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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

SKATE WITH SANTA
DECEMBER 16



Cover Photo by Keith Cartmell

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YEAR 2022



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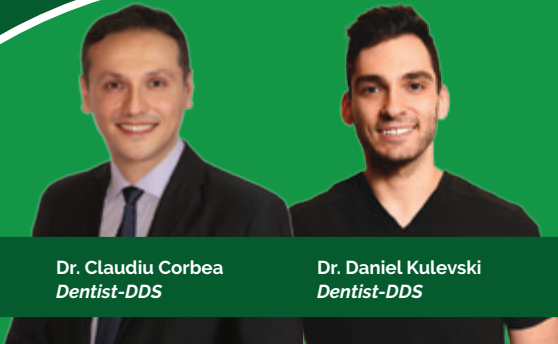
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Dr. Claudiu Corbea
Dentist-DDS

Dr. Daniel Kulevski
Dentist-DDS

OFFICE HOURS

Monday 7:30 AM to 3:30 PM
Tuesday 7:30 AM to 7 PM
Wednesday 7:30 AM to 7 PM
Thursday 7:30 AM to 3:30 PM
Friday 7:30 AM to 3 PM
Saturday* 9 AM to 3 PM
Sunday CLOSED

*Open two Saturdays per month



Community Office Hours

Monday to Friday:

1:00 to 4:00 pm or by appointment

Closed on statutory and civic holidays

The office will be closed December 23 to January 1.

Community Office Staff

Facility Manager Sue Larson
Office Administrator Erin Lackie

Phone: 403-238-1611
Address: 1911 Woodview Drive SW
Calgary, AB T2W 5E5
Email: wca@woodcreekcommunity.ca
Website: www.woodcreekcommunity.ca



Woodcreek Community Association Executive Board of Directors and Other Contacts

Representatives can be reached through the WCA Office at 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

OTHER CONTACTS

Police Liaison	Andrew Clarke
St. Jude School Liaison	Gillian Murray
Woodbine School Liaison	Pooja Sharma
Woodlands School Liaison	Pam Ashcroft

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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
(403) 238-1611

WCA Board Meetings

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:
January 9, 7:15 pm




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EXECUTIVE MESSAGE



Hello everyone! By now you're probably deep in the flurry of seasonal social events, wondering if someone sped up the clock or removed a few pages from the calendar. How can it be nearly the end of 2023?!

Our community association has had a huge year, coming out of COVID busier than ever. I'd like to give a big thank you to our employees, volunteers, sponsors, and all the people who come out to our events. Give yourselves a round of applause! As you read this, we have just held our AGM, and I'm looking forward to working with our renewed Board of Directors throughout 2024. We will soon begin planning for next year's events. If there are events you'd like to see happen, or would like to support, please contact our office.

Please consider donating items to our new pantry. Our newsletter will have a list of items that are most needed.

Don't forget the Skate with Santa on December 16.

On behalf of the community association Directors, I wish you and yours the best of the season,

Keith

WCA President



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.



Hey, Kids! and Parents, too! Join us for a

skate with santa

Saturday, December 16, 2023

Woodcreek Community Centre

1:00 to 3:00 pm

FREE for all ages!

Bring weather appropriate skates.

(Ice skates if it's cold enough, inline skates if not.)

FREE picture with santa
(digital file)

Hot chocolate & cookies provided.

To volunteer for this event, please call
the office at (403)238-1611

or email wca@woodcreekcommunity.ca.

Sponsored by City of Calgary Ward13 Cllr Dan McLean,
Woodbine Safeway, and Gateway Victory Church.

