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- 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

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- 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
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SOUTHWOOD COMMUNITY ASSOCIATION

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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, Nov 17 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!





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.



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**

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November Craft:
Metal Embossing
MONDAY, NOVEMBER 16
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 NOVEMBER 17
SOUTHWOOD COMMUNITY CENTRE
CHATEAU/UPPER HALL
Board Meetings held on the Third Tuesday of the Month
11 Sackville Dr. SW

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 _____

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PHONE _____

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_____

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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November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert _____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Living Alongside Urban Coyotes

by Calgary Wildlife



Spotting a coyote in Calgary isn't unusual. You might see them crossing a quiet residential road at dawn or dusk, moving through an urban park, or down a river path. While seeing one can be surprising, coyotes are naturally cautious animals that generally prefer to avoid people.

Coyotes are highly adaptable, which is one reason they thrive in and around cities. Calgary's network of parks, natural areas, river valleys, and green spaces provides ideal habitat and travel corridors, while urban environments can offer shelter and food. Their natural diet consists primarily of small mammals such as mice, voles, rabbits, and ground squirrels, along with insects, berries, and other seasonal foods. By helping control rodent populations, coyotes play an important role in maintaining healthy urban ecosystems.



Although coyotes are present year-round, their behaviour changes throughout the seasons. In late winter, particularly January and February, breeding season can make adults more territorial. During spring and early summer, parents become especially protective as they raise pups. By autumn, young coyotes begin dispersing from their family groups in search of new territories, increasing the chances of sightings throughout Calgary as they travel unfamiliar routes.

When pups are present, coyotes may also show "escorting" behaviour, following a person or dog from a distance as they move away from the den or territory. Although this can feel intimidating, escorting is generally a defensive behaviour rather than an aggressive one. The coyote is responding to a perceived threat and encouraging it to leave the area.

Most encounters between people and coyotes are brief and uneventful. Coyotes typically keep their distance, but problems can arise when they begin associating people with food. Intentional feeding, unsecured garbage, fallen fruit from backyard trees, compost, or pet food left outdoors can attract coyotes into neighbourhoods. Once animals become food-conditioned, they may lose some of their natural wariness, increasing the likelihood of conflict.

Simple actions can help reduce attractants around homes and communities. Make sure to securely store garbage in bins until collection day, clean up any fallen birdseed and pick up any fallen fruit. Compost bins should be properly maintained, pet waste should be regularly picked up, and pet food should not be left outside. These measures help discourage coyotes and many other wildlife species from relying on human-provided food sources.

Responsible pet ownership also plays an important role in preventing conflicts. Cats are safest indoors, particularly between dusk and dawn when coyotes are often most active. Dogs should remain on a leash in parks and natural areas unless they are in designated off-leash spaces where wildlife activity is low. Keeping pets close reduces the chance of defensive interactions, particularly during denning season.

If you encounter a coyote, remain calm and give the animal plenty of space. Do not approach it or attempt to feed it. If a coyote does not give you space or appears aggressive, make yourself appear larger by standing tall, maintain eye contact, pick up small children or small dogs, wave your arms, and speak in a firm voice while slowly backing away. Running is not recommended, as it may encourage the animal to give chase.



Coyotes have adapted remarkably well to urban life, but successful coexistence depends on maintaining healthy boundaries. By keeping wildlife wild, removing food attractants, and respecting their space, Calgarians can help reduce conflicts while supporting one of Southern Alberta's most adaptable native species.

After Divorce: Who Pays for University

by Christopher Bungay, Divorce Lawyer



In Alberta, someone who is 18 years old is normally considered to be an adult. An 18-year-old can vote, buy real estate in their own personal name, and make their own personal medical choices. However, if an 18-year-old is pursuing post high-school education, he or she may also qualify as an "adult dependent child." What does this mean?

An "adult dependent child" is an adult who, based on their personal life circumstances, must continue to rely upon their parents for financial support. This does not include a child who can function well and just chooses to stay home and do nothing. However, it does include the following:

- A young adult who attends post-secondary education immediately after high school, and
- Who cannot pay for their own education without the financial support of their parents.

Many parents believe (mistakenly) that if they are separated or divorced before a child is 18, they are no longer required to pay for the child's future education. This belief is often incorrect. Even after a divorce, many parents will have ongoing obligation to support adult dependent children who attend university (or some other post-high school training program). Whether a parent must pay, and how much, often depends upon a) how much a parent earns, and b) how much the adult child can reasonably be expected to fund on their own.

For example, if one of the parents earns a substantial income, it is very likely this high-earning parent will be required to assist their child financially with post-secondary education. While there are kids who can go to university on a full scholarship, most adult children cannot attend university or college without some help from their parents. In cases where an adult child/student clearly needs financial help, parents will often have a legal obligation to assist with paying for education. In many cases, this will apply even if the parents were divorced or separated prior to the time the adult child started university/college.

This does not mean that adult children have no responsibility to pay their own way. The law recognizes that adult children must make some effort to fund their own education and training. For example, if an adult child has a summer job during university break, they would be expected to try and use their earnings to help cover some of their tuition costs. Further, if Mom and Dad have very low earnings, it would be reasonable to expect their child to apply for student loans to help fund post-secondary costs.

