

OCTOBER 2026

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



HALLOWEEN HOWLER
SATURDAY, OCTOBER 24
1:00 TO 3:00 PM



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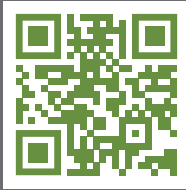
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SUPREME ULTIMATE

- 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

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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

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Learning Tree Preschool		info@thelearningtreeyyc.com	825-540-1202
Air Cadets	Andrea Chant	sschair52rcac@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.

Facility Manager Position

Seeking an organized, reliable Facility Manager to coordinate rentals, maintenance, contractors, inspections and City requirements, and serve as the Hall's main point of contact.

Email your resume and cover letter, any questions, comments or concerns, to VP@southwoodconnects.ca by October 9.

Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.





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

Board Meetings are held on the third Tuesday of the Month

Southwood Board Meetings

TUESDAY, OCTOBER 20

7 - 9 PM

SOUTHWOOD COMMUNITY HALL
11 SACKVILLE DRIVE SW

Join us and be part of making Southwood amazing!

www.southwoodconnects.ca

SOUTHWOOD COMMUNITY ASSOCIATION

Halloween HOWLER



Date: Saturday, October 24th, 2026

Time: 1:00pm - 3:00pm

Location: Southwood Community Hall

Dance party, face
painting, treats
and more!



Call for Casino Volunteers

Please save the date for our upcoming Community Casino Volunteer Event at Cowboys Casino on February 8 and 9, 2027! This is the Southwood Community Association's largest fundraising event. We'll be sharing more details and the volunteer schedule soon. Thank you for your continued support and for helping make a difference in our community!



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\$5 first drop in



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September 21 - October 31

Fitness | Aquatics | Barre | Yoga | Pilates | Zumba | 90+ Weekly Fitness Classes

Visit Guest Services to Sign Up!

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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

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www.canlearnsociety.ca/magic-carpet-ride

Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and

establish a time for children to return home.

- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

Calgary 

Makers Night

Join us once a month for Makers Night, where each month features a new community-led craft or creative activity. Learn something new, share ideas, and make alongside others. Prefer to work on your own project? Bring it along! All skill levels welcome. Snacks and basic supplies provided.

October Craft:
Halloween Decoupage

MONDAY, OCTOBER 19
6:30 P.M. - 8:30 P.M.

REGISTRATION REQUIRED:
Please email or text: sarah.thomas@calgary.ca
368-889-5168

LUTHERAN CHURCH SOUTHWOOD
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USE EAST ENTRANCE


Southwood COMMUNITY FOOD PANTRY

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

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- 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.




MONDAY MORNING MEETUPS



October 5 & October 19
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

Calgary 

Hooting Season

Who's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!





Southwood Community Legacy Book Project



The Southwood Legacy Book is a community memory project. The idea is to create a printed and digital collection of stories, recipes, photographs, and local knowledge as well as stories gathered from Southwood residents past and present.

The goal is simple: to capture what makes this neighbourhood distinctly ours, in the voices of the people who live here/have lived here and create an opportunity for sharing, connection and community legacy.

We are collecting everything from written stories, recipes, photographs, art pieces, and anything else you can think of!

SUBMIT YOUR STORY

Scan the QR code or visit
<https://southwoodconnects.ca/legacy>
for more information.



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Calgary



Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!

October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

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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Winged Creatures

Did you know that bats are the only mammal that can fly? This is possible because of their elongated finger bones and thin skin that stretches across their bodies creating a wing.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥

