

JUNE 2023

DELIVERED MONTHLY TO 6,925 HOUSEHOLDS

your **WOODCREEK** CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



50/50 RAFFLE DRAW

JUNE 15

VOLUNTEER APPRECIATION

JUNE 20



Cover Photo by Keith Cartmell

**#1 TEAM
YEAR 2022**



SMITH PEZZENTE TEAM

info@smithpezzente.com

RE/MAX LANDAN REAL ESTATE

Independently Owned & Operated

1991 Woodview Dr SW • Information 403 238 1611 • www.woodcreekcommunity.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



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

Call **403.640.0606** or email us at 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



BUFFALO RUN
D E N T A L

Now open next to Taza Costco

Highest quality dental care, state-of-the-art, friendly, family practice, welcoming new patients and emergencies.

Extended hours with evening & Saturday appointments. Direct billing to insurance.

We follow the current Alberta fee guide.

buffalorundental.com

403-226-9627



Your Patio Furniture Superstore!



YETI  **Wicker Land Patio**

 **BBQ LAND**  **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



we specialize in

Stucco Coatings
Stucco Repair

hassle-free exterior **restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
 - Interior Painting
 - Powerwashing
 - Colour Consultation
- ...and much more

mvp

Calgary Owned
and Operated!

find us on    houzz

mvpcanada.ca



STAMPEDE BREAKFAST

Saturday, July 8th

9:00 – 11:00 am

1991 Woodview Drive SW

Free Pancakes &
Sausage!

Live Music by
The Turbines

Sponsored By:

Woodbine Safeway

Gateway Victory Church

Woodbine Shoppers Drug Mart

Braeside Autopro/Tirecraft

KFC Braeside & Tsuut'ina

ATCO



CONTENTS

- 7 EXECUTIVE MESSAGE
- 12 PROGRAMS
- 15 RECIPE: LEMON CHICKEN SALAD
- 16 WCA COMMUNITY PANTRY
- 20 MOVIE IN THE PARK
- 28 BUSINESS CLASSIFIEDS



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

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

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

WCA Board Meetings

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

Everyone is welcome to attend.

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

Next Meeting:
June 6, 7:15 pm

Renew or Purchase Your Membership!

Single - \$15 + GST

Family - \$25 + GST

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

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

Business - \$20 + GST

Raquet Membership - \$55 + GST

Woodcreek memberships are now available for purchase online.

www.woodcreekcommunity.ca

(403) 238-1611

EXECUTIVE MESSAGE



Hello Woodcreek Community,

The dog days of summer are almost here, and we can't wait for all the fun we have coming up at the community centre.

There is lots happening over the next few weeks. We have been running our 50/50 raffle since May 1. Tickets are on sale until June 15, so don't be late, buy your tickets now!

The outdoor amenities, including the Pickleball/Tennis courts, basketball surfaces, and skate park are all being well-used by our community. We continue to run the Good Food Box program – order by June 12 for June 21 pick up. No boxes will be offered in July. We will be hosting our volunteer appreciation event June 20 and are looking forward to thanking them for all their hard work this past year. We are also working to develop the Woodborough Park area (skate park/tennis/pickleball courts). Over the next few weeks, we will be adding some features to make the roadway safer and add some colour and signage to the park.

Upcoming, we will be hosting our annual Stampede breakfast on the morning of July 8, all community members are welcome. We also plan on running some children's activities throughout the summer months, so please watch our website and social media for those details.

As always, we strive to maintain our facilities to the highest of standards. In recent weeks we have seen an uptick in some damage and vandalism to our outdoor facilities. Please help us by taking care of the areas you are using and report any incidents of crime to the Calgary Police.

Thank you to all of our members, we could not do any of this without you.

As everyone heads out to enjoy some summer days and vacations, don't forget to keep in touch via all of our social media, or check your emails for regular updates.

Leanne Long

WCA 2nd Vice President



**DECKSMITH
DEVELOPMENTS INC.**

DECKS & FENCES

403-510-6900

CONTACT RANDY CHOMISTEK
decksm@telus.net | decksmith.ca

ESTIMATE • 3D DESIGN • CONSULTATION
EST. 1985

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

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.



McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

*Insurance Disputes - Small Business
Employment Issues - General Litigation*

**Peter B. McLaws
Barrister & Solicitor
(403) 710-3712**

COME VISIT OUR NEW WEBSITE!
www.mclawslaw.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



OAKRIDGE
DENTURE & IMPLANT
CENTRE



OAKRIDGE
DENTURE CENTRE

**We have moved to the new Professional Center
next to the Co-op grocery store!**

Suite #245 – 125 Oakmoor Plaza SW

For more information, call us at 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**

FRIENDS *of* Fish Creek



June in Fish Creek

WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, and surcharges are not included. Blackout dates and restrictions apply. Tickets are one for \$10, five for \$20, 25 for \$50, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more information, visit <https://friendsoffishcreek.org/programs/flight>.

Calgary Connect: Maintaining Ecological Connectivity

Thursday, June 8, 7:00 to 8:30 pm

Presented by Nicole Kahal, Conservation Analyst with the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit <https://friendsoffishcreek.org/event/connect>.

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.



Community Office Hours

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

Community Office Staff

Facility Manager Sue Larson
Office Administrator Erin Lackie

Phone: 403-238-1611
Address: 1991 Woodview Drive SW
 Calgary, AB T2W 5E5
Email: wca@woodcreekcommunity.ca
Website: www.woodcreekcommunity.ca

Good Food Box

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

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

Pricing and Sizes:

Order by 4:00 pm	Pick-up Date from 1:00 to 5:00 pm
June 12	June 21
August 14	August 23
September 11	September 20

- 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.*

Mark Your Calendar! Upcoming Events

June 6	WCA Board Meeting, 7:15 pm
June 15	50/50 Raffle Draw
June 20	Volunteer Appreciation Dinner
July 8	WCA Stampede Breakfast
August 26	Movie in the Park

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
- Preeti Pawar - Realtor
- 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

Woodcreek Fitness

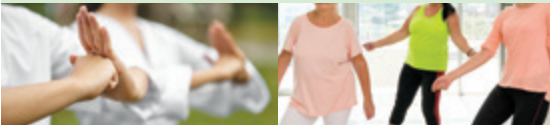
Woodcreek Tai Chi (Beginner/Intermediate)

Learn the benefits of Tai Chi with instructor Christine Tao. Wednesdays from 9:30 to 10:30 am. Current session runs May 3 to June 14. The 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, Wednesday mornings from 10:45 to 11:45 am and/or Friday mornings from 10:15 to 11:15 am. Current session runs May 3/5 to June 14/16. The 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.



Get the Latest Woodcreek News to Your Inbox!

Scan to subscribe to our NEW monthly newsletter!



Building to the highest quality, with integrity and honesty.

Residential Construction and Renovation Services
Bathrooms, Kitchens, Basements, Exteriors & More

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

Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

To have your pet featured, email news@mycalgary.com

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

Jazzercise

Coming to WCA this summer!
Monday, Wednesday, Friday, 9:00 to 10:00 am
Contact Sue Markus: suejazz@gmail.com

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

Thursdays from 6:00 to 8:00 pm
Contact Marissa and Desiree Lanoire at 403-473-3252 or 587-438-4725.

Move & Groove

Fridays, 10:15 to 11:15 am
Wednesdays, 10:45 to 11:45 am
Contact the WCA office to register.

Move 'n Mingle - AHS Fall Risk Management Program

Monday and Wednesdays, 1:30 to 2:45 pm
Contact 403-955-1554 or moveandmingle@albertahealthservices.ca for more information.

Play Makers Preschool Program

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

Silverbirch Girl Guides

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

Tai Chi

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

Therapeutic Yoga for Hips, Shoulders, and Back

Tuesdays, 6:00 to 7:00 pm
Chair Yoga: Wednesdays, 6:30 to 7:30 pm
Contact Rosemarie Bartschak at 403-607-5806.