In some cases, a parent will be required to help fund education even if their child did not live with them prior to university. Let's say a couple separated in July 2025, shortly before their child entered grade 12 in September 2025. For the grade 12 year, the child decided to live with Mom, while Dad lived in his own residence alone. In this case, Dad earned a high-income and Mom's earnings were very low. If this adult child went to university in September 2026 (after high school graduation) it is very likely Dad would still be required to help pay university costs, even though the child did not live with Dad in the prior year.

Modest Millionaire

by Karen Boudewyn, Senior Wealth Advisor



When you picture a millionaire, what comes to mind? Perhaps someone who sold a business, received an inheritance, or had an extraordinary career.

But many people approaching retirement have built substantial wealth in a quieter way. They earned a salary, managed their expenses, lived within their means, and invested what they could over many years. Some earned additional income from a rental property or another source, but there was no single windfall. Their progress came from choices repeated over time.

These are The Modest Millionaires. They understood their numbers: what came in, what went out, and what was available to save. They invested for the long term, knowing markets would have both strong years and pullbacks. They did not need to make a new investment decision every day.

The foundation is simple: earn, spend with intention, and invest the difference. Time and compounding can then do the heavy lifting. Of course, people start with different opportunities and face different challenges. The point is that steady habits can have a powerful effect over a working life.

Perhaps the most meaningful choice these people made was to give their future selves a place in today's decisions.

As retirement approaches, though, the question changes. It is no longer only "Have I saved enough?" It is also "What kind of life have I been saving for?"

Wealth is More Than a Number

Financial wealth creates options, but it is only one of the six priorities of wealth I encourage people to consider:

- **Financial Wealth:** Having the resources to support your needs, goals, and choices.
- **Physical Wealth:** Caring for your health and ability to enjoy daily life.
- **Mental Wealth:** Supporting your sense of clarity, resilience, and peace of mind.
- **Time Wealth:** Having room for the people and activities that matter to you.
- **Social Wealth:** Building and maintaining meaningful relationships.
- **Spiritual Wealth:** Living with purpose and in keeping with your values, however you define them.

These priorities are connected. Money may give you the freedom to travel, but physical health helps you enjoy the trip. More free time can be a gift, but relationships and a sense of purpose help make that time meaningful.

Ten Questions to Shape Your "Enough" Life
A million dollars is a number. A fulfilling retirement is personal. As you think about your next chapter, ask yourself:

1. **What Does an "Enough" Life Look Like to Me?** What would make my days feel satisfying?
2. **Where Do I Want to Live?** Does my home and community support my health, relationships, and lifestyle?
3. **What Qualities Do I Want to Bring into This Stage of Life?** Perhaps curiosity, generosity, independence, or a willingness to try something new.
4. **Who Do I Want to Share My Life With?** Which relationships do I want to nurture?
5. **What Do I Want to Do and Learn?** How would I like to use my time when work takes up less of it?
6. **Which Material Things Matter to Me?** What adds value to my life, and what simply takes up space or money?
7. **How Much Flexibility Do I Want in My Spending?** What would I like to be able to say yes to?
8. **What Feels Missing Today?** Is there something important I have been postponing?
9. **What Role Do I Want Work to Play?** Would I like to retire fully, work part-time, mentor others, or pursue a new goal?
10. **What Are My Family Priorities?** How do I balance supporting others with caring for my own future?

From Questions to Action
Your answers may reveal gaps between the life you have built and the life you want to live. Some gaps may be financial. Others may involve your health, relationships, time, peace of mind, or sense of purpose.

Choose one or two priorities to start. Then look at the numbers and the practical steps behind them. A thoughtful financial plan can help you understand what is possible, where adjustments may be needed, and how to use your resources with intention.

Building financial wealth matters. So does making room for the other kinds of wealth that make life rich. The goal is to align your money with your life—and give yourself permission to enjoy the future you spent so many years preparing for.

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SCAN ME

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





MLA, Calgary-Acadia
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This fall, Albertans were asked to consider significant questions about the future of our province. I appreciate the thoughtful conversations and perspectives shared through coffee chats, on the doorsteps, and at our referendum open house. I am encouraged by the consideration, respect, and care constituents brought to these discussions. Participating in our democracy is one of the most meaningful ways we can contribute to the future of our communities. It reflects a shared commitment to service, respect for one another, and a desire to help build the Alberta we want for future generations.

As we mark Remembrance Day, we honour those who served and sacrificed to protect the freedoms we enjoy today. They answered a call greater than themselves, not for recognition, but because it was the right thing to do. Their example reminds us that each generation has a responsibility to serve its community, support one another, and help build a stronger future.

From community events and local celebrations to conversations on doorsteps and over coffee, I have been reminded time and again that our greatest strength is the people who call this community home. While many Albertans continue to face challenges, I remain encouraged by the resilience, compassion, and determination I see across our communities.

I am optimistic about what we can achieve together. Every day, I see neighbours supporting one another, volunteering their time, and working to make Calgary-Acadia an even better place to live. By continuing to listen, engage, and support one another, we can build on the strengths of our community and create a brighter future for the generations that follow. Thank you for your engagement, your generosity, and your commitment to Calgary-Acadia. It is a privilege to serve as your MLA and represent our community in the Alberta Legislature.

Cheers,

Diana

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Crime Statistics

Real Estate Statistics

Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



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