WORD OF THE MONTH

Stalwart: Adjective (Stawl-wert)

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

PROGRAMS AT WCA

Ballroom and Latin Dance Classes for Adults and Children

Dima Levita and Sasha Antonova (Levita Dance)
403-613-5070

Beavers

Jamie Delorme
403-462-5597

Bravo Circus Classes for Kids

Ages 3 to 13 years
Maria Chekmareva
587-894-0675 or maria@bravocircus.ca

Friday Prayers for Muslims

Dr. Mahmood
403-708-1055

Gateway Victory Church

Pastors Rowan and Mara Fraser
403-816-1684 (call/text)

Girl Guides

Barb Augustyn
403-251-5169

Karate for Children and Adults

Hermann Pirela 5th degree Black Belt (Tanabe Dojo)
403-880-0992

Kokodo Jujutsu

Jujutsu for Adults
John Berzai
403-968-9836 or <https://www.kokodoyyc.com>

M & D Dance Academy

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

Miniature School of Ballet & Dance

Alya
<http://miniatureballet.com>

Move N Mingle

Alberta Health Services
403-955-1554 or 403-863-7708

Parents and Tots

Up to 4 years
Megan Cocciolo
megan.cocciolo@gmail.com

Play Makers: A Preschool Program

Tara Gladun
admin@playmakerscalgary.com

Scouts

Jamie Delorme
403-462-5597

Seniors' Bridge/Cards

Ken Barrie
403-281-5556

Seniors' Fitness (Move & Groove)

Nancy Ehle
403-238-1611

Seniors' Group

Chairperson – Anne Bundgaard
403-238-1611

Seniors' Knitting Group

Sandy Keating and Pat Konoff
403-238-1611

Southwest Seniors

Dancing and live music
George Flood
flood.george6@gmail.com

Tai Chi

Christine Tao
403-238-1611

Therapeutic Yoga for Hips, Shoulders, and Back

Rosemarie Bartschak
403-607-5806 or yoga4community.com

Vanshaw Academy of Irish Dance

Stephanie Henshaw
vanshawacademy@gmail.com or vanshawirishdance.ca

Woodcreek Gardening Association

Ross Snyder
gardener@woodcreekcommunity.ca

Zumba Dance Fitness

Rita Olsen
403-401-0090





We are pleased to announce that **Ms. Gabriela Alvarado-Torres** joined our team in October.

Gabriela is a Denturist who brings with her a diverse experience gained from practicing in several clinics in Alberta, where she provided a variety of treatment options to her patients. Her caring personality and attention to detail fits into our practice philosophy, and she can provide services in both English and Spanish! Call our office at 403-251-1522 to schedule an appointment with Gabriela or Chuck.

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

Gabriela Alvarado-Torres, BHSc, DD
Denturist, Denture Specialist

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HELP STOCK OUR PANTRY!

Drop items off to the WCA office Dec. 6, 7, & 8, from 1 - 4pm, or Dec. 9 from 10am - Noon

ITEMS MOST NEEDED:

Canned Food - Soup, Fruit, Mushrooms, Corn, Beans, Meat/Fish, Ramen Noodles, KD, Rice, Pasta, Cereal, Peanut Butter, Dry Lentils/Beans, Condiments/Spices, Coffee/Tea, Cooking Oils, Sauces, Syrup, Jam, Honey, Pancake Mix.

Laundry Detergent, Toilet Paper, Paper Towel, Soap, Shampoo, Toothpaste/Toothbrush, Deodorant



DONATE FRESH PRODUCE BY PURCHASING AN EXTRA GOOD FOOD BOX FOR THE PANTRY

We will also be collecting NEW Hats, Gloves, and Socks for children and adults

(Please do not leave these items in the pantry)

.....
1991 WOODVIEW DRIVE SW | WCA@WOODCREEKCOMMUNITY.CA | 403-238-1611

Mark Your Calendar! Upcoming Events

December 6	Board Meeting Cancelled
December 16	Skate with Santa
January 9	Board Meeting
January, Sundays	Family Skate and Shiny



WET WATER



We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do!? There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!

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.

- December 5, 2023 - Bingo. Last meeting in 2023
- December 12, 2023 - Seniors' Christmas Luncheon at the Carriage House
- January 16, 2023 - Resume usual meetings. Entertainment TBA
- January 30, 2023 - Brunch. Location TBA

Other Weekly Senior Programs Are:

- Knitting and Crochet Group - Meets on Mondays at 1:00 pm
- Bridge - Meets on Tuesdays 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.



