

MARCH 2023

DELIVERED MONTHLY TO 6,925 HOUSEHOLDS

# your **WOODCREEK** CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



**TWEEN DANCE**  
**MARCH 10**

**GOOD FOOD BOX DEADLINE**  
**MARCH 20**

*Cover Photo by Keith Cartmell*

**WOODCREEK**  
**LAWN AND SNOW**

CALL PETER RIDLEY  
FOR A FREE QUOTE **403-968-7978**

**NOW BOOKING SPRING CLEANUPS  
AND WEEKLY LAWN CARE**

Experienced crews use the most recent Aerators,  
Power Rakes, Lawn Mowers, and Backpack Blowers.  
Great service at a reasonable cost.  
Licensed and insured with references.

**10% OFF FOR COMMUNITY ASSOCIATION MEMBERS**

1991 Woodview Dr SW • Information 403 238 1611 • [www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

# WOODBINE OPTOMETRY

eye care focused on you

We look forward to providing complete eye care and eye health services to you and your family!

At Woodbine Optometry, our goal is to foster life-long relationships with our patients based on trust, professional knowledge, quality eye care and superior service.

*The services we provide include:*

- Comprehensive **eye exams**
- Prescription **eye glasses**
- **Contact lenses**
- **Eye disease** management
- Medical **eye emergencies**
- **Child & senior** exams
- Advanced digital **retinal imaging**
- **Refractive surgery** co-management



- **EXPERTISE**
- **SERVICE**
- **TECHNOLOGY**
- **QUALITY**

Call **403.640.0606** or email us at [info@woodbineoptometry.ca](mailto:info@woodbineoptometry.ca) to book an eye exam today!

For more information visit us at  
**WoodbineOptometry.ca**

Unit 206B, 2525 Woodview Drive SW Calgary AB T2W 4N4

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## WoodcreekHomes.ca

YOUR COMMUNITY  
REAL ESTATE  
RESOURCE

**RYAN JACQUES**

Realtor® RE/MAX First

A Woodbine resident  
for over 20 years!

**CALL NOW!**

For your Complimentary  
Real Estate Consultation!

**403-875-4205**

#115, 8820 Blackfoot Trail S.E.  
Calgary, AB, Canada T2J 3J1

RE/MAX  
FIRST



**20% OFF** the regular price of all bodycare and supplements

On the first Wednesday of each month and the Tuesday that bumps against it\*



**ENERGY for the  
IMPORTANT THINGS  
in LIFE**

[amaranthfoods.ca](http://amaranthfoods.ca)

\*Some exclusions apply, see in store or website for details.

**NEW PATIENTS WELCOME  
WE CAN HELP YOU AT:**

**WOODBINE  
DENTAL**

*"Your Family Neighbourhood Dentist"*

**WE WARMLY  
WELCOME  
EMERGENCIES,  
NEW PATIENTS  
AND  
THEIR FAMILIES**

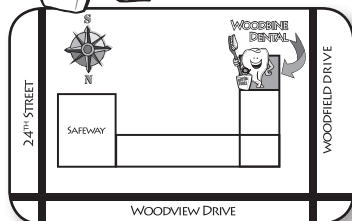
Come visit us and let **DR. WARNER LEE** and his staff help maintain the dental health of your entire family.

**CONVENIENT EARLY MORNING AND  
EVENING APPOINTMENTS AVAILABLE TO FIT YOUR SCHEDULE**

**403-251-3633**

**[WWW.WOODBINEDENTAL.COM](http://WWW.WOODBINEDENTAL.COM)**

Located in Woodbine Square at 312A, 2525 Woodview Drive S.W.



