

JUNE 2026

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



RHUBARB FEST

SATURDAY, JUNE 20

1:00 TO 5:00 PM

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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

SALE \$15,679

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Facebook: Southwood Connects

BOARD OF DIRECTORS

President	Andrej Brajic	president@southwoodconnects.ca	403-999-7379
Vice President	Open	vp@southwoodconnects.ca	
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Director of Memberships	Teresa McLaren	membership@southwoodconnects.ca	
Director of Development and Traffic	William Mesquita	development@southwoodconnects.ca	
Director at Large	Claire Prokopenko	info@southwoodconnects.ca	
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Newsletter Editor	Open	newsletter@southwoodconnects.ca	

OTHER CONTACTS

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Hall Rental	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845
Casino Chair	Paul Webber	southwoodcasino@gmail.com	
Ice Rinks Coordinator	Paul Webber		
Community Garden Coordinator	Teresa McLaren	gardens@southwoodconnects.ca	
Webmaster	Claire Prokopenko	webmaster@southwoodconnects.ca	
Community Resource Officer CPS	Cst. Neil Hewitt	pol5206@calgarypolice.ca	403-428-6642
Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	
Community Social Worker	Sarah Thomas	sarah.thomas@calgary.ca	368-889-5168
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 are held on the third Tuesday of the month.

Our next board meeting is our AGM. Tuesday, June 19 at 7:00 to 9:00 pm! Join us in the Chateau room at the Community Hall | 11 Sackville Drive SW.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,
& More



Crime
Statistics



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AGM

JUNE 19TH, 7-9 PM

CHATEAU ROOM (UPPER HALL)
SOUTHWOOD HALL, 11 SACKVILLE DR

We are looking for dedicated individuals to join our board of directors

10 members in good standing needed to meet quorum

Come out and support your community!



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**SCAN THE QR CODE
FOR THE SOLUTION**





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

Publisher Great News Media

403-720-0762

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.

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 _____

EMAIL _____

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



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 JUNE 9

7:00 - 9:00PM

Southwood Community Hall
11 Sackville Drive SW





MONDAY MORNING MEETUPS



Every Second Monday

June 8 & June 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*





Rhubarb Festival

MUSIC • FOOD • BEER GARDEN • KIDS ACTIVITIES

**SATURDAY
JUNE 20
1-5PM**

**SOUTHWOOD COMMUNITY HALL
11 SACKVILLE DR SW**



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
- Homemade food
- Alcohol

LOCATION



Southwood Community Association
11 Sackville Drive SW.
Outside the main doors.





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_

Hello Calgary-Acadia!

Summer has finally arrived, and Calgary-Acadia is buzzing with activity and connection! This spring, we celebrated volunteers and community builders at local events and supported one another as we build stronger neighbourhoods. From Fairview to Canyon Meadows, what I see are people showing up for their neighbours, for local initiatives, and each other.

The spring session ended with the swift passage of legislation impacting key areas including healthcare, education, seniors' benefits, and electoral boundaries. We continue to hear from constituents about the real and immediate effects of these decisions. Concerns have been raised about proposed changes to electoral boundaries and the extent to which public input has been respected and reflected. The expansion of for-profit healthcare services funded with public dollars has also been a consistent point of concern. Your input is critical. Please continue to share your experiences and perspectives so I can advocate clearly and effectively on your behalf.

Summer offers ample opportunity to spend more time out in the community, connecting in meaningful and accessible ways. Whether it's meeting people where they are at a neighbourhood gathering, sitting down for a chat over coffee, or enjoying an ice cream on a sunny afternoon, these moments matter. They create space to listen, to learn, and to better understand the day-to-day experiences of those I represent.

These informal conversations often provide the most honest and helpful insight, and they play an important role in shaping the work I bring forward. Staying connected in this way ensures that the voices of Calgary Acadia are reflected clearly and consistently. If there are new opportunities to connect, let me know!

It is a privilege to represent a community that is so engaged, thoughtful, and committed to one another.

Cheers,

Diana

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This banner features two women, Dorothy Rice and Rena St. Clair, against a red and white background with a blue swoosh. Dorothy Rice is on the left, wearing a grey blazer, with her name and contact information in white text on the red background. Rena St. Clair is on the right, wearing a beige top, with her name and contact information in black text on the white background. Both have QR codes next to their photos. Logos for RE/MAX First and indi Mortgage are also present.

Dorothy Rice
REALTOR®, C.C.S.
403.919.7355

Rena St. Clair, AMP
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