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

WOODBINE



WOODLANDS



YOUR CITY OF CALGARY

Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

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Make Sure to Get Your Year-End Donations In

We hope that you have found some time this year to visit Fish Creek Provincial Park, whether you spent time enjoying a favourite park location or exploring a new area. Fish Creek holds a special place in the hearts of countless individuals and citizens of Calgary and has for generations. The Friends of Fish Creek is a small non-profit group that is dedicated to protecting the park's environmental sustainability through conservation programs, community engagement initiatives, and self-directed fundraising endeavours. As a member of the Fish Creek Community, we know that you share our vision of a sustainable park environment that enhances the quality of life for both current and future generations.

Donations from community members like you provide essential support for our conservation efforts and we are profoundly grateful for your contributions. As we approach the end of the year, we invite you to make a tax-deductible gift in support of Fish Creek Provincial Park, as even a modest donation would go a long way in supporting this beautiful natural area. With your help we can face the challenges of our small but far-reaching local charity, and you can rest assured that your hard-earned donation dollars will be used efficiently right here in Fish Creek Provincial Park.

Please stay tuned to our newsletter *Voice of the Friends*, our website, and our social media channels for all the latest news and updates about our programs and activities in Fish Creek. To donate, please visit friendsoffishcreek.org/ffc-donate.

The Fish Creek Community Terrace

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. A brick would also make an amazing gift for anyone on your list who enjoys visiting Fish Creek and would like to



see it preserved. You will receive a tax receipt and we will provide a certificate for bricks dedicated by December 21. The Friends are now offering bricks for Phase four of the Fish Creek Community Terrace to be installed in 2024. For more information, please visit friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or become a member! The Friends do not receive regular support for our programs that benefit the park and community, and we rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2024. To renew your commitment to Fish Creek, please visit friendsoffishcreek.org/membership.

Woodcreek Community Craft Sale - 2023

Woodcreek Community Association (WCA) held our 13th annual Woodcreek Community Craft Sale on November 4, 2023. It was a beautiful fall day, and we are pleased to report that our sale was successful with over 550 people attending the sale.

Like previous years, many applications from the Woodcreek area and surrounding communities were submitted for the 25 available spaces. The majority of the sale vendors were from the Woodcreek community. In addition to the 25 "indoor" vendors, there were two outdoor vendors: Larissa Klimanova (Greenviron Ltd) with festive evergreen arrangements, and Derek McGillis with his small forest of wooden trees. Each of the vendors contributed to the success and atmosphere of the sale by donating a crafted item for a door prize. Their generosity and craft skills are appreciated by the WCA and customers.

Among the vendors, there were two returning vendors from the Woodcreek Seniors' group – knitting/crocheting and the baking tables. These four tables are designated as "Donation Tables" as their proceeds are donated to charities/organizations, and local recipients are often chosen.

The Woodcreek Scouts provided refreshments, snacks, and a lunch menu of pizza and chili. In addition to the food service, their contributions included walking a dog for one vendor, and the clean up activities which consisted of the take down of the tables and the outdoor tent, and storage of the chairs and tables. A job well done and appreciated!

Keith Cartmell, WCA Vice-president and photographer, took pictures of the craft tables, outdoor vendors, and activities. To view these photos, visit www.woodcreekcommunity.ca/Events/Viewpicturesfromrecentevents.

A large thank you also goes out to the community for their continued support and great turnout. It is always appreciated when the community supports local crafters and community events.

Mark your 2024 calendar for our next annual Craft Sale on November 2, 2024!



Art of Finding Work: The Best Job Search Advice I Ever Received

by Nick Kossovan



The majority of job search advice is cookie-cutter, advice that is not new, just common sense.

- Always be networking.
- Focus on your strengths.
- Show interest in the job.
- Before applying, research the company.
- Continually improve your resume and LinkedIn profile.

Despite following the advice of self-proclaimed job-hunting experts and career coaches, most job seekers struggle to find a job.

