

JULY 2026

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

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WILL RESUME IN
SEPTEMBER**

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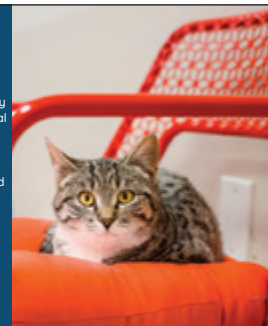
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Learning Tree Preschool		info@thelearningtreeyc.com	825-540-1202
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195

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.

Board Meeting

Board meetings will resume in September.



SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



St. Stephen Accessible Playground 2026



Southwood will be getting a new playground this July. This new accessible playground was made possible with the support from our dedicated St. Stephen School community, the Calgary Catholic Education Foundation, and through generous grants and donations from:

- The Government of Alberta
- Alberta Blue Cross
- Parks Foundation Calgary
- Enbridge
- Sanjel Energy Services
- Knights of Columbus
- EHT
- ConnectFirst Credit Union

Thank you for helping us create a joyful and inclusive space where children can play, learn, and grow.

COMMUNITY BELONGING ROCK PAINTING

ALL AGES WELCOME!
KIDS UNDER 12 MUST BE SUPERVISED BY AN ADULT

Come paint rocks with encouraging messages, symbols of belonging, cultural designs, or artwork that reflects what community means to you! The painted rocks will become part of a shared space at the Church and the Southwood Community Garden.

**THURSDAY JULY 30
1:00PM - 3:00PM**

**LUTHERAN CHURCH OF THE CROSS
10630 ELBOW DRIVE SW
EAST PARKING LOT**

Please let us know if you plan on joining so we have enough supplies!
sarah.thomas@calgary.ca or 368-889-5168

SOUTHWOOD S'MORES & GAMES

Bring a friend and a lawn chair and join us for a fun summer evening of games, s'mores, and community!
Everyone is welcome!

**FRIDAY, JULY 10
7:00PM - 8:30PM**

**Lutheran Church of the Cross
10630 Elbow Drive SW North Parking Lot**

Kids under 12 must be supervised by an adult

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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@southwoodconnects.ca

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ZUMBA

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BUT A WORKOUT**

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Thursdays at 7:00pm

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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.

The 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).

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.



2026 MEMBERSHIP REGISTRATION

- Members receive discounts on hall rentals
- Exclusive offerings for SCA members at community events and programs
- Members are kept informed through emails and email newsletters
- Membership allows for one vote at Community Association General Meetings
- Promotional opportunities available for Business members
- SCA keeps residents informed through the community newsletter, social media, the website southwoodconnects.ca
- The SCA maintains the community hall, skating rinks, and garden
- The SCA represents the community on city development issues

To register for a membership you can do one of the following:

1. Go to www.southwoodconnects.ca Get Involved>Membership and pay by credit card online
2. Complete the form below with payment by cheque to Southwood Community Association or cash and drop off or mail to the Southwood Community Association (11 Sackville Dr. SW, Calgary, AB T2W 0W3)

MEMBERSHIP VALID UNTIL FEBRUARY 28, 2027

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties

FULL NAME _____

ADDRESS _____

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PHONE _____

OTHER HOUSEHOLD MEMBERS _____

MEMBERSHIP TYPE

- ☐ SENIOR (55+) \$5/YEAR
- ☐ HOUSEHOLD \$15/YEAR
- ☐ BUSINESS \$25/YEAR

INTEREST

- ☐ CONTACT ME TO VOLUNTEER
- ☐ E-NEWSLETTER OPT IN
- ☐ GARDEN BED ADD ON \$20

THANK YOU FOR SUPPORTING YOUR COMMUNITY



☀️ MONDAY MORNING MEETUPS



Every Second Monday
July 6 & July 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

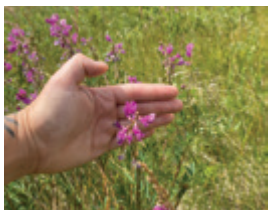


FRIENDS *of* Fish Creek

What's blooming in FCPP this July and August

Who's up for going out into the park this summer to take in some blooming native plants? One thing a few of us who are at the beginning of our native plant species journey have noticed is that once you start to learn a few native plants, you see them everywhere. So, we thought we would share with you, Fish Creek Community, a condensed list of some of the plants you can expect to see blooming in July and August in Fish Creek Provincial Park.

July



Northern sweetvetch
Hedysarum boreale



Stiff sunflower
Helianthus pauciflorus



Nodding onion
Allium cernuum



Purple prairie clover
Dalea purpurea



Silky lupine
Lupinus sericeus

We can't guarantee all of these will be blooming in the exact month they're listed in, so don't fret if you see blooms a little earlier or later than expected.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public, to our new kids' summer day camp, and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook @fishcreekpp to learn more about summer day camp and all our exciting programs.

August



Tufted fleabane
Erigeron caespitosus



Missouri goldenrod
Solidago missouriensis



Dotted blazing star
Liatris punctata



Blue grama grass
Bouteloua gracilis



Tufted white prairie aster
Symphyotrichum ericoides

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.



Southwood COMMUNITY FOOD PANTRY



***TAKE WHAT
YOU NEED,
LEAVE WHAT
YOU CAN***

✓ **ITEMS ACCEPTED**

- Canned Goods
- Dry Goods
- Powdered or boxed drinks.
- Sealed shelf-stable items (nut butters, baby formula, crackers, granola bars, etc.)

✗ **ITEMS NOT ACCEPTED**

- Perishable food
- Opened packages
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LOCATION



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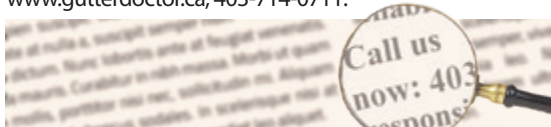
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Word of the month



Zephyr: noun (zeh-fur)

A light, gentle, or mild breeze.
During the summer months, we may experience a gentle zephyr blowing in.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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