

NOVEMBER 2023

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# your **WOODCREEK** CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

**CRAFT SALE**  
**NOVEMBER 4**

**TWEEN DANCE**  
**NOVEMBER 17**

**AGM**  
**NOVEMBER 28**

*Cover Photo by Keith Cartmell*

**#1 TEAM**  
**YEAR 2022**



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# 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



# 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

**Renew or Purchase Your Membership!**

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

**Single Senior (over 60) - \$10 + GST**  
**Senior Family (both over 60) - \$15 + GST**  
**Business - \$20 + GST**

Woodcreek memberships are now available for purchase online.  
**www.woodcreekcommunity.ca**  
**(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:**  
November 7, 7:15 pm




**Get the Latest Woodcreek News to Your Inbox!**

Scan to subscribe to our NEW monthly newsletter!

## EXECUTIVE MESSAGE



Hello fellow Woodcreek residents!

What a beautiful fall we are having this year. As I write this, we've just had one of the nicest Thanksgiving weekends for many years.

November sees several events in our community, starting with the Craft Sale on November 4, and a Tween Dance on November 17.

One of the most important events of the year, the Annual General Meeting, is on November 28 at 7:15 pm at the community centre - 1991 Woodview Dr SW.

Are you passionate about making a positive impact in your community? If so, we invite you to become a member of the Woodcreek Community Association Board of Directors! By joining our board, you will have the opportunity to contribute your unique skills, insights, and expertise towards shaping the future of our community for the better. You will play a vital role in guiding community initiatives, activities, and events. The WCA Board meets on the first Tuesday of each month.

Some specific roles we are looking to fill: Adult Event Coordinator, Spaghetti Dinner Coordinator, and Volunteer Coordinator.

In addition to Directors at Large, we are looking to fill the Second Vice President position and Executive Secretary position. Please contact the office if you have any questions about joining our board.

Anyone can attend the meeting, but you must have an active membership to the Woodcreek Community Association in order to vote, nominate someone to office, or to be elected. If your membership has just expired or is about to expire, please ensure that you renew it five days before the meeting. You can also set your membership to auto renew and never have to worry about it again.

If you haven't had a chance to try a box from the Good Food Box program yet, I highly recommend it! You get a good amount of great quality produce at a price that can't be beat. The next order deadline date is November 27.

*Jennifer Hogg*

WCA 1<sup>st</sup> Vice President

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## Programs at WCA This Fall!

### **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**

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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](mailto:megan.cocciolo@gmail.com)

### **Play Makers: A Preschool Program**

Tara Gladun  
[admin@playmakerscalgary.com](mailto: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  
Larry Newell  
403-281-0715 or [lwnewel@hotmail.com](mailto:lwnewel@hotmail.com)

### **Tai Chi**

Christine Tao  
403-238-1611

### **Therapeutic Yoga for Hips, Shoulders, and Back**

Rosemarie Bartschak  
403-607-5806 or [yoga4community.com](http://yoga4community.com)

### **Vanshaw Academy of Irish Dance**

Stephanie Henshaw  
[vanshawacademy@gmail.com](mailto:vanshawacademy@gmail.com) or [vanshawirishdance.ca](http://vanshawirishdance.ca)

### **Woodcreek Gardening Association**

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

### **Zumba Dance Fitness**

Rita Olsen  
403-401-0090



# FRIENDS *of* Fish Creek

## **Dedicate a Bench in Fish Creek and Leave a Lasting Legacy!**

You may have seen Friends of Fish Creek Dedication Benches throughout Fish Creek Provincial Park. There are approximately 105 bench locations and each year several benches become available. Donors can dedicate a bench for ten years for a fee of \$5,250 as a tax-deductible donation, and have a personalized plaque affixed to the bench. At the end of the term the donor will have the opportunity to renew the contract or cancel it.

These beautiful and sturdy dedication benches provide the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. In 2024, there will most likely be some benches available in the west end of the park namely Bebo Grove, Shannon Terrace, and Marshall Springs areas. So, if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit [friendsoffishcreek.org/dedication-bench](https://friendsoffishcreek.org/dedication-bench).

