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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

HALLOWEEN HOWLER

OCTOBER 25

PAGE 7



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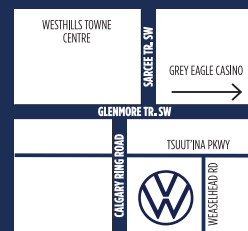
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Telephone: 403-259-0919

Website: SouthwoodConnects.ca

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Learning Tree Preschool		info@thelearningtreeyyc.com	825-540-1202
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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 information, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.

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Charlie, Copperfield



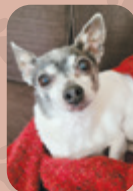
Cody, Glenbrook



Dobby,
Hunterson Place



Guzel,
Hunterson Place



Nelly, Dalhousie



Poppy,
Tuxedo Park



Sugar, Signal Hill



Todd,
Lake Chaparral

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BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- 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: \$17,679

SALE \$13,879
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

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Southwood Community Calgary's Cooking Cooking Group

Planning Meeting

First Thursday of the Month, 10 AM -1 PM

Cook

Second Thursday of the Month, 10 AM-3 PM

Lutheran Church of the Cross
10620 Elbow Dr. SW Calgary



For more information and to register contact Teresa:
info@southwoodcc.ca or apply at
www.cpkpcalgary.ca/calgarys-cooking

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SOUTHWOOD COMMUNITY ASSOCIATION
PRESENTS

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OR
TREAT



**FREE
ENTRY**

HALLOWEEN HOWLER

OCTOBER SOUTHWOOD COMMUNITY HALL
25 11 SACKVILLE DR SW
2-4PM

- DJ Dance Party
- Kids Games
- Concession
- Face Paint
- And Many More



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 communications@southwoodconnects.ca
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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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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 online at 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.
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, 2026

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



ALEX WILLIAMS FOR WARD 11



Calgary's Future Announces Official Endorsement for Ward 11: Alex Williams

Alex Williams is ready to listen

Calgary City Council candidate Alex Williams is a born and raised south Calgarian. Alex co-founded Calgary Transit Riders to improve public transit safety and reliability. He advocates for housing affordability to ensure all Calgarians have a place they can call home. His work in transit and housing advocacy reflects his commitment to building a better Calgary for everyone.

As a professional podcast editor, Alex has developed excellent listening skills and can understand diverse perspectives. Alex not only has years of experience driving meaningful change, he has lived experience of his community's challenges and is committed to being available to residents to hear their concerns.

Here's why Alex Williams is the right choice

Alex is dedicated to making Ward 11 a safer, more connected, and affordable place to live. Because Alex prioritizes listening and transparency, he'll keep residents' needs at the heart of decision-making. His experience advocating for practical, people-focused solutions to local issues will make him a highly effective councillor.

Here's why we're endorsing Alex Williams

- **Good listener:** Experienced podcast editor
- **Transit advocate:** Co-founded Calgary Transit Riders
- **Grassroots builder:** Takes action for housing to keep Calgary affordable

"The city I want to build while on Council is the city I want to live in when I'm 60, a city built for people in all phases of life, a city I know the next generation will be proud to call home."

**— Alex Williams, Calgary City Council Candidate
for Ward 11**



If you want to hear more about where Alex Williams stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire



MONDAY MORNING MEETUPS

Every Second Monday
October 6 & October 20
 10am-12pm
 Southwood Community Hall - Pioneer Room
 (11 Sackville Dr.)

**Drop in for a coffee and snacks
 and meet your neighbours!**

For more info contact Sarah
sarah.thomas@calgary.ca 368-889-5168




Free Community Art Night

Makers Night

Join us once a month for Makers Night - a relaxed, social evening where you can work on your projects, share supplies, and connect with others.

All crafts and skill levels welcome!
 We supply the snacks, basic supplies, you bring your projects!
 No registration needed—just drop in!

TUESDAY OCTOBER 7
 7:00 - 9:00PM

Southwood Community Hall
 11 Sackville Drive SW



Board Meeting

Our next board meeting is Thursday, October 16 from 7:00 to 9:00 pm! Join us in the Pioneer room at the Community Hall | 11 Sackville Drive SW.




