EWOODCREEK

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER







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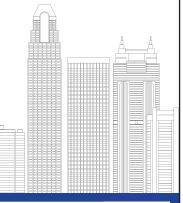
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE











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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Woodcreek Community Association

Board of Directors and Other Contacts

Representatives can be reached through the WCA office 403-238-1611 or wca@woodcreekcommunity.ca

BOARD POSITION				
President	Keith Cartmell			
First Vice-President	Jennifer Hogg			
Second Vice-President	Leanne Long			
Treasurer	Anne Christopoulos			
Secretary	Katie McLeod			
Past President	Cheryl MacLeod			
Police Liaison	Andrew Clarke			
Event Set Up	Tom Ward			
Photographer	Keith Cartmell			
Gardening Association Coordinator	Ross Snyder			
Woodcreek Seniors' Representative	Anne Bundgaard			
Craft Sale Coordinator	Anne Bundgaard			
Spaghetti Dinner Coordinator	Vacant			
Casino	Stephanie Lengsfeld			
Volunteer Coordinator	Vacant			
IT Support	Andre Ortiz			
Community Engagement	Vacant			
Community Pantry	Naomi Burkinshaw			
Marketing	Victor Olagundoye			
Skate and Shinny	Nicole Matheson			
Director at Large	Matthew Perro			
Director at Large	Scott Eden			
OTHER CONTACTS				
Communications	Sue Larson Erin Lackie			
Grants Coordinator	Dave Christopoulos			
Community Cleanup	Cec Jahrig			
Development Liaison	Linda Mulligan			
Adult Events Coordinator	Nora Ward			
Pickleball Coordinator	Dave Christopoulos			

OTHER CONTACTS	
St. Jude School Liaison	Gillian Murray
Woodbine School Liaison	Pooja Sharma
Woodlands School Liaison	Pamela Ashcroft
Youth Events Coordinator	Tara Gladun
Webmaster/ Social Media	Erin Lackie
Pancake Breakfast Coordinator	Paul Squires

WCA Board Meetings

First Tuesday of the month at the Woodcreek Community Centre at 7:15 pm.

Everyone is welcome to attend.

If you wish for your name to be added to the meeting agenda, please contact Keith Cartmell at 403-238-1611.

Next Meeting:

April 4, 7:15 pm

Renew or Purchase Your Membership!

Single - \$15 + GST Family - \$25 + GST

Single Senior (over 60) - \$10 + GST

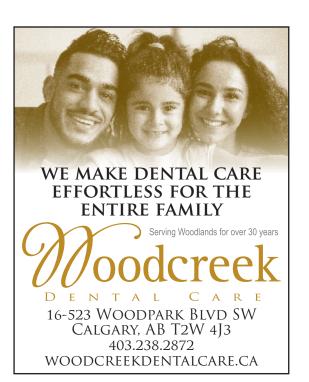
Senior Family (both over 60) - \$15 + GST

Business - \$20 + GST

Raquet Membership - \$55 + GST*
*Early Bird (before April 30) - \$45 + GST

Woodcreek memberships are now available for purchase online.

www.woodcreekcommunity.ca (403) 238-1611







Woodcreek Fitness

Woodcreek Tai Chi (Beginner/Intermediate)

Learn the benefits of Tai Chi with instructor Christine Tao. Wednesdays from 9:30 to 10:30 am. Current session runs until April 19. Cost is \$64 + GST for members and \$72 + GST for non-members. Drop-in is \$10 per class.

Woodcreek Move & Groove

Come take part in weekly fitness classes led by Nancy Ehle, a group fitness instructor, Friday mornings from 10:15 to 11:15 am. Current session runs until April 21 (no class April 7). Cost is \$49 + GST for members and \$56 + GST for non-members. Drop-in is \$10 per class. Next session begins May 5.

Please register by contacting the office at 403-238-1611 or wca@woodcreekcommunity.ca.



The Woodcreek Seniors' Knitting Group

Come join us with your own knitting/crochet skills and enjoy time spent with like-minded people. We meet on Monday's between 1:00 and 3:00 pm at the Woodcreek Community Centre.

We continue to look for knitting yarn and wool. Donations can be dropped off at the WCA office, Monday to Friday between 1:00 to 4:00 pm.

Contact Sandy Keating for more information at missuskeating@gmail.com.



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PROGRAMS

401st Woodcreek Scouts

Beavers: Wednesdays, 6:15 to 7:45 pm

Scouts: Second Tuesday of the month, 6:30 to 8:00 pm

Contact Tim Tratch at 403-251-4878.

