

FEBRUARY 2024

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# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**SEED AND SUPPLY  
SWAP!**

**FEBRUARY 24**

**SEE PAGE 5**



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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.



# 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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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



**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.

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# SOUTHWOOD SEED & SUPPLY SWAP

- ✦ STOCK UP FOR THE SEASON
- ✦ FREE UP SOME STORAGE SPACE
- ✦ GET, GIVE, & TRADE SEEDS & SUPPLIES
- ✦ GET STARTED GARDENING
- ✦ LEARN ABOUT & SIGN UP FOR THE SOUTHWOOD COMMUNITY GARDEN

Have extra seeds to trade or give? Are those plant pots from last year taking up precious storage space? Or maybe, you're looking for a low barrier, eco-friendly way to get started gardening.

Get seeds, plant containers, and more at the swap, plus: sign up for a spot at Southwood's community garden!

Don't have anything to swap with? No problem. To access swap goods, bring a donation of a non perishable food item. Donations are in support of local food resources.

## HOW IT WORKS

Drop your seeds and supplies off up to two weeks before the event, or bring them with you! Contact to arrange drop off (contact info on the Seed Swap webpage below).

If you want to donate any unclaimed items, let us know and we'll add your items to a donation stash for the Highfield Regenerative Farm.

If you'd like any unclaimed items back, they'll be tagged and held for pickup at the end of the event. Items not picked up by the end of tear-down (by 3:30 to 4:00 p.m.) will be donated.

Proudly  
presented by:



<https://www.southwoodconnects.ca/2024seedswap>

Scan to visit  
event site:



**FEB 24**  
**1 - 3 P.M.**  
11 SACKVILLE  
DRIVE SW

## WHAT TO BRING:

- ✦ plant pots
- ✦ plant trays
- ✦ garden tools
- ✦ seeds & bulbs
- ✦ bagged soil
- ✦ garden accessories (ties, stakes, etc)



## 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](http://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](mailto:newsletter.southwood@gmail.com)

**Publisher** Great News Media

403-720-0762  
[www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

**Distribution** Canada Post and Cadets

## 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.

Wednesday mornings from 10:30 to 11:45 am

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).



# ZUMBA

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**403-630-5756**

# 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



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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](http://www.communitymediation.ca), 403-269-2707.

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## Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!





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## SOUTHWOOD COMMUNITY CONNECTORS

### OUR VISION

A safe, inclusive, and welcoming community where residents are connected to each other, and to the resources and supports they need

### WHAT WE DO

- Connect Southwood residents with neighbours, resources, and supports
- Assist in the development of beneficial programs and projects
- Amplify community voices and concerns to explore effective solutions

### WHO WE ARE

Driven by passion and commitment, we are Southwood residents, working in partnership with the City of Calgary, to build stronger community connections

Website: [www.southwoodcc.ca](http://www.southwoodcc.ca)

Email: [southwoodcc1@gmail.com](mailto:southwoodcc1@gmail.com)

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