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**News, Events,
& More**



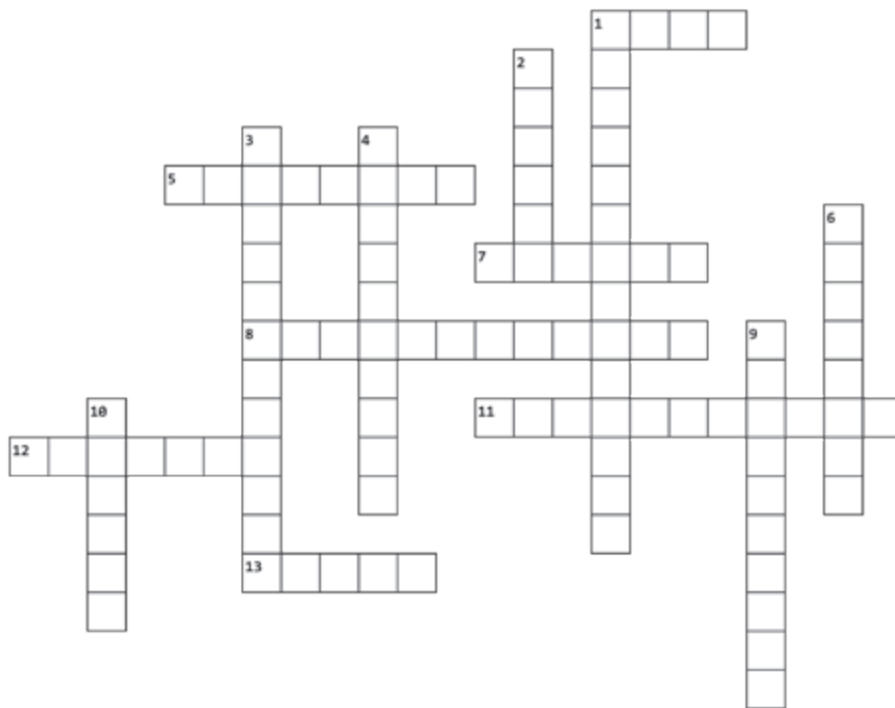
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Statistics**



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October Crossword



Visit bit.ly/mycalgary
answers or
scan the QR
code for the
answers

Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



Small Acts, Big Impact: How 4-H Builds Community Spirit

by Lori Nielsen, Manager, 4-H Intro Clubs

When you think about preparing kids for the future, what skills come to mind? Public speaking? Teamwork? Maybe learning to cook or manage money? At 4-H, all of those matter—but so does something bigger: the value of giving back.



Community service has always been a cornerstone of 4-H. Members don't just build skills for themselves; they learn how their actions can make a difference for others. Research from 4-H Canada shows that youth in 4-H are nearly three times more likely to volunteer in their communities compared

to the average Canadian teen. That sense of connection and responsibility is something families notice long after the program ends.

Here in Calgary, 4-H Intro Clubs give kids ages nine to 15 a chance to experience this first-hand through short, six-week programs. Alongside science projects, food experiments, and leadership games, every club includes a service activity—something as simple as making cards for seniors or helping with a local cleanup. The goal is to show that community spirit isn't about age, money, or time—it's about taking small steps that add up.

Try This at Home: Community Service in Ten Minutes

Here's a quick family activity you can try tonight:

1. Grab some paper, markers, and envelopes.
2. Have each family member write a short "thank you" note to someone in your community—maybe a teacher, neighbour, or coach.
3. Deliver the notes together on a family walk.



It's a simple way to remind kids that kindness counts—and that even small gestures can brighten someone's day.

If your family is looking for more, Calgary's Intro Clubs are starting again mid-November with both a daytime club for homeschoolers and an evening club for busy families. These programs meet once a week for six weeks and let kids explore hands-on projects, teamwork, and leadership—without needing a farm or animals. It's an easy way to discover what 4-H is really about: life skills, friendships, and confidence that lasts.

For more information, contact introclubs@4hab.com.



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This banner features two women, Dorothy Rice and Rena St. Clair, against a red and white background. Dorothy Rice is on the left, wearing a grey blazer, with her contact information and a QR code below her. Rena St. Clair is on the right, wearing a beige top, with her contact information and a QR code below her. The RE/MAX First logo is on the left, and the indi mortgage logo is on the right.

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This advertisement features a group of people in various animal costumes (giraffe, cow, lion, etc.) participating in a run. The text is in large, bold, orange and white fonts. The background shows a park setting with trees and a bridge.

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