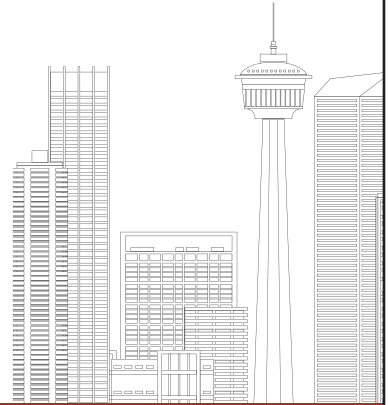


# My Calgary

MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

## Available monthly by community:

- Community Real Estate Stats
- Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
- Local Classified Ads



 @MyCalgary\_ |  MyCalgary |  @My\_Calgary  
news@mycalgary.com | 403-243-7348

Made by Great News Media

Scan to visit  
MyCalgary.com



## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us,  
call 403-720-0762 or email  
sales@greatnewsmedia.ca

Scan for an  
advertising  
quote



@greatnewsmedia



great-news-media

Visit our YouTube channel to  
learn about the latest in print  
and digital marketing!



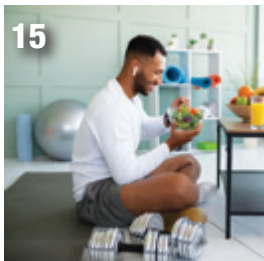


# CONTENTS

---

- 8 PROGRAMS
- 10 EXECUTIVE MESSAGE
- 15 TAKE ON WELLNESS: RIDE THE WAVE OF DAYLIGHT SAVINGS
- 19 FRIENDS OF FISH CREEK
- 23 EASTER EGG HUNT
- 28 BUSINESS CLASSIFIEDS

15



19



23



28



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

**WOODBINE**



**WOODLANDS**



**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# Woodcreek Community Association

## Board of Directors and Other Contacts

Representatives can be reached through the WCA office 403-238-1611 or [wca@woodcreekcommunity.ca](mailto: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
Volunteer Coordinator	Vacant
IT Support	Andre Ortiz
Community Engagement	Stephanie Lengsfeld
Community Pantry	Naomi Burkinshaw
Marketing	Victor Olagundoye
Skate and Shiny	Nicole Matheson
Director at Large	Matthew Perro
Director at Large	Andrew Clarke
Director at Large	Scott Eden
OTHER CONTACTS	

Communications	Sue Larson Erin Lackie
Grants Coordinator	Dave Christopoulos
Casino and Community Cleanup	Cec Jahrig
Development Liaison	Linda Mulligan
Adult Events Coordinator	Nora Ward
Pickleball Coordinator	Dave Christopoulos

## OTHER CONTACTS

Graphics Specialist	Erin Lackie
St. Jude School Liaison	Gillian Murray
Woodbine School Liaison	Pooja Sharma
Woodlands School Liaison	Vacant
Youth Events Coordinator	Tara Gladun
Webmaster	Erin Lackie
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:

March 7, 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**

Woodcreek memberships are now available for purchase online.

**[www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)  
(403) 238-1611**



Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

**Call us now**  
(403) 256-9282

**Email us**  
info@jacksonjackson.ca  
contact@jacksonjackson.ca

**www.jacksonjackson.ca**



## Senior Moments

The Woodcreek Seniors' meetings are scheduled the first and third Tuesday of each month and begin at 9:30 am. We welcome all seniors to join our group. If you are interested, please contact Woodcreek Community Association at 403-238- 1611 for a WCA membership.

### **Our 2023 March meetings are as follows:**

**March 7** – Introducing the “Liars Club,” featuring five seniors' group members

**March 21** – Entertainment: Line Dance Club “Keepin’ it Country”

### **Other weekly Senior programs are:**

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

**Bridge** – Meets on Tuesday at 12:30 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.

## 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.

### Joke of the Month

What's the difference  
between a hippo and a Zippo?

One is really heavy, and  
the other is a little lighter.

## 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@bravocircus.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.kokodoyyc.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

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](mailto: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](mailto: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

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

Tuesdays, 5:15 pm

Adult Fitness Classes: Mondays, 7:00 pm

Contact: [vanshawacademy@gmail.com](mailto:vanshawacademy@gmail.com).

### **WCA Parents and Tots Group**

Mondays, 9:00 to 11:00 am

Contact Tina at [tinawheeleryyc@gmail.com](mailto: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](mailto:akbund954@gmail.com).

### **Woodcreek Gardening Association**

Meet third Saturday of the month, 10:00 am to noon.

Contact Ross Snyder at

[gardener@woodcreekcommunity.ca](mailto:gardener@woodcreekcommunity.ca).



## Mark Your Calendar! Upcoming Events

March 7	WCA Board Meeting, 7:15 pm
March 10	Tween Dance
April 1	Easter Egg Hunt, 1:00 to 3:00 pm
May 1	Community Cleanup

## 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

Office Administrator

Sue Larson

Erin Lackie

**Phone:** 403-238-1611

**Address:** 1991 Woodview Drive SW  
Calgary, AB T2W 5E5

**Email:** [wca@woodcreekcommunity.ca](mailto:wca@woodcreekcommunity.ca)

**Website:** [www.woodcreekcommunity.ca](http://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.

Each 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
March 20	March 29
April 24	May 3

### 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 Woodcreek Community!

With spring just around the corner, it is nice to reflect on the last couple months of winter happenings at the community centre.

If you were able to take advantage of one of the community rinks, just know that it takes a dedicated team of volunteers to keep the rinks in tip-top shape! Make sure to give them a big thank you if you see them working hard to keep up the ice surfaces. We would also like to thank Nicole Matheson and Cedric Klein Beernink for organizing our Sunday Skate and Shiny afternoons throughout January and February. They were a great success, and we hope you were able to take advantage of them.

The NYE dance was a fun evening, and we hope to have more dances coming your way very soon.

The Good Food Boxes provided affordable produce to many families and the community pantry remained open, with a modified indoor schedule. Both the Good Food Boxes and pantry are ongoing services provided by the community association.

Hall rentals were back up to historical levels and many of the popular programs have returned, so be sure to check out the facility schedule for all updates.

March is Community Association Awareness Month! We can't do what we do without your support. As a thank you to all our members, we will be offering a prize draw to all Woodcreek residents who hold a valid membership as of March 31, 2023. Memberships can be purchased online or by contacting the office.



Building to the highest quality, with integrity and honesty.

Residential Construction and Renovation Services  
Renovations, Basements, Bathrooms & Kitchens

Echelonconstruction.ca | 403-903-2744  
tmoriarty@echelonconstruction.ca

Looking ahead, we are hosting another Tween Dance this month, and an outdoor Easter Egg hunt in April, details to follow.

We are always looking for volunteers, so if you have a particular skill set that you think may be of benefit to our community, please contact the office to find out what opportunities are available. We have a few existing roles that need to be filled: Volunteer Coordinator and Spaghetti Dinner Coordinator.

And lastly, for students in our community, we are looking to hire a full-time summer student for the months of June through August. Please watch the website and your inbox for information on the position.

Thank you for your continued support.

*Leanne Long*

Second Vice-President




BRAIN GAMES

SUDOKU

3		4	1					
			5		2	6		7
			9			4		
9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3

SCAN THE QR CODE FOR THE SOLUTION



## WCA Outdoor Rink Volunteers

Every year when temperatures drop below freezing, we have a dedicated group of volunteers who work together to clear endless amounts of snow, flood, and maintain the outdoor ice skating facilities in Woodbine and Woodlands.

Two of our rinks are located in Woodlands at 1991 Woodview drive, and another is in Woodbine at 36 Woodborough Road SW. These skating surfaces provide enough space and variety to accommodate all levels of leisure and hockey skaters.


WCA Outdoor Rinks truly are a community endeavor and only made possible by the generous efforts of our committed volunteers, who have contributed many hours to bring this skating opportunity to our community for all to enjoy!

Thank you to our 2022-2023 rink volunteers - Kevin D, Tim B, Kevin C, Al E, Jim J, Dennis P, Jim H, Brian B, Don L, Josh F, Matt M, Matthew P, Nazar S, Sebastian K, Tim L, Tony S (and son), and William G.

## Female Clergy



On March 12, 1994, the Church of England, which is headed by the British monarch, ordained 32 female priests. Prior to this, all clergy in the Church of England were male. As a result, 700 male clergy and thousands of church members left the church in protest. On a happier note, in 2015, the Church of England welcomed its first female bishop, Libby Lane!