## **GivingTuesday – November 28**

After the excitement of Black Friday take some time to give back on GivingTuesday. GivingTuesday is a global movement designed to support the spirit of philanthropy and generosity. This year, the Friends are asking you to help support our conservation initiatives in Fish Creek by making a tax-deductible donation. Your hard-earned donation dollars will be used effectively and efficiently right here in Fish Creek Provincial Park. To support Fish Creek this GivingTuesday, please visit [friendsoffishcreek.org/ffc-donate](https://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. The Friends are now offering bricks for Phase 4 of the Terrace to be installed in 2024. For more information, please visit [friendsoffishcreek.org/brick](https://friendsoffishcreek.org/brick).

## **Membership Shows You Care**

Now is the best time of the year to renew your Friends of Fish Creek membership or to become a member. The Friends do not receive regular support to run our programs that benefit the park and community and 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 valid until December 31, 2024. To renew your commitment to Fish Creek please visit [friendsoffishcreek.org/membership](https://friendsoffishcreek.org/membership).





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



# CRAFT SALE

Saturday



**FREE  
DRAWS!**

**November 4, 2023**

**9:00am - 3:00 pm**

**WOODCREEK COMMUNITY CENTRE MAIN HALL**

**1991 WOODVIEW DRIVE SW**

**Handmade crafts include:**

Jewelry, Christmas decorations, ornaments, knitted, crocheted, sewn items and accessories, baking, preserves, stained glass, wood and bead crafts, and **MANY MORE!**

**ADMISSION IS FREE!**



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# Woodcreek Community Craft Sale – November 4, 2023

The annual Woodcreek Community Craft Sale is on November 4, 2023 – 9:00 am to 3:00 pm.

The following is a list of the vendors by their preferred name and crafts.

## **WCA Seniors Knitting**

Knitted and crocheted items – scarves, toques, Afghans, toys, children’s clothing and more.

## **WCA Seniors Baking**

Variety of baked items and Christmas baking.

## **Mulberry Preserves**

Homemade jams, jellies, salsa, pickles, and antipasto. Gift baskets made to order.

## **Glassbydesignstudio.com**

Stained Glass. [www.glassbydesignstudio.com](http://www.glassbydesignstudio.com).

## **Gloria’s Greetings**

Handmade greeting cards, wine tags, and money envelopes.

## **Clara Beau Bag**

Tapestry handbags and wallets.

## **Holly**

Single sock matching system and various artwork (paintings).

## **Cult Classic Candles**

Natural wax pop-culture themed candles and wax melts.

## **Mother Nature’s Creatures**

Wire wrapped gemstone trees, crystal, and gemstone angel suncatchers, air plant creatures, ornaments, and yule wishing cones.

## **With Love by Shelley**

Bead and wire handmade jewellery.

## **Mended Heart Studio**

Fused glass, copper, reclaimed silver jewellery.

## **A. Possak- Fiber Artist**

Hooked rugs, original designs. 100% wool on burlap backing.

## **Hope and Fay**

Snowmen, X-mas ornaments, and gnomes.

## **Designs by Debbie**

Handcrafted wreaths, lanterns, and centrepieces.

## **Dave**

Wooden bowls and other wooden items.

## **Plotnikoff Woodworking**

Wood serving, ottoman, decorative trays and crates, X-mas ornaments, and advent calendars.

## **Romel**

Wood burned woodcrafts and art, X-mas decorations, and mountain scenes.

## **Hillcrest Naturals**

Handcrafted natural body products, soaps, lotions, creams, gift sets, and lip balm.

## **Creations by Nancy**

Assorted journals and sketchbooks. Leather items, paperback X-mas trees, and bookmarks.

## **Connie Rainkie**

Sewing items, table toppers, placemats, serviettes, and lap quilts. Small leather items.

## **Eric**

Paracord accessories.

## **Magical Creatures Canada**

X-mas ornaments, welcome mats, tumblers, and coffee mugs.

## **Grannyworks Mittens**

Recycled woollen mittens and shopping bags.

## **Creations by Cindy**

Vinyl decals, T-shirts, Personalized items, Rope bowls, Teddies, and Memory bears.

## **Textiles Treasures**

Recycled fabric - ornaments, cozy bowls, catnip pillows, pet bandanas, and scrunchies.

## **Outside – Parking Lot**

## **Derek McGillis**

Wooden trees and other wood items.