Authentic Japanese Karate-Do for Children and Adults by Tenshi Dojo

Mondays and Thursdays, 6:00 to 7:00 pm
Contact Shihan Hermann Pirela at 403-880-0992.

Ballroom and Latin Dance Classes for Adults and Children by Levita Dance

Fridays, 6:00 to 7:00 pm

Contact Dima Levita and Sasha Antonova at 403-613-5070.

Bravo Circus Classes for Kids (Ages 3 to 13)

Thursdays, 6:30 to 8:00 pm Contact Maria Chekmareva at 587-894-0675 or maria@brayocircus.ca.

Bridge

Tuesdays, 1:00 to 3:00 pm Contact Ken Barrie at kenbarrie@gmail.com or

Dorothy Macdonnell at dorothy.macdonnell@gmail.com

Calgary Southwest Seniors

Live music, dancing and socializing Thursdays, 9:30 am to noon Larry Newel, 403-281-0715

Friday Prayers for Muslims

Prayer time: 1:35 pm

Gateway Victory Church

Sundays, 10:30 am

Contact Mara at 403-816-1684

Knitting

Mondays, 1:00 to 3:00 pm

Contact Sandy Keating at missuskeating@gmail.com

Kokodo Jujutsu Adult Classes

Tuesdays, 7:30 to 9:30 pm

Traditional Jujutsu, Aiki Jujutsu, and Goshinjutsu Contact John via https://www.kokodovyc.com

M&D Dance

Fridays, 5:00 to 6:00 pm

Contact Marissa and Desiree Lanoire at 403-473-3252 or 587-438-4725.

Move & Groove

Fridays, 10:15 to 11:15 am Wednesdays, 10:45 to 11:45 am

Contact the WCA office to register.

Move 'n Mingle - AHS Fall Risk Management Program

Monday and Wednesdays, 1:30 to 2:45 pm

Contact 403-955-1554 or

moveandmingle@albertahealthservices.ca for more information.

Play Makers Preschool Program

Mondays and Wednesdays, 9:00 to 11:30 am Tuesdays and Thursdays, 9:00 to 11:30 am, 12:30 to 3:00 pm Friday Accompaniment, 9:00 to 11:30 am Contact Tara Gladun at admin@playmakerscalgary.com.

Silverbirch Girl Guides

Wednesdays, 6:30 to 8:00 pm Contact Barb Augustyn at 403-251-5169.

Tai Chi

Wednesdays, 9:30 to 10:30 am
Beginner (10 forms) and Intermediate (24 forms)
Contact the WCA office to register.

Therapeutic Yoga for Hips, Shoulders, and Back

Tuesdays, 6:00 to 7:00 pm

Chair Yoga: Wednesdays, 6:30 to 7:30 pm
Contact Rosemarie Bartschak at 403-607-5806.

Vanshaw Academy of Irish Dance

Pre-Beginner (Ages 3 to 4): Mondays and Tuesdays, 5:15 pm

Mondays and racsadys, 5.15 pm

Beginner (Ages 5+): Mondays, 5:45 pm and

Tuesdays, 5:15 pm

Adult Fitness Classes: Mondays, 7:00 pm Contact: vanshawacademy@gmail.com.

WCA Parents and Tots Group

Mondays, 9:00 to 11:00 am Contact Tina at tinawheeleryyc@gmail.com.

WCA Seniors

First and third Tuesday of the month, 9:30 am to 12:00 pm Contact Anne B. at 403-238-1611 or akbund954@gmail.com.

Woodcreek Gardening Association

Meet third Saturday of the month, 10:00 am to noon. Contact Ross Snyder at gardener@woodcreekcommunity.ca.

Mark Your Calendar! Upcoming Events

April 1	Easter Egg Hunt, 1:00 to 3:00 pm
April 4	WCA Board Meeting, 7:15 pm
April 23	Family Bingo Night
May 10	Ukulele Night
May 13	Community Cleanup
May 27	WCA Spring Adult Dance

Woodcreek Business Members

We thank the following businesses for their on-going support of our community.

