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403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
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Lorrie.herrick@ckpyyc.ca

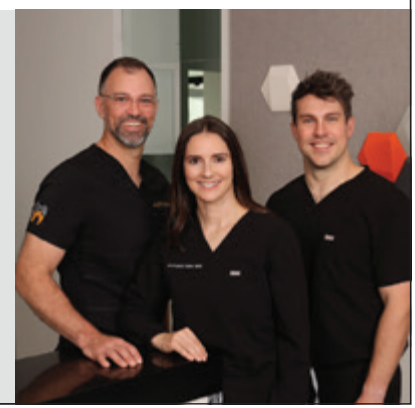
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Scan to see all the survey results

Great News Media 2026 Readership Survey, 11,104 respondents.

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
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Treasurer	Open	treasurer@southwoodconnects.ca	
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Director of Events and Programs	Emma McCaul	info@southwoodconnects.ca	
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Ice Rinks Coordinator	Paul Webber		
Community Garden Coordinator	Teresa McLaren	gardens@southwoodconnects.ca	
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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.

Board Meetings Held on The Third Tuesday of The Month

Our next board meeting is Tuesday, December 15 from 7:00 to 9:00 p.m. Join us in the Chateau room at the Community Hall | 11 Sackville Drive SW.



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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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

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!

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

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SCAN ME



Southwood Real Estate Update

Last 12 Months Southwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2026	$629,900	$619,500
August 2026	$619,000	$578,400
July 2026	$329,900	$322,500
June 2026	$499,450	$515,500
May 2026	$619,000	$623,000
April 2026	$599,900	$610,000
March 2026	$625,000	$633,800
February 2026	$664,950	$656,000
January 2026	$549,000	$530,000
December 2025	$594,900	$565,000
November 2025	$549,900	$544,900
October 2025	$420,000	$406,500

Last 12 Months Southwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2026	10	12
August 2026	9	11
July 2026	16	7
June 2026	19	14
May 2026	15	11
April 2026	14	7
March 2026	10	5
February 2026	8	8
January 2026	6	7
December 2025	6	9
November 2025	14	11
October 2025	10	9

To view more detailed information that comprise the above MLS averages please visit **swoo.mycalgary.com**






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.
December Craft:
Lino Craft/ Lino Cutting
MONDAY, DECEMBER 21
6:30 P.M. - 8:30 P.M.
REGISTRATION REQUIRED:
Please email or text: Sarah.thomas@calgary.ca
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Southwood
Board Meetings
TUESDAY DECEMBER 15, 7-9 PM
SOUTHWOOD COMMUNITY CENTRE
CHATEAU/UPPER HALL
Board Meetings held on the Third Tuesday of the Month
11 Sackville Dr. SW

SOUTHWOOD COMMUNITY ASSOCIATION

2026 MEMBERSHIP REGISTRATION

- Members recieve 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

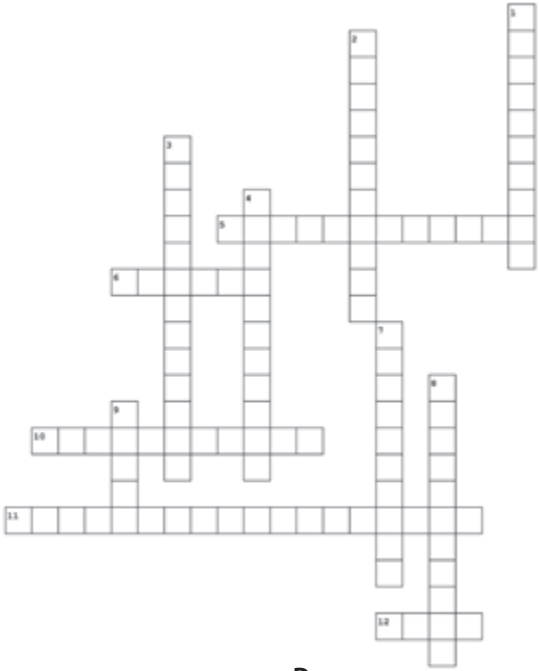
- ☐ CONTACT ME TO VOLUNTEER
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- ☐ GARDEN BED ADD ON $20

THANK YOU FOR SUPPORTING YOUR COMMUNITY


SOUTHWOOD COMMUNITY ASSOCIATION
Southwood Winterfest
RETURNS IN JANUARY 2027
SOUTHWOOD HALL AND RINK
11 SACKVILLE DR SW
Stay tuned for more information
Sign up to volunteer at southwoodconnects.ca


SOUTHWOOD COMMUNITY ASSOCIATION
Volunteer Opportunities
THE SOUTHWOOD COMMUNITY ASSOCIATION BOARD IS LOOKING TO FILL THE FOLLOWING POSITIONS:
TREASURER
DIRECTOR OF COMMUNICATIONS
Commitment is until next AGM in June 2027
Interested? Attend our next board meeting or email us: board@southwoodconnects.ca

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

What's Behind Your Financial Decisions?

by Mark Letchumanan, CFA, CFP, ACC, CKA



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.

Cold Weather Safety



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

BRAIN GAMES SUDOKU

6		5		7				
	7				6		2	
	2					6	7	
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	1		8	6				
	3			5		8	4	
	8						3	9
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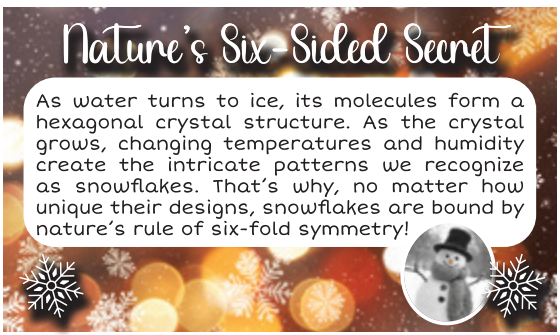
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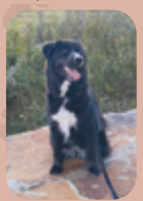
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News, Events, & More	Crime Statistics	Real Estate Statistics

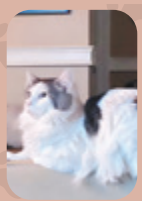
Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*

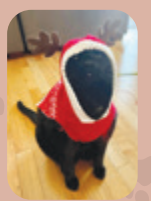

Jewels, *Walden*


Kevin, *Acadia*


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