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

# Tween Dance

Ages 9 - 13

Friday, November 17

7:00 - 9:00 pm

Event will be chaperoned. No re-entry.

\*No outside food, drinks or glowsticks please

\*No tickets sold at the door

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

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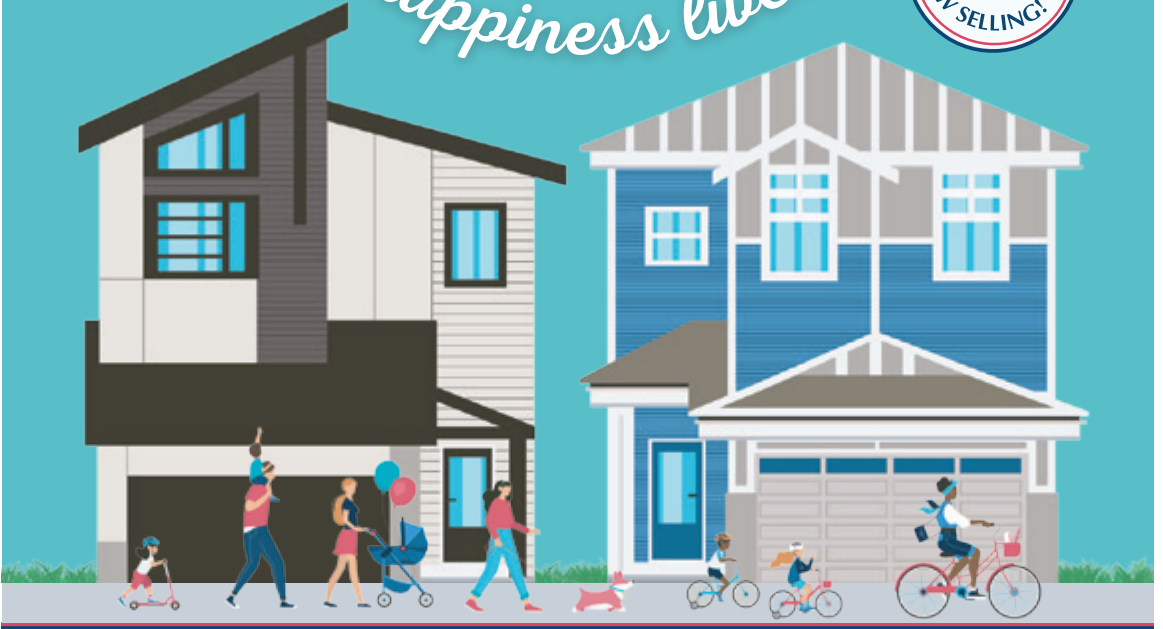
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We are pleased to announce that **Ms. Gabriela Alvarado-Torres** joined our team in October.

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

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

# Woodcreek Community Garage Sale

Woodcreek Community Association (WCA) and the WCA Seniors held our third Woodcreek Community Garage Sale on September 23, 2023. Volunteers for the event included a number of the Woodcreek Seniors group and community members. On September 22, the community centre was opened to receive donations from the community. As in previous years, the community response provided a generous and wide assortment of items. Community donations filled the main hall, and many “outdoor” items were displayed outside the main west entrance. The sale provided a treasure trove for bargain hunters and aided in the recycling of many re-usable items.

We are pleased to report that our sale was well attended and had very satisfactory proceeds. All the sale’s proceeds go to the WCA and WCA Seniors to assist in funding activities. In short, the proceeds stay in the community! The unsold items were donated to the Cerebral Palsy organization who arrived after the sale closure for pick-up of the items. The Woodcreek Scouts assisted in the packing of the unsold items, loading of the Cerebral Palsy truck, and cleanup of the hall.

Special thanks are due to the following for their assistance and support of the Craft Sale: WCA Facility Manager Sue Larson and staff, Woodcreek Seniors, community volunteers, and the Woodcreek Scouts. A large thank-you also goes to the community for their continued support, donations, and great turnout. Our 2024 Garage Sale has been tentatively scheduled for September 21, 2024.