**WE MAKE DENTAL CARE  
EFFORTLESS FOR THE  
ENTIRE FAMILY**

Serving Woodlands for over 30 years

# Woodcreek

D E N T A L C A R E

16-523 WOODPARK BLVD SW  
CALGARY, AB T2W 4J3  
403.238.2872  
WOODCREEKDENTALCARE.CA



**SAVE A  
BUNCH  
OF CASH**

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

# 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](mailto: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](http://www.woodcreekcommunity.ca) beginning late March.



## Family Skate and Shinny Events

Winter Skate and Shinny events at the community centre were a huge success. We would like to thank Councillor McLean, his office, and the City of Calgary for sponsoring the events through the Ward Community Event Fund. The Sunday events would not have proceeded without our dedicated ice crew and organizers, Nicole and Cedric. It was great to see families coming out to have some fun, meet new friends and neighbors, and enjoy some hot chocolate and a snack or two!





## RESIDENT PERSPECTIVES

### Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

## RESIDENT PERSPECTIVES



### Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

#### Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

# Woodcreek Community Association

March is Membership Appreciation Month! We can't do what we do without your support. As a thank you to all our members, we will be offering a prize draw to all Woodcreek residents who hold a valid membership as of March 31<sup>st</sup> 2023. Memberships can be purchased online or by contacting the office.

## Why Buy a Membership?

### Community:

Membership fees are invested into delivering quality programs and supports the operational needs of our community centre and its grounds in Woodlands and Woodbine.

### Events:

Attend community events such as adult dances, children's parties, Family Dinner Night, Fall Fair, Stampede Breakfast and a growing list of events and activities either free or at a discount.

### Voting:

Membership allows you to vote on community issues at the Annual General Meeting. (Not available for Non-Resident Memberships).

### Facility Rentals:

The community centre offers fantastic hall and meeting space for public programs and activities, meetings, and family events and gatherings. Members receive a 10% discount for bookings.

### Feel Connected & Informed:

Helps you meet others in your community, as well as keeps you informed about important activities and community news.

### Enjoy Sport Facilities & Groups:

A variety of sport facilities are available year-round, including basketball, tennis, pickleball, outdoor lit rinks for public skating, hockey, and lacrosse.

### Receive Support:

The community association provides representation and input for Woodcreek residents with the City of Calgary and/or community planning.

### Free Services:

Join with your neighbors and participate in community initiatives such as our Community Clean Up Days, Seniors Groups, Gardening Club.

### Business Sponsors:

Community businesses partner with WCA annually to offer our members customized offers and discounts.

**PURCHASE YOUR WCA MEMBERSHIP TODAY!**

# Ride the Wave of Daylight Savings

*from Alberta Health Services*

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

**Here are some things you can do to adapt as we 'spring' forward in time:**

**Sleep Soundly:** We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

**Physical Activity:** Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

**Routine:** Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

**Involvement:** Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



**Nourishment:** Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

**Giving Back:** People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to give and thrive with change!

## The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane  
Wind whirls around it as it goes  
Trees put on its coat of snow  
The pine dances in the air  
Doing the waltz with the snow  
The frost lands lightly on the hill  
Chilly wind sways the trees and bends the leaves  
Sparks of snow, fall so bright  
Glittering even in the night  
The only colour is grey and white  
Throughout the day and in the night

The snow is now melting  
Frost is all gone  
Ice is slipping off the bark  
And now it's dawn  
Sprouts and beans are growing now  
The butterflies are flying around  
Petals are growing but not here yet  
People are planting, knees on the ground  
Seedlings are hatching, growing right now  
Caterpillars are crawling around  
Eating every leave in sight  
With the butterflies in the sky  
They wish they could take to flight

Petals in the sky  
Blossoms in my eye  
Day as bright as light  
As well as in the night  
Sky as blue as the sea  
But is lighter than thee  
Birds are coming back  
And that is a fact  
In the warmth and light  
The sun comes very bright  
At the beach we play  
In the hotness of the day  
Greenest grass in all the land  
Same with the trees and leaves  
Summer is coming to an end  
That means school will start again  
  
The smell of apple pie walks through the air  
Filling our nostrils with the scent of cinnamon  
We see streaks of colour hitting the ground  
All the leaves floating around  
Autumn is leaving us once more  
Winter is now walking through the door



## 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. Spring session runs March 1 to 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. Spring session runs March 3 to April 21 (no class April 7). Cost is \$49 + GST for members and \$56 + GST for non-members. Drop-in is \$10 per class.