247365 Safety - Certified St. John Ambulance Instructor

Alex Ding - Realtor

A Cut Above Lawn and Yard Services

A Second Time

Calgary Russian Store

Can Corp Branding

Edward Jones - Woodlands

Financial Fitness Paradigm

Kirsten Kemprud - Realtor

Mary Queens Nursing Services & Advanced Foot Care

Mekdes Tegene/Faith Supported Living

MKmebizy Skincare and Cosmetics

Play Makers Preschool

Shanda M. - Sunset Gourmet Consultant

Shoppers Drug Mart - Woodbine

Sylvan Learning of Mid-South Calgary

UH Wellness Centre/Triden Health & Fitness

Vanshaw Academy of Irish Dance

Vlada Professional Tailoring

Woodbine Chiropractic & Massage

Woodbine Dental

Woodbine Safeway

Woodcreek Lawn & Snow

Woodpark Liquor Store



Community Office Hours

Monday to Friday: 1:00 to 4:00 pm or by appointment Closed on statutory and civic holidays

Community Office Staff

Facility Manager Sue Larson Office Administrator Erin Lackie

Phone: 403-238-1611

Address: 1991 Woodview Drive SW

Calgary, AB T2W 5E5

Fmail: wca@woodcreekcommunity.ca Website: www.woodcreekcommunity.ca

Good Food Box

The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

Fach Good Food Box contains a combination of fruits and vegetables. The content varies monthly, due to seasonal availability.

Order by 4:00 pm	Pickup Date from 1:00 to 5:00 pm
April 24	May 3
May 22	May 31

Pricing and Sizes:

• Small: \$25 for 15 to 20 lbs

Medium: \$30 for 25 to 30 lbs

Large: \$35 for 35 to 40 lbs

*Please note weights are approximate.

Orders are placed monthly through the WCA office and can be made in person, over the phone, or online via our "Events" page once logged in. *Please note that payment is due at the time of ordering and no refunds can be issued.

EXECUTIVE MESSAGE



Hello! Spring might be here as you read this, but it's still cold and snowy as I write. We are planning to put on some of our traditional events, such as the Easter Egg Hunt on April 1, Community Cleanup in partnership

with the City of Calgary on May 13, and a June volunteer appreciation evening. New this month is Family Bingo on April 23 from 6:00 to 8:00 pm. We will have prizes and a concession. The next Good Food Box order deadline is April 24 at 4:00 pm. As always, if you're willing to volunteer, or have ideas to suggest, please contact our office.

Our hall rentals have many of our long-standing tenants returning, and some new ones. Jazzercise will be at the hall in July and August. Check out the Chronicle to see if any programs might be right for you.

WCA Racquet Memberships go on sale this month. Buy one by April 30 for the early-bird rate.

Two major construction projects are happening in Woodcreek: the redevelopment of the old Husky site, and the Fish Creek West Sanitary Trunk line across the north side of our community. Current information on the sanitary trunk project can be found on the project website: https://www.calgary.ca/planning/water/fish-creek-west-sanitary-trunk.html. Please drive with care near these and mind your children; some of the hazards associated with such construction sites are not obvious.

You may have noticed some work being done on our office during mid-March. We are installing new security cameras and an access system that will let us retire the old metal master keys. Staff and tenants will receive training on the new system.

We are also looking to upgrade our community pantry to operate year-round and adding two more satellite pantries operating closer to where a need has been identified.

Keith Cartmell

President



Senior Moments

The Woodcreek Seniors' meetings are scheduled for the first and third Tuesday of each month and begin at 9:30 am. We are extending an invitation to seniors in the community to attend one of our meetings. Come, meet us, have a coffee, and see what the group can offer. We welcome all seniors to our group.

If you are interested in joining, please contact the Woodcreek Community Association at 403-238 -1611 for a WCA membership.

Our April Meetings:

April 6 - Meeting and Bingo

On April 6, an event is scheduled for members at the Deerfoot Casino.

April 18 - Meeting and musical entertainment by Dick Workentin.

Other Weekly Senior Programs:

Knitting and Crochet Group - Meets on Monday at 1:00 pm

Bridge - Meets on Tuesday at 1:00 pm

For further information, please contact Anne, Chairperson at 403-238-1611 or email akbund954@gmail.com, or Sandy, Vice-Chair, at woodcreekseniors826@gmail.com.



Outdoor School

Find out how you can help send the Woodlands School Grade 5/6 students to Outdoor School at Camp Kiwanis this spring! Visit www. woodcreekcommunity.ca for more information.





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Woodcreek Gardening Association

Good conversation and friendship through gardening

No cost to join for Community Members

Meetings will be held at the Woodcreek Community Centre (1991 Woodview Drive SW) on the third Saturday of the month, from 10:00 am to noon.

To join or for more information, contact Ross at gardener@woodcreekcommunity.ca.





