

DECEMBER 2024

DELIVERED MONTHLY TO 3,445 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



CHECK OUT SOUTHWOOD EVENTS FOR DECEMBER!
PAGE 5



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Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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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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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.

DECEMBER *EVENTS*

MONDAY DEC 2 9:30 AM	<i>Monday Morning Muffins</i>	Drop by for Muffins, Coffee and Tea <i>Southwood Community Hall, Pioneer Room</i>	
FRIDAY DEC 13 3 PM	<i>Community Craft</i>	Seasonal Craft <i>Southwood Community Hall, Pioneer Room</i>	
MONDAY DEC 16 9:30 AM	<i>Monday Morning Muffins</i>	Drop by for Muffins, Coffee and Tea <i>Southwood Community Hall, Pioneer Room</i>	
DECEMBER TBA	<i>Winter Walk</i>	Community Asset Mapping Walk <i>Meeting place TBA</i>	

Teresa McLaren
Southwood Community Connector
403-818-1849



teresa.mclaren@calgary.ca
www.southwoodcc.ca



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 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 act as 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 we move and to practice sensing and responding to our bodies with kindness. We will explore movements that resource our fascial matrix to resource ourselves.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

A squishy apple sized ball may be used in some classes as well as a Pilates stability ball (approximately 8 to 12 inches in diameter). Please bring your own if you have one. Extras are available to borrow.

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.

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

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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 online 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 29, 2025

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



Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

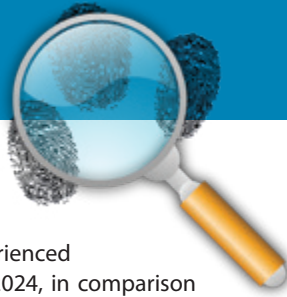
- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

CRIME STATISTICS

Southwood Crime Activity was Up in September 2024

Southwood Calgary experienced 12 crimes in September 2024, in comparison to 7 crimes the previous month, and 23 crimes in September one year ago. The Southwood community has an average of 11.5 crimes per month. On an annual basis, Southwood had a total of 138 crimes as of September 2024, which is down 49% in comparison to 273 crimes as of September 2023. 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 tttTIPS to 274637.



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Get involved - come to our next board meeting!

Thursday, December 19
7 to 9 p.m.

Southwood Community Hall
11 Sackville Drive SW
Pioneer Room

The Art of Finding Work - You Can Minimize the Odds of Being Ghosted

by Nick Kossovian



When job seekers complain about being ghosted—a form of silent rejection where candidates hear nothing after submitting an application or having been interviewed—I wonder if they're unaware of the changes in social norms and mannerisms. Do they not know that social norms and the workplace are intertwined? Since the advent of social media, manners, courtesy, and empathy have significantly diminished.

If there's one thing job seekers can be certain about, it is that they'll be ghosted multiple times throughout their job search. It wouldn't be a stretch to say ghosting candidates has become a norm. It's worth pointing out that companies don't ghost candidates, the company's employees ghost candidates. When the recruiter or hiring manager is of a generation that finds ghosting an acceptable way to terminate a relationship, romantic or otherwise, it shouldn't come as a surprise when they ghost candidates.

Bad News: You can't change or control other people's behaviour.

Good News: You can take proactive steps to minimize—as with all human interactions, there are no guarantees—the chances of being ghosted.

Build a Strong Relationship. Focus on Being Likeable.

Understandably, hiring managers—recruiters less so since they won't be working with the candidate—look to hire candidates they can envision getting along with; hence, most job seekers would significantly boost their chance of job search success by focusing more on being likeable.

By likeable, I mean being pleasant, respectful, and expressing genuine interest in the company and the role. I've yet to meet a hiring manager who hires candidates they don't like. As I've mentioned in previous columns, likeability supersedes your skills and experience. Most job seekers don't focus enough on being likeable.

The stronger the relationship you establish with the recruiter or hiring manager, the more likely they won't ghost you. From your first interaction, focus on creating a rapport beyond just transactional communication.

Personalizing your correspondence can make a significant difference. Use the hiring manager's name instead of a generic 'To Whom It May Concern.' Find commonalities such as place of birth, hobbies, schools attended, associations you belong to, favourite restaurants, and people you know.

Avoid Appearing Confrontational

Anyone reading this can relate to the number one reason why people ghost: to avoid confrontation. Today, many people feel entitled, resulting in job seekers being frustrated and angry. You only need to scroll through LinkedIn posts and comments to see that bashing employers has become an unproductive trend. Hence, it's likely that a candidate will become confrontational if told they don't get the job.

Smile throughout your interview! Avoid appearing desperate! My best interviews have been those in which I was nonchalant; I was indifferent to whether or not I got the job. In addition to being a turn-off, showing signs of desperation will raise questions about how you'll react if told you aren't hired.

Lastly, tell your interviewer how much you enjoyed talking with them and that you look forward to hearing back.

"I really enjoyed our conversation, Khloe. Thank you for taking the time to meet with me. I look forward to hearing your hiring decision."

"Either way, please call or email me to let me know about my application status."

You're more likely to receive a response by asking explicitly for communication.