Most advice does not get to the root of what it takes to succeed. Most people find hard truth advice, often a truism, uncomfortable. Hence, they do not want to hear it. I am the opposite; I am grateful for advice that challenges my assumptions and reframes my thinking. More than once, someone's advice has exposed the limitations of my beliefs. Limiting beliefs are the most common obstacle to success.

For example, many job seekers believe their age makes them not hireable; hence, they accuse employers of age discrimination, thereby giving themselves permission

to believe their lack of job search success is not their fault rather than to analyse whether they are not being hired due to something they are doing or not doing. Consequently, job seekers who believe their age hinders them from being hired tend to gravitate towards advice that supports their belief. (for example, by removing graduation dates from your resume and only include your last 15 years of work experience).

Most job search advice is syrupy, based on what the advisor thinks job seekers want to hear and therefore fails to address the harsh realities of job hunting or managing a career in a hyper-competitive workplace where everyone is battling to remain relevant.

The best advice I ever received, advice that re-engineered my thinking regarding job hunting, as well as how to manage my career, was given to me during a heated exchange while living and working in Chandigarh, India, where I was overseeing a 150-seat call centre.

Unexpectedly, the COO of the company called me from California to discuss a process improvement proposal I had made to the CEO, which he strongly disagreed with. A heated disagreement ensued. At the time, I was young and cocky, and I said it was up to the CEO, not him, whether to implement my suggestion.

After a long pause, the COO said, "Nick, what other people think of you decides whether or not you move forward in this company."

I thanked the COO, admittedly sarcastically, for his backhanded advice, which many would have interpreted as a warning, hung up, and leaned back in my chair. My mind kept replaying his words. Eventually, I realized that his advice was a truism that summed up what it takes to succeed not only in one's career but also in one's life.

It takes multiple approvals to receive a job offer. What the person who reads your resume and LinkedIn profile thinks about your ability to do the job and possibly being a fit determines whether you are invited for an interview. You will likely be interviewed two or three times. Each time, your interviewer(s) will be judging you.

Aside from dating, I cannot think of an activity in which you are subject to as much judgment or scrutiny, whether on paper, your digital footprint and, of course,



Good Food Box

The Good Food Box Program 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.

Pricing and Sizes

New pricing began on August 1, 2023 - see below.

- Small: \$30 for 15 to 20lbs
- Medium: \$35 for 25 to 30lbs
- Large: \$40 for 35 to 40lbs

*Please note weights are approximate.

Orders are placed monthly through the Woodcreek Community Association office and can be made in person, over the phone, or online. Payment is due at the time of ordering and no refunds can be issued. If you would like to donate a Good Food Box to our community pantry, please select 'Donated Box' when ordering.

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
January 15	January 24
February 5	February 14



face-to-face, then while searching for a job. The COO's advice contradicted the cliché advice to "not worry about what other people think of you." The harsh truth: nobody is entitled to employment, livelihood, or acceptance; they must be earned.

The advice to not worry about what other people think of you is good advice if you are not dependent on other people's approval. However, job searching boils down to seeking approval, often from strangers, that you are worthy of joining their payroll, will fit the team and company culture and will be manageable.

When you do not care what other people think about you — disregarding how you come across — you make it difficult for others, especially strangers, to judge you favourably. Therefore, the question: should you be 100% yourself when searching for a job and managing your career?

Not if it hinders you from being judged positively, that you are a professional who can be relied on.

In an interview, you are judged based on:

- What you are wearing.
- The words you use.
- Your mannerisms and level of energy
- Your posture ... and much more.

All this judgement happens after the employer has judged your resume, LinkedIn profile, and telephone screening interview to determine if you are face-to-face interview worthy. The hiring process is a judgement process.

Keeping the COO's words, "what other people think of you decides whether or not you move forward", top of mind makes me mindful that how I present myself and how others experience me are determining factors in whether I am accepted. In other words, I am constantly reminding myself that I have a great deal of control over how people perceive and experience me, which you also have.

