

SEPTEMBER 2025

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

COMMUNITY CLEANUP

SEPTEMBER 28

PAGE 7



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SCAN ME





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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

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Learning Tree Preschool		info@thelearningtreeyyc.com	825-540-1202
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195

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.

**READY FOR
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Thursdays at 7:00PM

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FROG FASHION

What kind of shoes
do frogs wear?

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MONDAY MORNING MEETUPS



Every Second Monday
September 8 & September 22
 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 SEPTEMBER 9
 7:00 - 9:00PM

Southwood Community Hall
 11 Sackville Drive SW



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.ckpcalgary.ca/calgarys-cooking

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Sat. Sept. 6
&
Sun. Sept. 7
2025

FREE

Curbside Treasure Hunt



Please remove all unclaimed items by 5:00 p.m. on Sunday

Place your used items in good condition on your property (next to the sidewalk or curb) for others to take. This initiative gives useable items a new life while keeping them out of the landfill.

The Curbside Treasure Hunt will be held on **September 6 and 7, 2025**, and everyone is invited to participate.



**Samaritan Club
of Calgary**
**Semi-Annual
Super Thrift
Sale**
Saturday, September 27
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW
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Southwood

Apple Festival

Harvest Share & Tasting

September 14, 2-4pm



**Southwood Community Hall
11 Sackville Dr. SW**

For more info contact Teresa
gardens@southwoodconnects.ca



SOUTHWOOD COMMUNITY CLEANUP

**SEPT 28
9AM-2PM**

**Get rid of the stuff that
doesn't fit in your bins**



**11 Sackville Dr. SW
Southwoodconnects.ca**



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



Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Community Garden Updates

We expanded the Community Garden this year thanks to the City of Calgary Neighbourhood Grant, which along with fundraisers such as the plant sale and Westcoast seed sale, provided the funding for six new metal garden beds from Raised Garden Beds Canada. Dave and Lynda were instrumental in the ordering and assembly of the beds.

We now have 20 beds in our community garden to rent out. We were also able to provide space for gardening opportunities for children from BrightPath, Learning Tree, and St. Stephen school. Thank you to Rose, Will, and Oliver for establishing a bed for rescued native plants in partnership with the Friends of Fish Creek Provincial Park Society. A special shout out to Melanie for planting the elbow planters and watering, as well as Jeff for volunteering to help water them.

Our wrap up event of the season will be the Apple Festival on September 14 from 2:00 to 4:00 pm. If you have trees with surplus fruit, please bring it to share, we will share our harvests and taste test the many different varieties of local apples and other fall fruit. Any extra will be donated to food rescue organizations. For more information about the Apple Festival or the Southwood Community Gardens, contact Teresa by email at gardens@southwoodconnects.ca.



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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

@dianabatten_ @DianaBatten_

Happy Autumn, Calgary-Acadia!

As summer winds down and we trade in sandals for sweaters, I wanted to take a moment to reflect on what a truly special season it's been here in the riding of Calgary Acadia.

From the excitement of Stampede to the warmth of local events, this summer has been packed with energy, laughter, and good old Calgary-Acadia spirit. Whether it was chatting over pancakes or karaoke, we felt the heartbeat of our communities.

Our team had the joy of attending many Stampede breakfasts across the riding—early mornings made brighter by stacks of pancakes, sizzling sausages, and lively conversations with all of you. A special shoutout to everyone who joined us for our Caucus Stampede Breakfast in Haysboro—it was a highlight filled with music, laughter, and the kind of community connection that makes Calgary-Acadia feel like family. But it wasn't just about syrup—we've also been out on your doorsteps, connecting with neighbours, hearing your stories, and listening to what matters most to you. Whether you greeted us with gardening gloves on or a curious kid in tow, we're so thankful for the conversations and insight you've shared.

As September approaches, we want to wish students, teachers, and school staff all the best for the new school year. Whether it's a first day of kindergarten, a leap into middle school, or the last lap of high school, we're cheering you on! (And to the parents out there—you've got this. May your coffee be strong and your lunch-packing stress-free!)

Come October, we'll be back in the Legislature, ready to bring your voices to Edmonton and advocate for the issues that matter to you.

Thank you for making this summer one to remember. Let's carry that spirit into the fall—pumpkin spice and all.

With gratitude,

Diana



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