

APRIL 2024

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

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MEMBER EVENTS!
DETAILS ON PAGE 5**



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Hours of Operation

Monday:	8AM - 3PM
Tuesday:	8AM - 3PM
Wednesday:	8AM - 7PM
Thursday:	8AM - 3PM
Friday:	8AM - 3PM
Saturday:	8AM - 2PM



JOIN OUR COMMUNITY GARDEN



Cost is \$20/bed
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(free for 2024)

Located southside of the Southwood Community Hall
11 Sackville Dr. SW

Contract & Payment due by May 1

Email: southwoodcommunitygardens@gmail.com
or visit us online




Join us for our board meeting!

Thursday, April 18
7 to 9 p.m.

Southwood Community Hall
11 Sackville Drive SW
Pioneer Room

Webster Dictionary

You come across a word you don't recognize, and you want to know what it means; what do you do? Well, you look it up in the dictionary of course! This was much easier to do starting April 14, 1828, because this was when seventy-year-old Noah Webster copyrighted the first Webster Dictionary.




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SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

BOARD OF DIRECTORS

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OTHER CONTACTS

Social Media Committee	Vacant		
Casino Coordinator	Paul Webber	southwoodcasino@gmail.com	
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Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool		learningtreepreschool@shaw.ca	403-479-4952

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 info, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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.

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Events coming up in April with the Southwood Community Connectors:

- Community Awareness Walk, April 10, 4:30 pm
- Earth Day "Taking Back our Green Spaces" Litter Cleanup Weekend
- Southland/Sacramento Playground, April 20, 2:00 to 4:00 pm
- Anderson Park, April 21, 2:00 to 4:00 pm

Please check out our website for updates, meetups, resources, and to sign up for our monthly e-newsletter southwoodcc.ca or email us at southwoodcc1@gmail.com.

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Want to be on the invite list for member-only events?



Sign up for a Southwood Community Association membership today!

www.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 newsletter.southwood@gmail.com

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.

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.

Spring Session 2024:

- Wednesday mornings at 10:30 to 11:45 am
- April 3 to June 19 (eleven classes) \$132 (There will be one week off)
- Drop-ins: \$15. Drop-ins can be arranged if space permits. Please reserve your class at least a day in advance.
- For new students, a four-class pass (\$48), is available to see if the class is a good fit.

For more information and to register, contact June Kwak at june@regroovenating.com or 403-710-5126 (texts welcome).

ZUMBA

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Southwood Community Centre
403-630-5756

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 on line 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 29, 2024

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



Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



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RESIDENT PERSPECTIVES

Squirrels In Our Neighbourhoods

by Chewbacca Jones



National Squirrel Appreciation Day was celebrated in Calgary on January 21, 2024, as it is on that day every year, in the U.S. Who knew?

The smaller, more aggressive American red squirrels were the first to live here. We see them chasing each other, scolding us, and trying to find a way into our attics. They are eaten by hawks, bobcats, and other predators. Only about 25% live to reproductive age but they can live as long as seven years in the wild.



All of the grey and black tree squirrels that we see here are Eastern Grey Squirrels, whose ancestors made their way from Eastern North America. Here, we see their gymnastic ability, as they run on power lines or figure out how to get at our bird feeders. They have always played an important role in our forests because of their practice of burying pinecones and other tree seeds to eat during winter. Many are forgotten and germinate. In the wild, they have a 25% chance of surviving a year and then a 50% chance of living each additional year. While an average life span may be six to eight years, some have lived twice that long or longer.



A squirrel's front teeth (incisors) grow throughout its life, so they always stay sharp and never get worn down from all the chewing on hard food.

Volunteer with the Southwood Community Association!

Open opportunities:

Volunteer Coordinator
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Learn more & apply: scan the QR code or visit us at southwoodconnects.ca/memberships



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