Woodcreek Racquet Memberships

Courts located at Woodborough Park.

This season we are merging our Tennis and Pickleball memberships. This will enable our members to have more flexibility in using and booking courts online. Bookings require you to have a current Woodcreek Community Membership plus a racquet membership. The 2023 Racquet Fees per adult (18 +) are \$55. Take advantage of our discounted Early Bird Membership by April 30, 2023, and save \$10. Early Bird Racquet memberships per adult are \$45.

All memberships can be purchased online at www. woodcreekcommunity.ca beginning late March.



PLUMBER



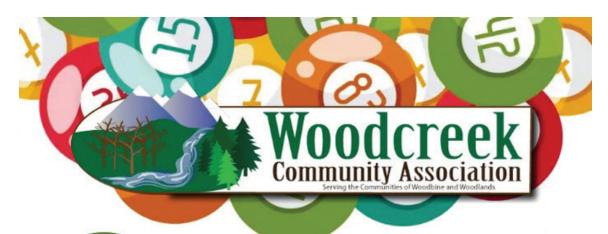
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National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.





Free!

Family BINGO Night

\$1 snacks



Sunday, April 23

Doors open at 6:00, games start at 6:30

GAMES-CONCESSION-PRIZES

(Exact change for the concession is appreciated)

Registration is required by April 16th

All family members must register to play

www.woodcreekcommunity.ca or 403-238-1611 1991 Woodview Dr. SW



Woodcreek Community Association in partnership with the City of Calgary

COMMUNITY CLEA

The Swap Table is Back!

Saturday May 13, 2023

1991 Woodview Drive SW 9:00 am - 2:00 pm

SHREDDING ON SITE FROM 9:00 AM - 1:00 PM

Cost: COMMUNITY MEMBERS: FREE

PLEASE HAVE PROOF OF MEMBERSHIP READY

NON-MEMBERS: \$15 CASH ONLY

The City of Calgary provides 3 packer trucks free of charge. WCA provides all other services, which require payment or a membership.

Memberships available for purchase online at www.woodcreekcommunity.ca

*Items Accepted: Household refuse, electronics, metal, bagged clothing, tires and batteries.

*We will accept items listed as long as we have space

(NO fridges or large appliances, BBQs, concrete, gas lawnmowers, mattresses, cardboard, propane tanks or fencing)

The Woodcreek Community Association reserves the right to decline any material not suitable for removal



INCLUSIVE volunteer-run basketball program for kids ages 8-12 in the communities of Woodbine + Woodlands, Kids will learn fundamental basketball skills, sportsmanship and leadership in a fun and safe environment.

Register Here:





Acrobatic Skunks

Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!

FRIENDS Fish Creek

April in Fish Creek

Fish Creek Community Terrace Phase 3 Bricks are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit https://friendsoffishcreek.org/programs/brick.

Volunteers Needed

Do you have free time and want to take part in volunteering opportunities occurring in Fish Creek Provincial Park? The 2023 volunteering season is just around the corner, and no matter your skill level or availability, we have a volunteer activity that is perfect for you. If you are looking to get outside and get your hands dirty, then you might like stewardship programs like invasive species management or restoration. One of the biggest environmental concerns in the park is invasive plant species and we need your help to locate and remove these plants and help minimize their impact on this park. You can also support biodiversity in Fish Creek through our restoration program by helping with pruning, staking, flagging, weeding, repairing fences, maintaining the stewardship vehicles, and so much more! The Friends are also looking for Park Watch Stewards and Fish Creek Ambassadors to help park visitors and engage with community members. Get to know the park and meet some amazing people here in the Fish Creek community. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit https:// friendsoffishcreek.org/volunteering-basics.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit https://friendsoffishcreek.org/park-protector-signup.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser.

YOUR CITY OF CALGARY

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day арр.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll

the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

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SCAN THE QR CODE FOR THE SOLUTION

Woodcreek Pantry

Our pantry will remain indoors for the winter with scheduled access for donations and pickups. We are hoping to have the pantry open most Saturdays from 12:00 to 2:00 pm. This is dependant on volunteer availability, so dates and times may change. For more details and up-to-date information, please join our Facebook group: Woodlands/ Woodbine Community Pantry.





Get the Latest Woodcreek News to Your Inbox!

Scan to subscribe to our NEW monthly newsletter!

Used Paperback Books

To raise funds for their activities, the seniors have a rapidly growing book collection with a good selection of gently used novels for 50 cents each. Donations of gently used paperbacks would be appreciated. Please drop off books during WCA office hours.