Please register by contacting the office at 403-238-1611 or [wca@woodcreekcommunity.ca](mailto:wca@woodcreekcommunity.ca).

## Residential Traffic Safety Unit (RTSU)

The Calgary Police Service is re-introducing the Residential Traffic Safety Unit (RTSU); a unit created to specifically address residential traffic issues. Their strategy is to utilize citizen feedback to develop their operational response. RTSU focuses on playground zones, pedestrian rich areas, and other high-risk locations identified through collision data analysis. The RTSU is attached to the Traffic Section of the Calgary Police Service. Residents can submit concerns through the Traffic Service Request System (TSR) through this link: <https://www.calgary.ca/cps/traffic/traffic-service-requests.html>. A representative from RTSU will be attending the WCA Board meeting on March 7.

## 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. Details and updates will be posted on our website.



**403-281-2008**  
[info@summitplumbing.ca](mailto:info@summitplumbing.ca)  
[www.summitplumbing.ca](http://www.summitplumbing.ca)

**MORE THAN  
15 YEARS  
IN BUSINESS**



Specializing in Residential Services



**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.





**Woodcreek**  
Community Association  
Serving the Communities of Woodbine and Woodlands

# Tween Dance

Ages 9 - 13

Friday, March 10th

7:00 - 9:00 pm

**DJ ECHO**  
**\$1 CONCESSION**  
**MUSIC**  
**DANCING**  
**FUN!**

Event will be chaperoned. No re-entry.

\*No outside food, drinks or glowsticks please

\*No tickets sold at the door

[www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)

Wear green  
for St.  
Patrick's Day!

**\$6 Members**  
**\$9 Non-members**  
**Registration is  
Required!**



# FRIENDS *of* Fish Creek

## March 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 [friendsoffishcreek.org/programs/brick](http://friendsoffishcreek.org/programs/brick).

### Fish Creek Speaker Series 2023

#### Exploring the Impacts of Effluent Release in the Little Bow River Watershed

**Presented by Matthew Bogard, Assistant Professor and Canada Research Chair in Aquatic Environments**

**Thursday, March 9, 7:00 to 8:00 pm**

Matthew is an assistant professor and Canada Research Chair in Aquatic Environments at the University of Lethbridge. He has studied the ecology of lakes, rivers, wetlands, and coastal environments across North America, and is currently Associate Editor at Canadian Journal of Fisheries and Aquatic Sciences. Matt's research focuses on understanding how human activities impact our precious water resources in southern Alberta. Free for Friends members and \$10 for non-members. Registration required. To register visit [friendsoffishcreek.org/event/watershed](http://friendsoffishcreek.org/event/watershed).

### 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 [friendsoffishcreek.org/park-protector-signup](http://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% profit on every sale made through this exciting ongoing fundraiser. Make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.



# **South Calgary Community** **Clothing GIVEAWAY**



**Saturday, May 6, 2023**  
**10:00 am to 1:00 pm**



**380 MIDPARK BLVD SE**  
**All Saints Lutheran Church**



## YOUR CITY OF CALGARY

### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

*from the City of Calgary*

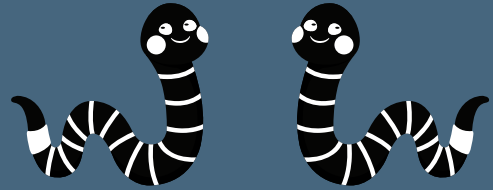


Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

## The Full Worm Moon



The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



# WEST PEAKS DENTAL SUITE

We are excited to welcome you to our brand  
new location opening March 2023!