Vanshaw Academy of Irish Dance

Pre-Beginner (Ages 3 to 4):
Mondays and Tuesdays, 5:15 pm
Beginner (Ages 5+): Mondays, 5:45 pm and Tuesdays, 5:15 pm
Adult Fitness Classes: Mondays, 7:00 pm
Contact: vanshawacademy@gmail.com.

WCA Parents and Tots Group

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

WCA Seniors

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

Woodcreek Gardening Association

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

Zumba Dance Fitness Outdoors

Saturdays, 10:00 to 11:00 am
Mondays, 10:30 to 11:30 am
Contact Rita Olsen: 403-401-0090.

WCA Awarded United Way Community Services Recovery Fund

Our community pantry was created due to needs created by the COVID-19 pandemic. First with a simple box and a sign to help families struggling with schools, daycares, and workplaces being shut down. Then it quickly became apparent that food insecurity was more prevalent than we realized. Our pantry has grown to better serve the needs of the residents in our community. This grant will allow us to fill in some gaps and better serve our community in a barrier-free, accessible way, and create volunteer opportunities to help each other. Our community pantry is located at 1991 Woodview Drive.



GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE FOR THE ANSWERS!

A square QR code located at the bottom right of the blue banner.

CUSTOMER SATISFACTION GUARANTEED

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



Services

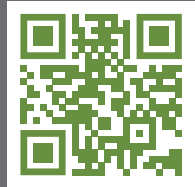
- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo Property Management
- Snow and Ice Removal

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

ActivateYYC Microgrant

Woodcreek Community Association has been selected to receive an ActivateYYC 2023 microgrant, proudly supported by The City of Calgary and the Federation of Calgary Communities.

The ActivateYYC grant will provide a Bump out on Woodborough Road to ease congestion, parking, and make Woodborough Park a welcoming and inviting space.

The City of Calgary is finalizing the traffic calming devices they will provide for our project. In the meantime, we are looking for a small committee consisting of four to six members to help create the final bump out plan, determine a project timeframe, and engage others to participate on the actual installation day. Be creative! Painting the street, adding containers full of flowers, or using solar lighting are just a few ideas.

If you are interested, please contact Sue or Erin at wca@woodcreekcommunity.ca or 403-281-1420.

Woodcreek Photo Contest – Open to All Ages

Do you love taking pictures? Perfect! WCA is looking for cover photos for our July, August, and September newsletters. The theme is 'In Our Community'.

Take your best photo and submit it to contest@woodcreekcommunity.ca.



Deadline for entries are June 9, July 7, and August 10.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

Midsummer Day

In Sweden and Finland, Midsummer Day is a national holiday that takes place on June 24. As one of the longest days of the year, Midsummer Day celebrates the summer solstice and traditionally, the midpoint of planting season. Celebrations commence the night before and involve bonfires, feasting, singing, dancing around the Maypole, and time spent with loved ones.

GETSHINYHAPPY
WINDOWS.COM

PROFESSIONAL

LANDSCAPE SERVICES

WINDOW
CLEANING

Rock, Mulch, & Soil

Sod & Synthetic Grass

Paving Stones Installs

Rock Walls / Raised Beds

Decks & Wood Fences

Weekly Lawn Mowing

403-265-4769

GUTTERS & HOUSE WASH

Partner Power!

YARD DUSTERS

landscaping.com

BBB

ACCREDITED BUSINESS

YouTube

WCB

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/2 tsp. coarse black pepper
- 3/4 cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 3/4 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!





WCA Community Pantry

Spring has sprung and our community pantry has now been moved back outside! Please follow these guidelines when donating items:

Yes Please

- Non-perishable food (must be in a sealed package, with expiration date)
- Sealed hygiene items (soaps, shampoos, toothpaste, lotion, toilet paper)
- Cleaning supplies (laundry detergent, dish soap)
- Baby items (Diapers, formula, cereal, baby food)
- Pet food and supplies

No Thank You

- Books
- Clothing
- Dishes
- Expired or open products

We appreciate all donations and support from the community, unfortunately, we cannot take everything.

Donations that are in violation of the rules will be disposed of.

Please report any concerns to njparkinson@msn.com or on our Facebook page Woodlands/Woodbine Community Pantry.

