

MARCH 2024

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# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

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ABOUT MEMBER ONLY  
EVENTS  
PAGE 3**



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## Join us for our board meeting!

Thursday, March 21  
7 to 9 p.m.

Southwood Community Hall  
11 Sackville Drive SW  
Pioneer Room

## Get updates about community and special member events

Sign up for a Southwood Community  
Association membership today!

[www.southwoodconnects.ca](http://www.southwoodconnects.ca)

## Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26  
**Purple  
Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)



Share your purple moments using  
**#postyourpurple**





# 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	
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Director of Development and Traffic	Max Webber	southwood.development@gmail.com	
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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
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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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## St. Stephen School Playground Update

The playground at St. Stephen school was constructed in the late 1990s and has now reached the end of its life cycle. A playground committee of volunteer parents was created in 2022 to drive this important initiative. Fundraising has been ongoing over this time period with a myriad of events and incredible volunteerism from our community. The facility will be developed to ensure accessibility. This is incredibly important as there are no playgrounds in the area that have been developed in such a manner.

We are thrilled to announce that in November 2023, St. Stephen School, in partnership with the Calgary Catholic Education Foundation (CCEF), found out it has secured \$50,000 for our playground through the Blue Cross Build Together grant.

We are well on our way to raising \$125,000 this year through grants that we are actively applying for and the generosity of our community. Once we have reached this objective, we will be able to apply for the Alberta Community Facility Enhancement Program (CFEP) matching grant. With this matching grant secured we have the 2024/25 school year to raise any additional funds needed to build the new playground in the summer of 2025.



## YOUR CITY OF CALGARY

### Winter Cart Placement Tips

by The City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.



Learn more at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).





## Southwood Seniors Lunch

**FREE EVENT**

**Tuesday, March 12**  
**12 to 2 p.m.**

**Southwood Community Hall**  
**11 Sackville Drive SW**  
**Pioneer Room**

## Hunting for Luck



Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



## 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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Southwood Community Centre  
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# 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



## Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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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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Southwood Community Association's

# YOUTH NIGHT

F R I E N D S

Ages 10 - 18

LAST FRIDAY OF EVERY MONTH

11 Sackville Drive SW

PIZZA, GAMES AND NEW FRIENDS!

## 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)

Find us on Facebook:  
Southwood Community Connectors





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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.