Dr. Adrian Harbison and Dr. Sean Carey along with the  
the rest of the West Peaks Dental Team look forward  
to meeting you!

Book Now



Suite 205, 125 Oakmoor Pl SW  
Calgary, AB T2V 4A3



(403) 281-4264



[westpeaksdentalsuite.ca](https://westpeaksdentalsuite.ca)



### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

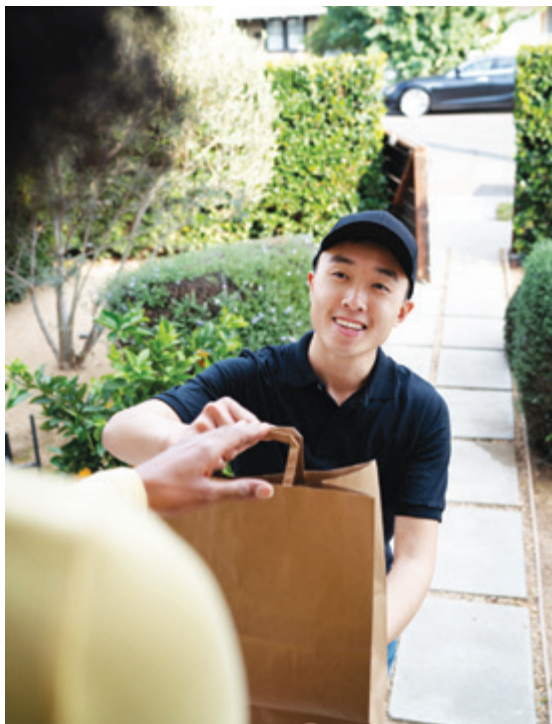
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





**Woodcreek**  
Community Association  
Serving the Communities of Woodbine and Woodlands

# EASTER EGG HUNT

Face painting, games + more!

**SAT APRIL 1**  
**1-3 PM**

Members:  
Free  
Non-members:  
\$5

**Egg Hunt Times**  
1:30 PM : 0-3 years  
1:45 PM: 4-7 years  
2:15 PM : age 7+

Registration is required.  
No tickets sold at the door.  
[www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)  
403-238-1611

OAKRIDGE  
DENTURE & IMPLANT  
CENTRE



We are moving and have 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.

**Personalized High Quality Dentures,  
from the Denturist Who Cares!**

- New Complete and Partial Dentures
- Implant denture services
- Relines, Repairs & Adjustments
- Complimentary consultations
- Direct billing with assignment insurance companies
- Dental implant placement referrals

**OakridgeDentureCentre@gmail.com**

**www.OakridgeDenture.com**

**403-251-1522**

**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist



**Alberta Fire & Flood  
Restoration Service**

7029 Farrell Rd SE | Calgary, AB

**All emergency work 24/7 | 403.204.2259**

**Locally owned  
Rebuilding communities since 2003**



**Sewer Back-up | Water Damage | Fires | Mould | Asbestos**

## Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.





# CREEKSTONE

Your New Southwest Enclave

is where

*happiness lives*



Laned  
Duplex

FROM THE LOW

**\$500s**

Single-Family  
Front-Drive Garage

FROM THE LOW

**\$600s**

HOMES BY:

**Brookfield**  
Residential

**EXCEL  
HOMES**



Prices & terms are subject to change without notice.



*Show Home Hours*

Monday - Thursday  
from 2-8 pm

Weekends  
from 12-5 pm

*Welcome*

to your new SW  
neighbourhood. Join us as we  
build a community that provides  
more than just a home!

ENCLAVE COMMUNITY

PARKS, PATHWAYS,  
& PLAY SPACES

EASY ACCESS TO SHOPPING,  
RECREATION & MORE

**QUADRA**  
REALTY INC.



**CREEKSTONECALGARY.COM**

# The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

### Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

### So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

### So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

### Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.

# Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

### The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

### Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

### Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at [ahs.ca/recipes](https://ahs.ca/recipes).