Our Community Pantry is located at 1991 Woodview Drive.



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



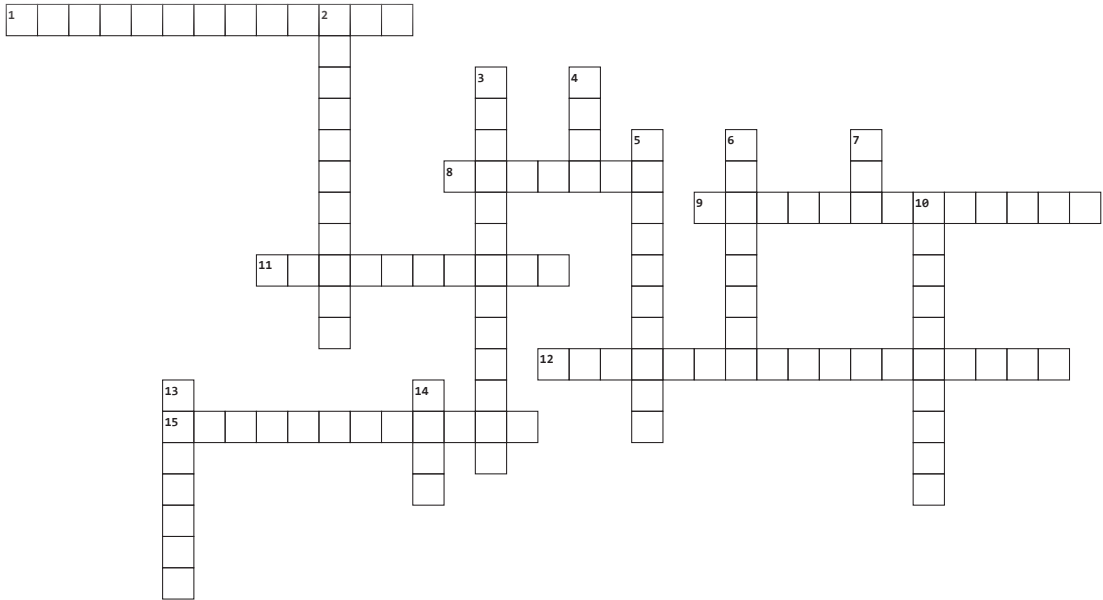
OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com



June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



GROW YOUR BUSINESS

ACQUIRE AND RETAIN NEW CUSTOMERS

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Contact Us:

403-720-0762 | sales@greatnewsmedia.ca



Scan for your
advertising quote

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

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.

- June 6 – Meeting and Game “Our Alberta”
- June 15 – Tour of Tsuut’ina Cultural Museum
- June 20 – Meeting and Speaker – Heart to Home (meal delivery service)

Note: There are no meetings in July. The meetings will resume on August 1, 2023.

Other Weekly Senior Programs Are:

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

Bridge: Meets on Tuesday at 1:00 pm

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

Woodborough Park

Now that spring is well underway, Woodborough Park is busier than ever. Residents and members are back using the pickleball, tennis, and basketball courts, the Skate Park, and the paved area for other fun sports. WCA would appreciate your help providing a clean, safe, and respectful recreational environment for the 2023 season. Please continue to do the following:

- Use the garbage bins for any items you do not require.
- Keep driveways and the bike path free and clear when parking.
- Respect operational hours of Woodborough park (8:00 am to 10:00 pm).

The Association would like to ensure everyone enjoys these recreation facilities so please provide your feedback if you see any maintenance or other issues we should be considering. Our goal is to ensure a safe and considerate environment for everyone.

Thank you,

The WCA Executive



COMPANIONS FOR CHANGE

love lives here

Adoption Event


In collaboration with:



7026-2060 Symons Valley Pkwy NW
587-230-3188
petvalu.ca


Friday, June 30
2pm – 6pm

Come meet adoptable dogs & puppies!



O Brave New World!

You might think Aldous Huxley's 1932 novel, Brave New World, could have nothing to do with a 400-year-old play. However, the name for Huxley's novel comes from a line in Shakespeare's *The Tempest*. An island-dwelling girl named Miranda exclaims "O brave new world" when a group of shipwrecked men wash up on the shore of her secluded island.





