

MARCH 2025

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



Dr. Taneshwar Chahal



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- Supply & install new acrylic soaker tub
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$11,679**
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TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
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- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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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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Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

Get involved - come to
our next board meeting!

Thursday, March 20
7 to 9 p.m.

Southwood Community Hall
11 Sackville Drive SW
Pioneer Room

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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 28, 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





MARCH EVENTS

TUES TBA	<i>Food Safety</i>	Food Handling Course Location TBA	
THURS MAR 6 & 13 10 AM	<i>Calgary's Cooking</i>	Southwood Cooking Group Lutheran Church of the Cross	
MON MAR 10 & 24 9:30 AM	<i>Morning Meet up</i>	Morning Coffee and Conversation Southwood Community Hall Pioneer Room	
TUES MAR 11 7 PM	<i>Seasonal Activity</i>	Seasonal Craft and Snacks Southwood Community Hall Chateau Room	
FRIDAY MAR 21 6 PM	<i>Movie Night</i>	Community Movie, Popcorn and Juice Lutheran Church of the Cross	
SAT MAR 29 TBA	<i>Repair Exchange</i>	Repair/Mending Workshop Southwood Community Hall Pioneer Room	

Teresa McLaren
Southwood Community Connector
403-818-1849



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

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Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit

owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!



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Southwood Real Estate Update

Last 12 Months Southwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2025	\$507,499	\$518,750
December 2024	\$449,000	\$436,000
November 2024	\$619,900	\$613,000
October 2024	\$269,900	\$255,000
September 2024	\$567,500	\$581,000
August 2024	\$439,900	\$435,950
July 2024	\$557,450	\$560,950
June 2024	\$542,450	\$560,500
May 2024	\$334,900	\$355,500
April 2024	\$402,000	\$397,500
March 2024	\$370,000	\$392,750
February 2024	\$489,900	\$496,950

Last 12 Months Southwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2025	5	6
December 2024	3	9
November 2024	10	9
October 2024	16	11
September 2024	12	10
August 2024	13	14
July 2024	12	8
June 2024	11	14
May 2024	16	11
April 2024	13	14
March 2024	15	16
February 2024	13	10

To view more detailed information that comprise the above
MLS averages please visit swoo.mycalgary.com



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4-H INTRO CLUBS

4-H in the City: Fun and Learning for Calgary Kids

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H isn't just for life on the farm anymore! In Calgary, 4-H Intro Clubs are offering city kids a chance to explore a wide range of exciting hands-on activities. These six-week programs give youth ages 9 to 15 the opportunity to learn about and try things like pottery, sourdough baking, food science, hydroponics, and even reptiles. It's a great way for kids to discover new interests, learn practical skills, and make friends along the way.



One of the most fun activities in the clubs is making smoothies. Each week, members experiment with different ingredients, learning about nutrition, measurement, and recipe creation. The first smoothie they'll make is an oatmeal cookie-flavoured smoothie—healthy, delicious, and a great way to dive into cooking. It's a perfect mix of fun and learning, with a focus on balancing flavours and understanding the science behind food.

Here's one of our favourites you can try at home!

Oatmeal Cookie Smoothie

Single Serving

Ingredients:

- ¼ cup old-fashioned oats
- 1 cup unsweetened coconut or almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey (to taste)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1 frozen banana (peeled)

Directions:

1. Add oats to the blender and pulse until finely ground.
2. Add milk, vanilla, honey, and spices.
3. Add the frozen banana.
4. Blend until smooth.

In addition to making smoothies, kids also get the chance to practice leadership, teamwork, and communication by running their own business meetings. These skills are key for personal growth and work well in any area of life.



The final two 4-H Intro Clubs will be coming soon to Canyon Meadows in Calgary's SW. It's a great opportunity for kids to try something new and have fun while learning. For more details, email introclubs@4hab.com. We hope you'll give this smoothie recipe a try and let us know what you think!



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Southwood Community Calgary's Cooking Cooking Group

Planning Meeting

First Thursday of the Month, 10-1 PM

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Second Thursday of the Month, 10-3 PM

Lutheran Church of the Cross
10620 Elbow Dr. SW Calgary



For more information and to register contact Teresa:
teresa.mclaren@calgary.ca or 403-818-1849 or
apply at www.ckpcalgary.ca/calgarlys-cooking

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MLA, Calgary-Acadia

Diana Batten

Shadow Minister for Children & Family Services

105, 10333 Southport Road SW, Calgary

403-640-1363

Calgary.acadia@assembly.ab.ca

facebook.com/dianabattenmla

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Hello Calgary-Acadia,

This has been a roller-coaster of winter, both in the weather and in politics. The office has seen an increase in healthcare concerns with over 200 emails in the three months before this article was published. The restructuring, firing of health boards, non-scientific COVID report, removing funding for vital eye health checkups for seniors and children, and a general lack of planning for solving the primary care crisis have continued to concern Calgary-Acadians. I returned to the legislature at the end of February and with my colleagues in opposition, we continue to advocate for the health of all Albertans.

The Government has recently made changes to both the Child Care Subsidy and AISH without consultation or providing details. In my role as Shadow Minister, I am meeting with families and daycare providers affected by childcare funding changes. The announced changes will make childcare less affordable for some of our most vulnerable Albertans. This is cruel.

The constituency office received an overwhelming response to changes made to coal activity on the Eastern slopes. Many of you are concerned that Minister Jean's promise to uphold water and environmental standards is not a priority. This decision affects all of us and Calgary-Acadians made their voices heard. Thank you for this advocacy and continued engagement. Your voice is important.

I hosted a Healthcare town hall at the end of January with my neighbour in Calgary-Glenmore, MLA Nagwan Al-Guneid. Medical experts who are leaders in their profession answered many passionate questions from the audience and untangled some healthcare misinformation. The full event showed how engaged the folks in Calgary Acadia are. I will continue to find ways to engage with everyone in Calgary-Acadia whether in town-halls, Brews with Batten, or on your doorstep. Please let me know what you are concerned about.

Cheers,
Diana



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Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

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