# BUSINESS CLASSIFIEDS

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Woodbine and Woodlands. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**WOODLANDS | WOODBINE MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**JUNK TO THE DUMP / ODD JOBS:** Safety starts with a clean and clutter free environment. Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**ELECTRICITY IS NOT A HOBBY:** Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

**BRYAN'S PLUMBING MASTER PLUMBER:** Local plumber, great prices, and over 30 years' experience. Renos and repairs, hot water tanks and humidifiers, and faucet replacements. Free estimates and advice. Seniors discount. No job too small. Call Master Plumber at 403-560-6547, or email [brenmak@telus.net](mailto:brenmak@telus.net).

**ABOVE & BEYOND CONSTRUCTION LTD.:** Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at [www.aboveandbeyondconstruction.ca](http://www.aboveandbeyondconstruction.ca) or call 403-278-3433.

**ACUMEN APPLIANCE REPAIR:** Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail [acumenappliance@gmail.com](mailto:acumenappliance@gmail.com).

**AFFORDABLE DENTAL CARE MINUTES FROM WOODLANDS | WOODBINE!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**CHARTERED ACCOUNTANT:** Over 15 years' professional experience. Financial statements audit, review, compilation, corporate and personal tax E-filing, tax planning and minimization, business start-up/incorporation, GST, bookkeeping, payroll. Flexible hours, affordable rate. 303 - 10601 Southport Rd. SW, Calgary, AB T2W 3M6. 403-238-6088. [binzhao@binzhaopc.com](mailto:binzhao@binzhaopc.com).

**BRH HOME SERVICES (FREE ESTIMATES):** Trusted for over 40 Years - Doing It Right The First Time. Electrical, plumbing, tiling, flooring, insulation, drywall, taping, mudding, sanding, painting, carpentry, kitchen/bathroom renos, locks, appliance installs, interior/exterior doors, baseboards, trim, garage door repairs, parging, decks, fences. If you don't see what you want, just call Richard at 403-481-1774.



**EXPERIENCED LOCAL HANDYMAN-CONTRACTOR:**

Whatever your home improvement project may be, our team of experts can help. Fully insured and licensed with the city. 15% seniors discount. Call us today for a free quote. 403-255-5115.

**BARRON ELECTRIC:** Woodlands and Woodbine Master Electrician can make your smart home dreams a reality! Same-day service! All electrical concerns: electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, fire/CO alarms, lighting, thermostats, plugs, cameras. Electrical emergency? No extra charge evenings, weekends, holidays. As always, licensed, bonded and insured. Text/call Jeff Barron at 403 -818-6256, barronelectric@shaw.ca, www.barronelectric.ca.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**CROWN RENOVATIONS:** Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

**DISCIPLE HOMES & IMPROVEMENTS INC. (38 YEARS):**

Specializing in high-quality renovations and customer satisfaction. Complete custom kitchen, bathroom, basement, whole floor renovations and exterior work. Licensed and insured, BBB A+ rating, former client references and walkthroughs available. Free in-home estimates 403-207-5708 email: info@disciplehomes.com, www.disciplehomes.com. Financing OAC.

**RENOVATION/DEVELOPMENT IN WOODLANDS/**

**WOODBINE:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

**MANN BIKE CAVE:** As we approach the 2023 riding season, Mann Bike Cave continues to offer quality bicycle services to south Calgary residents. Please contact me at 403-620-3036 or mannbikecave@gmail.com to book your bike in for spring and summer tune-ups.

**OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES:**

Experience in public accounting, CPA, CMA provides multiple year filings, mobile services, Canada and US personal and corporate tax preparation, bookkeeping, GST, and source deduction. Please call 403-305-0955, email okonbooks@gmail.com, or visit www.okonbooksaccounting.com.

**FLO'S VOCAL ARTS STUDIO:** Discover your vocal potential. For personal development and enjoyment, and if you are preparing for upcoming auditions, singer-songwriter events, adult choirs, open mic showcases or school performances. Contemporary vocal coaching for ages 7 to 77. Forty-four years of experience. Florence Shustack, BScOT. Member of the Calgary Musicians Association. florencesinger@shaw.ca | www.vocal-arts-studio.com | FB@FlosVocalArtsStudio | 403-397-6737.