★ MOVIE IN THE PARK ★

Saturday, August 26th

Kids Activities start at 8:00 pm
Movie starts at 8:45 pm

1991 WOODVIEW DRIVE SW

Brought to you FREE by your community Realtor
Christine Versnick
in partnership with
Woodcreek Community Association



WEST PEAKS DENTAL SUITE

New Location Now Open!

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

Book Now



🏠 Suite 205, 125 Oakmoor PI SW
Calgary, AB T2V 4A3
☎️ (403) 281-4264
🌐 westpeaksdentalsuite.ca



How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar

with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at [BBB.org](https://www.bbb.org).

Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Woodlands Elementary Year-End Update

We've had a fantastic 22/23 school year at Woodlands Elementary!

Highlights

We were excited to once again welcome Woodlands families to our Ice Cream Social – this annual school year kick-off event in September brings our school community together to visit, play outside, and enjoy a treat.

This year our students enjoyed field trips to Fish Creek Provincial Park and the Calgary Landfill. We've had great turnout for our art, coding, and chess clubs, as well as school patrols. Our grade one to four students spent a week at Canyon Meadows Pool for swimming lessons and, with the support of our School/Parent Councils, all students had a chance to learn tennis, in-line skating, and netball from local experts and worked with an oral storyteller to support literacy skills. Our grade five and six students are looking forward to Outdoor School at Kamp Kiwanis in June.

We were proud of all our students who performed The Grinch Who Stole Christmas to a packed house in December, among several other amazing assemblies hosted by our students.

With a focus on mental wellness, our School/Parent Councils welcomed Dr. Caroline Buzanko who talked to parents about how to help their children manage anxiety and build resilience. Also, some of our students were selected to participate in the YWCA's Mindful Moments program.

We also hosted a Woodlands family dance with students and parents from all grades enjoying a live DJ, concession treats, and a chance to have fun together on Star Wars Day (May the Fourth).

Thank You for Your Support

Throughout the year, we ran two successful bottle drives and several fundraisers with all proceeds going towards supporting our students with field trips, outdoor school, needed supplies, and upcoming renovations to our school spaces. We appreciate Woodcreek community members' support of our school and our students.

We also wish to thank the many parents and community members who volunteer in our classrooms, join us on field trips, and make sure our fundraising events – including our late-night casino in October – go off without a hitch.

We couldn't do what we do without you.

Sandra Patton, Assistant Principal and Mike Jones, Acting Principal

SUMMIT PLUMBING & HEATING INC.
403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

MORE THAN 15 YEARS IN BUSINESS

Specializing in Residential Services

The Midnight Sun

Have you ever seen the sun at midnight? If you visit Iceland in June, you just might! This phenomenon occurs because of the tilt of Earth's axis which gives places north of the Arctic Circle 24 hours of sunlight. As a result, Reykjavik, Iceland's capital, experiences the longest summer solstice in the world!

Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



Woodcreek Gardening Association

Good conversation and friendship through gardening

No cost to join for Community Members

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

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



Woodcreek Racquet Memberships

Courts are open! Membership requires a current Woodcreek Community Membership plus a racquet membership. 2023 Racquet Membership Fee per adult (18+) is \$55.00.

All memberships can be purchased online at www.woodcreekcommunity.ca. Also visit our website for Pickleball Drop-In times.



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

50/50 RAFFLE

Ticket prices:

1 for \$10

4 for \$20

20 for \$50

100 for \$100

DRAW DATE
THURSDAY
JUNE
15th

CASH
PRIZE!



Find our draw on rafflebox.ca or
contact the office for help
purchasing tickets:

403-238-1611

wca@woodcreekcommunity.ca

**ALL PROCEEDS WILL GO TOWARDS PURCHASING A
NEW SWEEPER FOR OUR ICE RINKS!**

**TOOTHACHE?
WE CAN HELP YOU AT:**

WOODBINE DENTAL



"Your Family Neighbourhood Dentist"

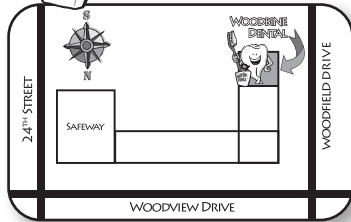
Come visit us and let **DR. WARNER LEE** and his staff help maintain the dental health of your entire family.