## Mark Your Calendar! Upcoming Events

November 4	WCA Craft Sale
November 17	Tween Dance
November 28	AGM
December 16	Skate with Santa



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## Senior Moments

Woodcreek Seniors celebrated the 90<sup>th</sup> birthday of Sheila Jahrig at our October 3, 2023, meeting. Sheila is one of the founding members of the group and is one of the four remaining original members. She played an integral role in the formation of the group in 2001, and in the growth of the group and activities in the past 22 years. She has served as Chairperson for many years and assisted in the start of the Seniors Knitting group. Her experience and knowledge have been very beneficial as a resource for the current group Executive. Happy Birthday Sheila and thank you for your community work and support.

The Woodcreek Seniors' meetings are scheduled 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 (403-238-1611) for WCA membership.

- November 4, 2023 – Woodcreek Craft Sale – Seniors Baking tables
- November 7, 2023 – Meeting
- November 21, 2023 – Meeting and Speaker TBA
- December 12, 2023 – Seniors Christmas Luncheon at the Carriage House

### 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 403-238-1611, or email [akbund954@gmail.com](mailto:akbund954@gmail.com) or Sandy, Vice-Chair at [woodcreekseniors826@gmail.com](mailto:woodcreekseniors826@gmail.com).

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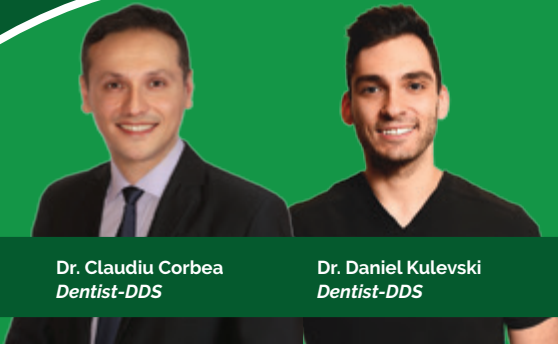
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*Dentist-DDS*

**Dr. Daniel Kulevski**  
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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



## 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.

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
November 27	December 6
January 15	January 24

# PLUMBER

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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.

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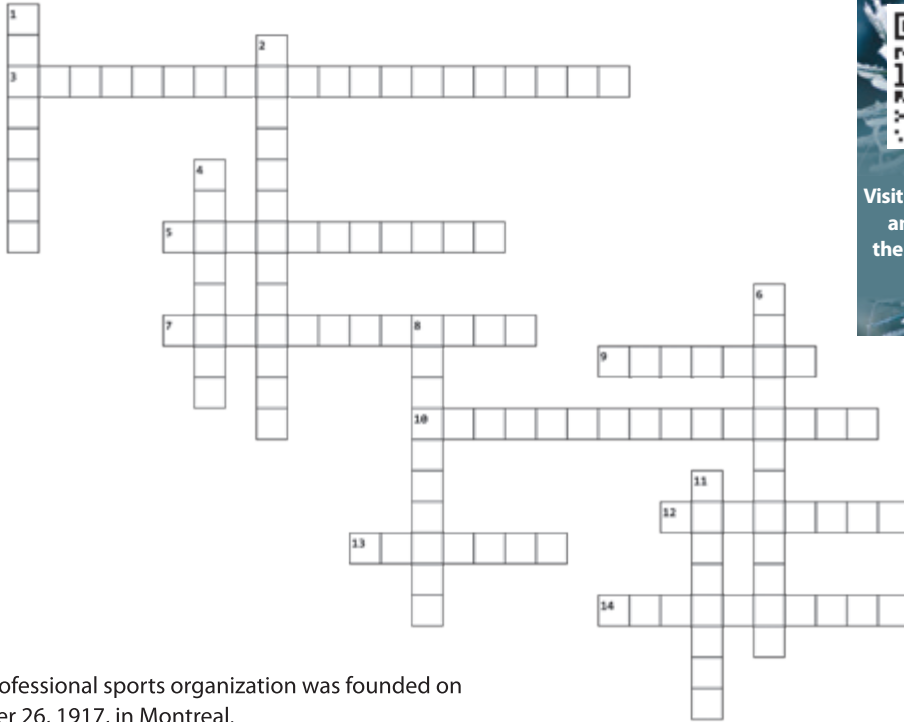


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# November Crossword



Visit [bit.ly/mycalgary](http://bit.ly/mycalgary) answers or scan the QR code for the answers

## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.