**STEVENS PROJECTS:** Providing a neighborhood mechanical service. Light-duty welding and machining. Sharpening of knives, lawnmower blades, axes, hatchets, metal working drill bits, etc. Reasonable rates. Call or text Gord at: 780-831-8005.

**HOME RENOVATIONS:** Kitchens, bath, and basement development. We are a smaller, family-owned-and-operated company residing in Woodlands with 30 years' industry experience. Fully licensed and insured. Visit us at vibredel.com or reach out to Bruce at 403-861-1994 for a free estimate on your upcoming renovation.

*continued on next page*



# BUSINESS CLASSIFIEDS

## continued

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, [mchasse@shaw.ca](mailto:mchasse@shaw.ca).

**ELECTRIC SERVICES FOR ALL YOUR NEEDS:** Inspections. Renovations. Upgrades. Emergency calls etc. Please call Emil at 403-281-8664 or 403-399-7262.

**WOODBINE HAIR DESIGN:** Home based business since 1983. One block west of 7-Eleven store (507 Woodbine Blvd SW). Same owner and location for 39 years. Best price in the area for all your hair needs. Call Jelica at 403-251-3319 anytime.

## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?
  - a. Blue
  - b. Red
  - c. Green
4. What date in March is St. Patrick's Day?
  - a. March 1
  - b. March 16
  - c. March 17

## PLUMBER



**PLUMBOB Father and Son**

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**



**DECKSMITH DEVELOPMENTS INC.**

DECKS & FENCES

**403-510-6900**

CONTACT RANDY CHOMISTEK  
[decksm@telus.net](mailto:decksm@telus.net) | [decksmith.ca](http://decksmith.ca)

ESTIMATE • 3D DESIGN • CONSULTATION  
EST. 1985

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
  - a. 13,000,000
  - b. 1,300,000
  - c. 1,000,000
6. What is St. Patrick's nickname?
  - a. St. Paddy
  - b. St. Patty
  - c. St. Irish
7. When and where was the first St. Patrick's Day parade held in Canada?
  - a. Quebec City in 1765
  - b. Ottawa in 1870
  - c. Halifax in 1790



**SCAN THE QR CODE FOR THE ANSWERS!**





# Oakridge Crossing DENTAL

- Family Owned and Operated - Children's (Pediatric) Dentistry
- Restorative (Cosmetic) Dentistry - Emergency Dentistry
- Implant-Supported Dentures and Crowns
- Evenings and Saturdays Available - Teeth (and Wisdom) Extractions
- Sports and Night Mouth Guards - Dentures - Root Canal Therapy
- Sedation Dentistry (Oral and Nitrous) - Direct Billing to Insurance
- Dental Hygiene (Teeth Cleaning) and Checkups



**Dr. Claudiu Corbea**  
General Dentist

**Dr. Daniel Kulevski**  
General Dentist

**CALL TODAY ☎ 403-475-9800**

**TO BOOK AN APPOINTMENT OR  
TO ASK US ABOUT OUR  
COVID-19 SAFETY PROTOCOLS**

For your safety and  
ours, our dental team is  
vaccinated for COVID-19



**SCAN TO BOOK  
AN APPOINTMENT**

New Patients and Dental Emergencies Welcome  
Extended Hours (Evenings and Two Saturdays Per Month)  
Direct Billing Available | Sedation Dentistry

**2580 Southland Drive SW,  
Suite 58A, Calgary, Alberta**

**info@oakridgecrossingdental.ca  
www.oakridgecrossingdental.ca**

## OFFICE HOURS

Monday	7:30 AM to 4 PM
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
Saturday*	9 AM to 3 PM
Sunday	CLOSED

\*Open two Saturdays per month

**INFO@SMITHPEZZENTE.COM**

# **SMITH PEZZENTE TEAM**

**Cory, Geoff, Sylvia Smith & Dino Pezzente**

**403.251.2900**



**#1 TEAM**

**2**  **22**

**RE/MAX LANDAN REAL ESTATE**

**SMITHPEZZENTE.COM**