CONVENIENT EARLY MORNING AND EVENING APPOINTMENTS AVAILABLE TO FIT YOUR SCHEDULE

403-251-3633

WWW.WOODBINEDENTAL.COM

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



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



**SAVE A
BUNCH
OF CASH**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

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; 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 | Licensed by Avenue Financial.

TRANSFORM YOUR BACKYARD INTO AN OASIS WITH OUR PROFESSIONAL SERVICES: Our skilled team builds decks, pergolas, privacy panels, and more. We offer expert craftsmanship and are provincially licensed, bonded, and insured. Enhance your lifestyle and add value to your home with our backyard solutions. Call 403-612-8220 or visit bigcitydevelopments.com.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

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.

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.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. 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.

TD'S DECORATING SERVICES LTD: Residential painting in Calgary for 39 years. We spray ceilings and woodwork, brush and roll walls, minor carpentry work and drywall repairs. Top quality, low voc waterborne materials, colour consultations, senior discounts. WCB 3594970, \$2,000,000 liability insurance. Call Tom at 403-606-3381 for a free estimate.

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 or call 403-278-3433.

NAILS BY SALLY: I've been practicing aesthetics for 17 years. Offering poly artificial nails weekday, evenings and all day weekends. Poly is a hybrid product of acrylic and gel nails, it behaves like your natural nail, so it feels and looks very natural. Text for pricing and any questions you may have. 403-472-6804.

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.

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. Save money, smile, be happy!

BASEMENT WINDOWS R-US: New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Available 24/7. Call 403-201-0317 or 403-660-0612.

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.

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.

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.

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

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.

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.

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.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

continued on next page

BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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. www.mannbikecave.com.

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOMETAX SERVICES: Experienced in public accounting CPA, CMA provides multiple year filings, mobile services, Canada personal and corporate tax preparation, bookkeeping, GST and source deduction. Please call 403-305-0955, email okonbooks@gmail.com or visit http://www.okonbooksaccounting.com.

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.

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.

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.



Proudly owned in *Calgary* serving Calgary businesses

CALL 403.279.5554

109 - 10836 24th Street SE

Calgary
Mat & Linen Services

MATS
Commercial mat rentals and purchases

HOSPITALITY SERVICES
Linens for tables, chairs, and napkins. Laundry and pressing services

WORKWEAR
Workwear and cleaning of uniforms and coveralls

CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

www.kilbco.com

CONCRETE SEALING

Kilbco offers **concrete** resealing to help protect and enhance the appearance of **exposed aggregate, colored and stamped concrete patios, walkways and driveways.** We take pride in using the best sealing products available which help **repel salt and protect against UV rays.**

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

Locally Owned & Operated

Free Estimates to 403.870.0737



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

CALL TODAY 📞 403-475-9800



Dr. Claudiu Corbea
General Dentist

Dr. Mark Spackman
General Dentist

Dr. Daniel Kulevski
General Dentist

**WELCOME TO
THE TEAM, OUR
NEW ASSOCIATE
DENTIST, DR. MARK
SPACKMAN - DDS**



**SCAN TO BOOK
AN APPOINTMENT**

**125 Oakmoor Plaza SW,
Unit 210, Calgary, AB T2V 4R9**

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

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

403.251.2900

SMITH PEZZENTE TEAM

Cory, Geoff, Sylvia Smith & Dino Pezzente



RE/MAX LANDAN
REAL ESTATE

Independently Owned & Operated

WHY LIST YOUR HOME RIGHT NOW?

- The market is moving fast •
- Fewer homes are on the market •
- Many homes are selling over asking price •

#1 TEAM
FOR THE YEAR



2022
RE/MAX LANDAN REAL ESTATE

CALL US FOR YOUR FREE MARKET EVALUATION!

INFO@SMITHPEZZENTE.COM

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE