	Amanda
Directors-at-Large	Lee, Shayne, Susan, and Jim
Seniors' Committee	Frank

In total, we have 12 people on the board and are strengthening our committees!

Our first board meeting after summer break will be Thursday, September 21 starting at 7:00 pm. This will be the first time our new president, Andrej, runs the show! We will be meeting in the Pioneer Room at the community hall (11 Sackville Dr SW).

As you will see, I have moved into the past-president role. It was a difficult decision for me to make this year. Next year, I will celebrate my eighth year serving on the board and I thought it was time to step back and let a new generation come in. I have truly appreciated being able to serve as the director of development and most recently as president. Volunteering for the CA has provided me with amazing opportunities that have supported my growth in my professional life.

Thank you Southwood and I look forward to supporting this new board!

*Becky Poschmann*

Past-President

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SCAN THE QR CODE  
FOR THE SOLUTION

## St Stephen School Update

Welcome back to a new school year. We hope that you had a wonderful, memorable summer.

This year, St Stephen School Council will be busy working towards the installation of a new accessible school playground planned for the summer of 2025.

We will be getting right to business with our first School Council meeting on Tuesday, September 12 at 6:30 pm. We will meet on the second Tuesday of the month thereafter.

Our first major school event will be a Latin-themed dance on Friday, October 27. If you have students at the school, we hope to see you out at a meeting or event. Please be in touch if you have any questions or ideas.

*Teresa McLaren*

St Stephen School Council Chair



## 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.

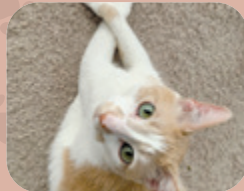
For new students, a 4-class pass (\$44), is available to see if the class is a good fit.

For more information and to register, contact June Kwak: [june@regroovenating.com](mailto:june@regroovenating.com) or 403-710-5126 (texts welcome).

## Cats, Canines, & Critters of Calgary



Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# 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	Andrej Brajic	southwood.president@gmail.com	403-999-7379
Vice President	Emma McCaul	southwoodvp@gmail.com	
Treasurer	Jeff Burton	southwood.treasurer@gmail.com	
Secretary	Joce Henkleman	southwoodsecretary@gmail.com	
Director of Memberships	Barb Short	membership.southwood@gmail.com	
Director of Development and Traffic	Max Webber	southwood.development@gmail.com	
Director of Facility and Rink	Amanda Tafts	directoroffacility.sca@gmail.com	
Director of Programs	Emma McCaul	programs.southwoodca@gmail.com	
Director of Newsletter	Barb Short	newsletter.southwood@gmail.com	
Director of Communications	Claire Prokopenko		
Director at Large	Shayne Henkleman		
Director at Large	Lee Werth	leenexywerth@gmail.com	
Director at Large	Susan Sobey-Fawcett		
Director at Large	Jim Cunningham		

## OTHER CONTACTS

Social Media Committee	Vacant		
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	
Hall Rentals	Lola Medjedovich	southwoodhallrental@gmail.com	403-474-3845
Webmaster	Thalia McRae	webmaster@southwoodconnects.ca	
Community Garden	Teresa McLaren		
CPS Community Liaison	Cst. Pavel Adaikin	pol4162@calgarypolice.ca	403-461-5195
Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	403-479-4952
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
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](http://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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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.

# 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](http://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](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 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

## OUR NEXT MEETING:

Thursday, September 21, at 7:00 pm  
11 Sackville Drive SW  
Chateau Room



### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



### Celebrate Calgary Culture Days

*from the City of Calgary*

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,



experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on [calgary.ca/culturedays](http://calgary.ca/culturedays).



### Navigating Safely Around Schools

*from the City of Calgary*

With the excitement of return-to-school comes many distractions – distractions that can be dangerous for both drivers and children.

This September, The City wants to remind and encourage anyone who is driving kids to school to operate their vehicles safely and responsibly. We ask parents and guardians not to park where it's prohibited during drop-off and pick-up times, such as blocking crosswalks, laneways, and private driveways.

We know that pick-up and drop-off times can get quite busy. We ask you to give yourself extra time to navigate safely around schools, whether you are walking, wheeling, or driving.

For those who drive, you can help alleviate congestion by parking a block or two away and walking in, wherever possible. Please talk to your kids about safe practices like using crosswalks with patrols, and not jaywalking across the roadways as a shortcut.

Learn more by visiting [calgary.ca/BeSafe](http://calgary.ca/BeSafe) and let's all have a safe school year!





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.



**Back-to-School Safety Tips**

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

**Safety Tips for Your Child:**

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents’ work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger’s vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

**The Stranger Rules**

Familiarize your child with “the stranger rules.” These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It’s a good idea to implement a difficult to guess, but easy to remember, “code word” that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).

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<b>Distribution</b>	Canada Post and Cadets

**Joke of the Month**

**Why did the scarecrow win an award?**  
Because she was outstanding in her field.

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**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

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