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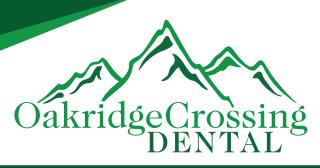
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OFFICE HOURS

7:30 AM to 4 PM Monday Tuesday 7:30 AM to 7 PM Wednesday 7:30 AM to 7 PM Thursday 7:30 AM to 4 PM Friday 7:30 AM to 3 PM Saturdav* 9 AM to 3 PM Sunday

*Open two Saturdays per month

Homeowner Water Guide – Spring Checklist

from the City of Calgary

Protecting Calgary's precious water resources is a shared responsibility among The City, businesses, and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- · Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.
- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering water.
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency, visit calgary.ca/ waterquide.

Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*.

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/ pedestrian. Remember - it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- · Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- · Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet Cyclists who choose their own helmet are more likely to wear them
- · Start the habit early. Young children learning to ride tricvcles need to wear helmets
- Parents must lead by example always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.
- * Parachute Canada: http://www.parachutecanada.org/ injury-topics/item/wheeled-activities1.

27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

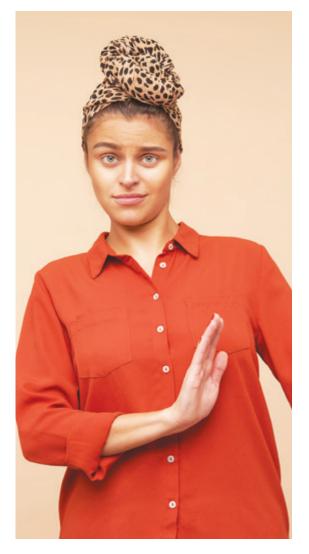
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- · Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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Speed Control – Woodbine Boulevard

Due to the concerns brought up by the citizen at Woodbrook Way and Woodbine Blvd SW, The City of Calgary Mobility Department is proposing a special traffic calming treatment at this curve that will include a temporary yellow traffic calming curb in the median with an additional curve warning sign. They are hoping that this additional narrowing and warning will reduce the speed and more clearly communicate the need to slow down to approaching motorists. Pending funding, the project will be included in the 2023 safety improvement program.

In the meantime, the CPS Residential Safety Unit will be monitoring the area. Be aware of your speed and slow down on our residential streets.







We have moved and changed our name! Our new address is Suite 245 – 125 Oakmoor Plaza SW which is in the new Co-op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

Charles and the staff look forward to seeing you in our new clinic. Please give us a call to set up an appointment and ensure we are in our new location. Our phone number is still 403-251-1522.

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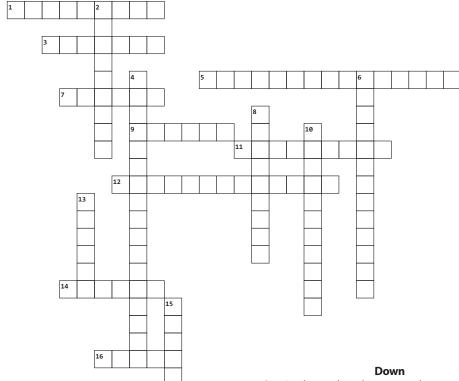
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Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April'.
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom How I Met Your Mother.
- 14. Literature lovers will know that April is National Month.
- 16. A colourful and popular marshmallow Easter treat.

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of Jane Eyre.
- 10. This Chilean-American The Last of Us actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæges-eage.'

SCAN THE QR CODE FOR THE ANSWER KEY













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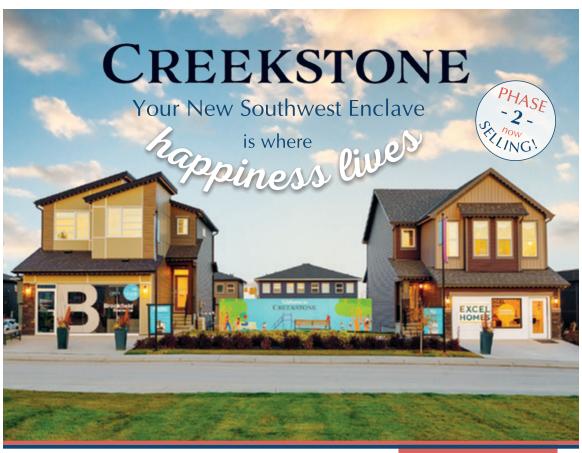
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