If job seekers wish to experience more green lights throughout their job search, regardless of their age, they need to give more serious thought to how they present themselves to employers and hiring managers.







**Family Skate
& Shiny**

*Sundays in January
From Noon - 2 PM*

**Woodcreek Community
Association**
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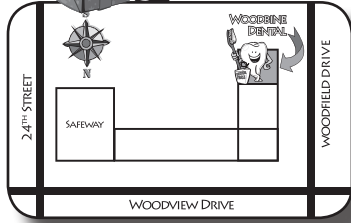
*Treats and hot chocolate at
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**Please bring your own skates*

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Come meet your neighbors!

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8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Frostnip

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

Frostbite

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

Southwest Seniors Dance Like Nobody is Watching

If you enjoy live music, come to the Woodcreek Community Association Hall on Thursday mornings from 10:00 until 11:45 am and listen, socialize, and/or dance to the best live music you will hear all week.

Our volunteer band “Musical Memories” is made up of a piano player, two fiddles, and two guitars. You can waltz, polka, two step, shuffle dance, a bit of jive, or do some novelty dances.

We welcome singles and couples with the idea that you can dance with a number of different partners during the morning. There are spot dances and mixer dances so that everyone can be involved. Special occasions call for celebration or remembrance such as birthdays and anniversaries where the music reflects those times.

Coffee, tea, and goodies are provided at every dance. We try to make sure it's more than just dancing and that we socialize, which is very important to seniors. We try to mix it up by having a few catered lunches during the year as well.

One of our members explains, “We love to dance. We love to be with other people who love to dance.” Toni laughs and then adds, “It's good for old people to do this. It's better than sitting on the coach”. Al adds, “We enjoy it. It's one of our greatest times of the week.”

At the time of writing, the Thursday morning play school children and parents have accepted an invitation to join us on December 7, 2023, to enjoy some music, dance, and a visit from Santa.

All dancers have a membership to the Woodcreek Community Association and pay an entrance fee of \$5 per week for the dance. Attendance is free the first time for new dancers.

For more information, please contact our dance group President, George Flood at 403-710-0791 or 403-710-2284.



LITTLE TOES

Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!



Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

Prep Time: 25 minutes

Cook Time: 40 minutes

Servings: Four to six

Ingredients:

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsps. of Italian seasoning

- 1 ½ tbsps. of extra virgin olive oil
- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

Directions:

- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!



Why It's Important to Encourage Young Entrepreneurs

by Danielle Robbertze



From a humble lemonade stand to a festival food truck to a major beverage company. Anything is possible for young entrepreneurs.

Entrepreneurship is a valuable skill which can have many positive affects on young children and adults. As more young people are participating in the global marketplace now is the best time to jump in and start that business you always dreamed of as a kid. Of course, there will be challenges along the way. But that is true for any career path.

It is important to encourage young entrepreneurs to participate and keep going when it comes to their business. It may sound cliché, but the youth is our future, and we should pass on any knowledge we can to ensure their success.

Young entrepreneurs typically range from the ages of 10 to 25. This simply shows that it is never too early to start. As mentioned above, there are so many benefits to entrepreneurship. Having this skill encourages other skills such as problem-solving, creativity, critical thinking, and discipline. If done correctly, entrepreneurship can secure a better future for your young one. It will teach your young one valuable lessons about how to manage their money, something we know as adults is a very important life skill.

Parents or guardians should be encouraging, and schools should offer lessons which promote growth of entrepreneurship in young ones. Having support from the start will only boost the confidence of a young entrepreneur which could lead to a more successful future business.

One of the many hurdles young entrepreneurs face is initial funding to start up their business. The Government of Canada provides many resources which can help young entrepreneurs start up their business. The Government of Alberta's website lines out many options for young Calgarians to start achieving their dreams. From small business resources to federal resources and the Innovation Canada Digital platform there are so many ways to encourage young entrepreneurs.

There are also mentorship programs and online curriculums which promote collaboration with fellow entrepreneurs. But more can be done to encourage young entrepreneurs. Current successful business owners should consider volunteering at schools or offer workshops which will boost entrepreneurial knowledge for young ones. Maybe go back to your old school and inspire the future generation with that which you have learned as an experienced entrepreneur. Established entrepreneurs could also offer work experience which will help build a young entrepreneur's portfolio.

Fostering the growth of young entrepreneurs is a team effort. Parents, teachers, and established entrepreneurs should all come to together to invest in the future by investing in young entrepreneurs.

I leave young entrepreneurs with these closing remarks by Mark Zuckerberg, a former young entrepreneur, as encouragement: "The biggest risk is not taking any risk. In a world that's changing quickly, the only strategy that is guaranteed to fail is not taking risks."

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Woodcreek Scouts

Our Woodcreek Scouts have started our year off with lots of fun and adventures already! Thankfully the weather has been amazing so far. The kids were busy selling popcorn, hopefully you will be able to purchase some from us. Please save your bottles for us over the holiday season, we will be coming around door to door in the first part of the year.

This is a call out. We are looking for a new Group Commissioner.

This would involve meeting once a month on the second Thursday with the Group Council and reviewing/approving activity application forms and emergency response plans (submitted by email) to make sure events are safe and meet Scouts Canada bylaws. This would be a great position for someone who has previously volunteered with Scouts and would like to do some volunteering to give back to the community but does not need to attend the weekly meetings with the youth. You would meet with our area support manager once per quarter. Time commitment is one to four hours per month.

If interested contact Scouter Tony at 403-281-1929.

**BRAIN
GAMES**

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
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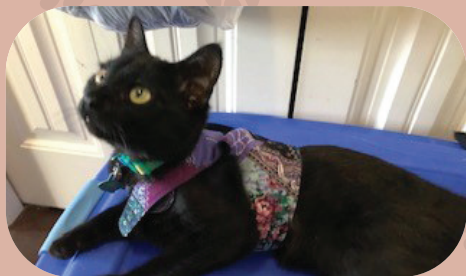
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Woodlands Real Estate Update

Last 12 Months Woodlands
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$ 579,900	\$ 570,000
September 2023	\$ 639,900	\$ 630,000
August 2023	\$ 549,900	\$ 550,000
July 2023	\$ 588,000	\$ 596,900
June 2023	\$ 539,900	\$ 535,000
May 2023	\$ 600,000	\$ 625,000
April 2023	\$ 544,444	\$ 564,550
March 2023	\$ 509,900	\$ 505,000
February 2023	\$ 475,000	\$ 525,000
January 2023	\$ 799,900	\$ 771,000
December 2022	\$ 449,900	\$ 474,750
November 2022	\$ 445,000	\$ 423,500

Last 12 Months Woodlands
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	8	13
September 2023	15	13
August 2023	13	9
July 2023	10	9
June 2023	13	15
May 2023	14	13
April 2023	3	2
March 2023	5	5
February 2023	5	7
January 2023	6	3
December 2022	3	5
November 2022	3	7

