

OCTOBER 2024

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



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Friday, October 4, 6pm

Lutheran Church of the Cross  
Fellowship Hall  
10620 Elbow Drive SW

All are welcome  
Those under 16 must be accompanied by an adult  
Popcorn and refreshments will be provided  
This is a free community event but please  
register by October 3rd

FREE

Family  
**MOVIE  
NIGHT**

For more information and  
to register contact Teresa  
teresa.mclaren@calgary.ca  
or 403-818-1849

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# SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Drive SW, Calgary, Alberta, T2W 0W3

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

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Southwood Community Gardens		southwoodcommunitygardens@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



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# Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



**Get involved - come to our next board meeting!**

**Thursday, October 17**  
**7 to 9 p.m.**

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



## 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.

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

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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
- 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](http://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](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



# Cats, Canines, & Critters of Calgary



Buck, Montgomery



Dry Bones, McKenzie Lake



Harper Lee, Beddington



Hemi, Shawnessy



Jasper, Mahogany



Josie, Springbank Hill



Leo, Panorama Hills



Percy, Evanston

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

## CRIME STATISTICS



### Southwood Crime Activity was Up in July 2024

The Southwood community experienced 12 crimes in July 2024, in comparison to 3 crimes the previous month, and 22 crimes in July one year ago. Southwood experiences an average of 12.9 crimes per month. On an annual basis, Southwood experienced a total of 155 crimes as of July 2024, which is down 44% in comparison to 278 crimes as of July 2023. To review the full Southwood Crime report visit [swoo.mycalgary.com](http://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](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



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## Haunted Calgary

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

During Halloween, the past comes alive owing to its connection to Samhain, the Gaelic festival at harvest's end, and then later to vigils held to mark Christian saints and martyrs. Halloween also serves to remind us of Calgary's fiendish and ghoulish side.

Dean House was built in 1906 as the home of Fort Calgary superintendent Captain Richard Deane. It became a rooming house during the Great Depression and was a crime scene in 1971 after a murder-suicide. Ghostly figures, a man with a smoking pipe, other times an Indigenous man, have been reported. There's also a bloodstain that changes shape, and a closet that refuses to stay locked (though none of this stopped my sister from getting married on its grounds).

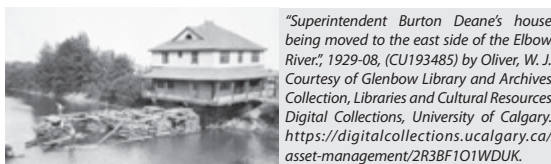
At Heritage Park, Prince House is the 1894 mansion of the owner of Eau Claire sawmill (located on Prince's Island and closed in 1945). His story has an unfortunate side, with Prince's first three wives all dying prematurely from diseases within a decade. No wonder staff and visitors have reported apparitions of women standing at the windows. They're friendly, so say hello next time you visit.

There are plenty of pubs with haunted histories too. The former Rose and Crown was originally Davidson House, built around 1906. It was expanded in 1935 in the Tudor Revival style as a memorial chapel, the first of its kind in Calgary. An apparition of a little boy known to have died there reportedly hides in the basement. The building will once again be home to a pub, but its heritage status remains unprotected.

The Cat 'n Fiddle Pub, built 60 years ago, also served as a chapel, funeral home, and crematorium. It was converted to a pub in 1992. You can still see the old pipes used for washing bodies. Its ghosts have all been friendly: a woman in a red dress, a man in a top hat and tails, and even a biker. Some apparitions haven't stopped painting the town red.

This Halloween, take a ghost tour, remember the past, and think of those who still share our fine city.

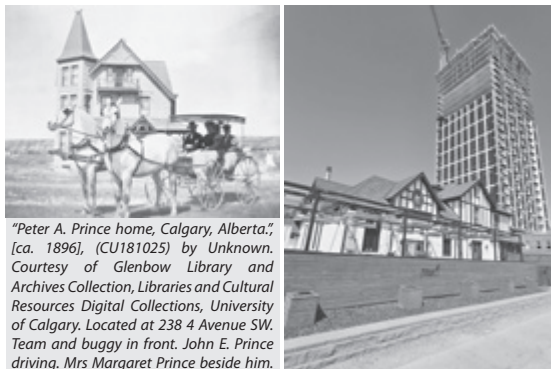
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"Superintendent Burton Deane's house being moved to the east side of the Elbow River., 1929-08, (CU193485) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF101WDUK>.



"Guests at Halloween party, Nimmons residence, Calgary, Alberta., 1910, (CU1100568) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10ZJEFT>.



"Peter A. Prince home, Calgary, Alberta., [ca. 1896], (CU181025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Located at 238 4 Avenue SW. Team and buggy in front. John E. Prince driving. Mrs Margaret Prince beside him. Mrs. Peter Eide (Rosanna), sister of John E. Prince, in back. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10YMO13?WS=SearchResults>.

Future home of Elephant & Castle pub, formerly Davidson House (with 4th Street Lofts Tower in the background), August 2024. Photo courtesy of Anthony Imbrogno.

## A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year! Looking good, Ryan!

# Harvest POTLUCK

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