

MAY 2024

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**SOUTHWOOD  
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MAY 26!  
DETAILS ON PAGE 5**



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Thursday:	8AM - 3PM
Friday:	8AM - 3PM
Saturday:	8AM - 2PM

Southwood Community Association's

# YOUTH NIGHT

F R I E N D S

Ages 10 - 18

LAST FRIDAY OF EVERY MONTH

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PIZZA, GAMES AND NEW FRIENDS!

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# 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 at Large	Jim Cunningham		

## OTHER CONTACTS

Social Media Committee	Vacant		
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Webmaster	Claire Prokopenko	webmaster@southwoodconnects.ca	
Community Garden	Teresa McLaren		
CPS Community Liaison	Cst. Pavel Adaikin	pol4162@calgarypolice.ca	403-461-5195
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Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool		learningtreepreschool@shaw.ca	403-479-4952
Community Engagement Coordinator	Carolina Villasenor	partnerships.southwood@gmail.com	

## 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.

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.

Want to be on the invite list for member-only events?



Sign up for a Southwood Community Association membership today!

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

Join us for our board meeting!

Thursday, May 16  
7 to 9 p.m.

Southwood Community Hall  
11 Sackville Drive SW  
Pioneer Room

11 SACKVILLE DR SW



**Plant Sale**  
SUNDAY MAY 26  
2 - 4 PM

[www.kilbco.com](http://www.kilbco.com)

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Want to see your pet on the cover of Southwood Connects?



Send us your pet's picture at [pets@southwoodconnects.ca](mailto:pets@southwoodconnects.ca) for the chance to have them featured in a future issue!



Include your address & full name & your pet's:

- Name
- Age
- High quality photo
- And a short bio



## 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 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.

### Spring Session 2024:

- Wednesday mornings at 10:30 to 11:45 am
- April 3 to June 19 (eleven classes) \$132 (There will be one week off)
- Drop-ins: \$15. Drop-ins can be arranged if space permits. Please reserve your class at least a day in advance.
- For new students, a four-class pass (\$48), is available to see if the class is a good fit.

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

**ZUMBA**

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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, 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



## Our Heart-shaped Garden

Lutheran Church of the Cross (10620 Elbow Dr. SW)

Saturday, June 1, 9:00 am

We invite you to join us as we plant our Remembering Garden.

Fifteen years ago, we created the heart-shaped garden on the NW corner of our church property to honour the life of Brittney McInnes.

In the years since, we have dedicated the garden to the memory of all women who have lost their lives through violence, especially our Indigenous sisters.

We chose pink and purple petunias because purple was Brittney's favourite colour. We invite you to bring a petunia to plant, or to simply come and join us in this ceremony. All are welcome. Come just as you are.



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## Volunteer with the Southwood Community Association!

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- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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*Some restrictions may apply. Reg: \$12,679*

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- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
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