Earn Your Interviewer's Respect

People tend not to ghost someone they respect.

Respect must be earned, starting with one of life's golden rules: Treat others how you want to be treated. In other words, give respect to get respect.

Throughout your job search, be professional and courteous. Respond promptly to emails and calls and thank people for their time. Approaching recruiters and hiring managers politely and professionally improves your chances of being treated similarly.

Ask For Advice, Not Feedback

Asking for advice encourages communication. As your interviewer is wrapping up the interview, mention that you'd welcome their advice. "Given your extensive background in project management, any advice you may have for me wanting to advance my career would be greatly appreciated."

Why ask for advice and not feedback? The first problem with asking for feedback is it puts the other person on the spot. The second problem is feedback can lead to disagreement, hurt feelings, or defensiveness, a common reaction resulting in confrontation. On the other hand, asking for advice is asking for guidance and suggestions to achieve a better result. Essentially, you're acknowledging the other person's experience and massaging their ego. Do you know anyone who doesn't like being asked for advice?

Send a Thank You Note

Sending a thank you note expressing appreciation for the interview and the insights you gained reinforces your interest and keeps the lines of communication open. Conclude with a forward-looking statement, encouraging the recipient to respond.

"I look forward to hearing from you regarding the next steps."

"I look forward to staying in touch."

Job searching aside, direct, open, and honest communication—say what you mean, mean what you say—which I highly value, has become rare, which explains the prevalence of ghosting. When you're ghosted, assume the company isn't enthusiastic about hiring you. Silence may be golden in some things, but ghosting is not one of them.



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Hello Calgary-Acadia,

We hope you enjoyed the beautiful fall and the mature trees in Calgary-Acadia as much as we did! There was an incredible show of colours. As the year wraps up and the winter returns, our office has been reflecting on the changes, challenges, and successes of 2024.

We love being in the community and experiencing the dedication and passion of the people in Calgary-Acadia. The Youth Singers of Calgary have created a beautiful, collaborative mural that captures the spirit of their organization and was painted by over 100 volunteers. Community Associations were busy this fall creating fun community gatherings, organizing winter markets, and providing programming for all ages. We participated in local business openings and got to meet folks who embrace the opportunities in Calgary-Acadia. We have many quality pharmacies in the constituency that provide services, including administering flu and COVID-19 vaccines to keep you and your loved ones safe.

Our office was busy this fall responding to many emails and phone calls from constituents. We handled over 400 constituent concerns in the last three months. Close to half of these were about the state of healthcare in our province. Folks are afraid they will not have access to the help they need when they need it and, as they were a year ago, they are still having trouble accessing a family doctor. The housing crisis continues to affect our constituents as they struggle to pay skyrocketing rents. We appreciate hearing from you and will continue providing the best care while amplifying your concerns.

I returned to the Legislature at the end of October. As the Shadow Minister of Children and Family Services, I will bring solutions forward and advocate for just, equitable, and compassionate care for all Albertan children.

Wishing you and your loved ones a happy and healthy new year.

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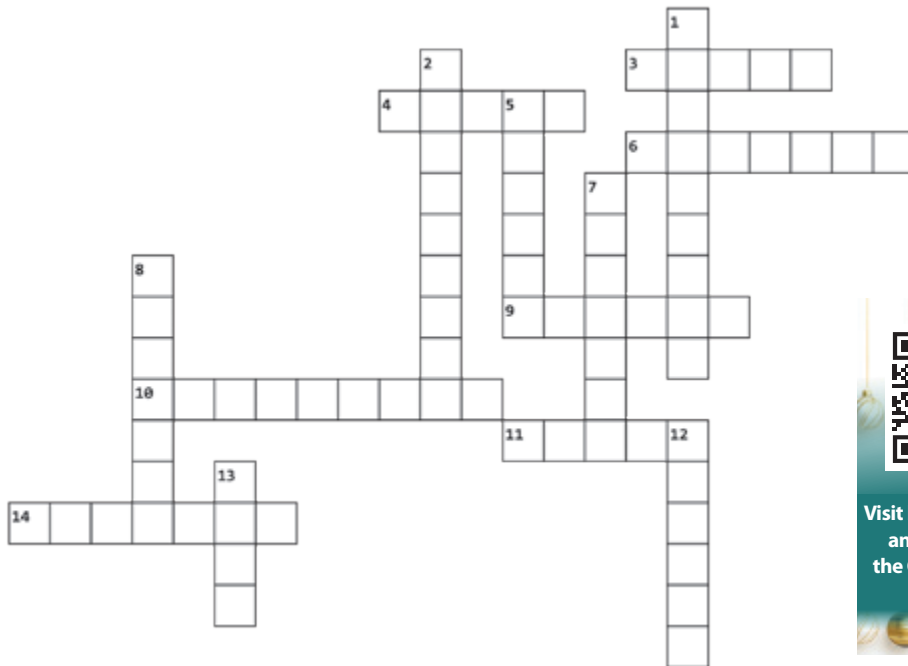
Pedro, Sandstone Valley



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December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.






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GAMES & PUZZLES

Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



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