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

Woodbine Real Estate Update

Last 12 Months Woodbine
MLS Real Estate Sale Price Update

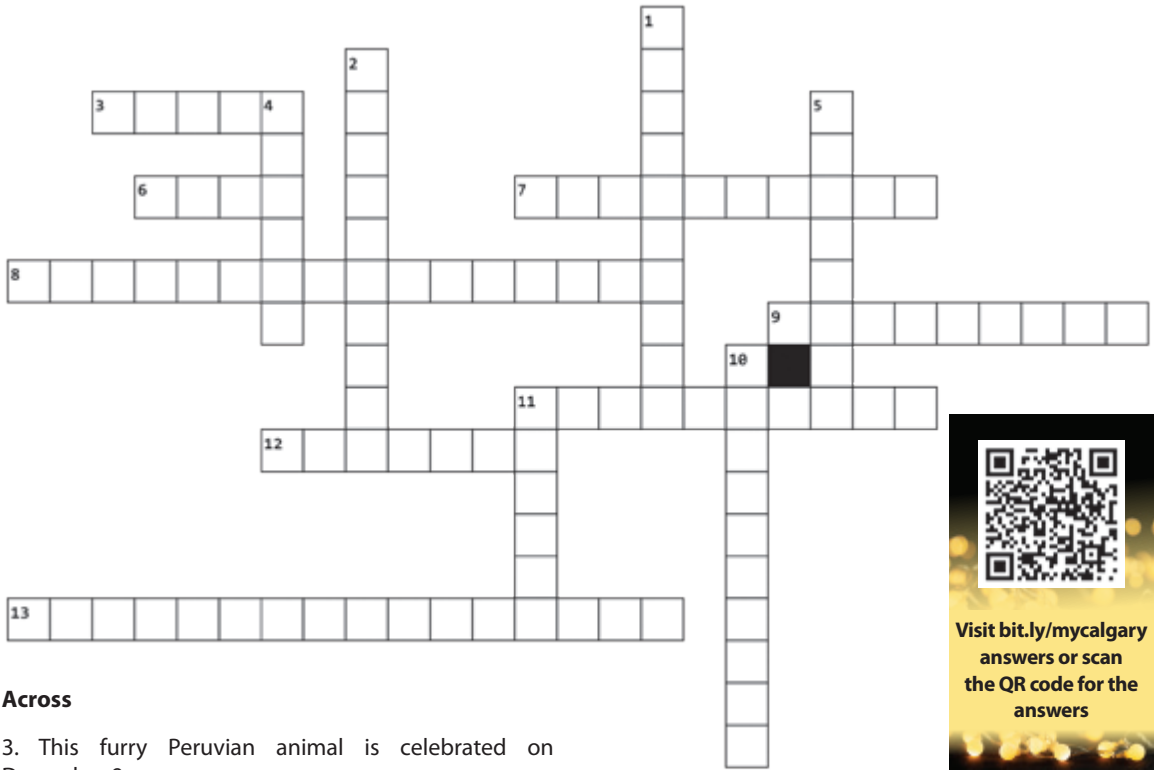
	Average Asking Price	Average Sold Price
October 2023	\$ 649,900	\$ 654,950
September 2023	\$ 570,000	\$ 601,500
August 2023	\$ 565,000	\$ 580,000
July 2023	\$ 554,000	\$ 566,250
June 2023	\$ 632,450	\$ 651,940
May 2023	\$ 625,000	\$ 662,080
April 2023	\$ 649,900	\$ 665,000
March 2023	\$ 445,000	\$ 482,333
February 2023	\$ 564,900	\$ 557,000
January 2023	\$ 499,900	\$ 479,000
December 2022	\$ 587,000	\$ 583,250
November 2022	\$ 364,950	\$ 377,500

Last 12 Months Woodbine
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	6	10
September 2023	12	13
August 2023	16	11
July 2023	11	10
June 2023	9	10
May 2023	16	15
April 2023	7	9
March 2023	13	11
February 2023	7	9
January 2023	9	5
December 2022	1	6
November 2022	7	6

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

December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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answers or scan
the QR code for the
answers

GAMES & PUZZLES

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



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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 Mondays 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 and 4:00 pm.

Contact Sandy Keating for additional information at woodcreekseniors826@gmail.com.



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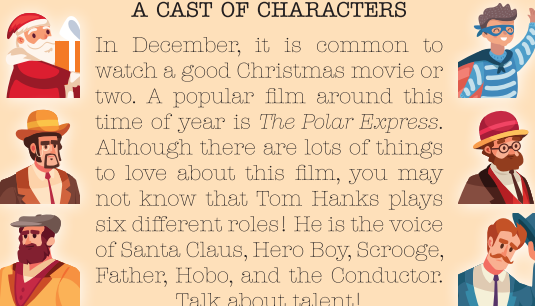
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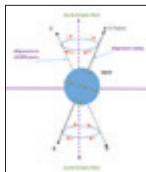


In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!

RESIDENT PERSPECTIVES

Polaris hasn't always been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared



to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.





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