### Celebrating Successes and Failures of My Gardening Season

by Carolyn, Calgary's Home Gardener Helper

As the gardening season comes to a close, I find myself reflecting on the journey I embarked on earlier this year. It has been a season filled with both successes and failures, each teaching me valuable lessons and deepening my love for gardening.

One of the most significant successes of this season has been the bountiful harvest of tomatoes. I planted a variety of tomato plants, from cherry tomatoes to beefsteak, and they thrived beyond my expectations. The taste of a freshly picked, sun-ripened tomato is unparalleled, and my garden provided an abundance of them. I learned the importance of proper soil preparation, watering, and regular pruning to ensure healthy tomato plants. This success has encouraged me to continue experimenting with different tomato varieties in the future.

Another triumph was my flourishing herb garden. The fragrant basil, rosemary, and mint added flavour and aroma to countless meals. It was incredibly satisfying to step outside and pluck fresh herbs for cooking, enhancing the taste of my dishes. This success reminded me of the joy that comes from growing and using your own herbs.

However, with success also came failure, and the most significant disappointment was my attempt at growing pumpkins. Despite my best efforts, the pumpkin vines produced only a handful of small, underdeveloped fruits. It was disheartening to see the potential wasted, but it taught me about the importance of researching specific plant requirements and understanding local climate conditions before planting.

Furthermore, my battle with garden pests, such as aphids and caterpillars, was an ongoing challenge. Although I tried various organic methods to deter them, I had limited success. This struggle emphasized the importance of patience and resilience in gardening. It taught me that setbacks are a part of the journey, and the key is to keep learning and adapting.

In conclusion, my gardening season has been a rollercoaster of successes and failures. While the successes brought joy and satisfaction, the failures offered valuable learning experiences. Gardening is not just about the end result but also about the journey and the knowledge gained along the way. As I celebrate the end of this season, I look forward to applying these lessons to future gardening endeavors, knowing that each success and failure contributes to my growth as a gardener.



## CANADIAN BROADCASTING

**CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!**



## Neighbourly News

### The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

About 35 to 45 adults and kids dropped by over the three-hour event on Saturday, September 9 to enjoy great summer weather in our beautiful park/playground. It was fun meeting and getting to know so many neighbours we had not previously met during our 12 years and counting in the "hood". We think the sentiment was shared by everyone including original homeowners who have been here for over 40 years. Attendees had the option of adding their email addresses to this community group email and placing their names on the community map. We feel blessed to live in this great neighbourhood for many reasons. The biggest might be the large number of engaging community-oriented neighbours that we share it with.

Don and Linda Lauweryssen.



## Word of the Month

**Opine: verb (oh-pahyn)**

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.

# AGM MEETING

## Woodcreek Community Association AGM

**Tuesday, November 28 at 7:15 pm**

**1991 Woodview Drive SW**

This would be the perfect time to come out and join our board. We would love to add some new faces around the table. Please make sure your membership is up to date.

Members must be in good standing to vote.

### WCA Community Pantry

After many months of hard work, our new permanent pantry is ready!

A few things to know: The doors are operated by a button. They will open when you push the button, and close automatically after a short time. If you are finding the door to not be functioning properly, please reach out via text to Naomi at 403-880-8320.

Please follow the donation rules posted in the pantry.

We are so thankful for all the support our community, volunteers, and grant funders have shown for this pantry and hope that it will continue for years to come.

Together we make a difference!





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Dairy Queen - Buffalo Run

Financial Fitness Paradigm

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Kirsten Kemprud - Realtor

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Play Makers Preschool

Preeti Pawar-Realtor

Shanda M - Sunset Gourmet Consultant

Shoppers Drug Mart – Woodbine

Sylvan Learning of Mid-South Calgary

Vanshaw Academy of Irish Dance

Vlada Professional Tailoring

Woodbine Chiropractic & Massage

Woodbine Dental

Woodbine Safeway

Woodcreek Lawn & Snow

## Clothing Bank Program

Did you know that the Woodcreek Community Association has three donation bins for recycling your used clothing and textiles?



Two bins are in the parking lot of the Woodcreek Community Centre and a third in the Woodbine 7-11 parking lot. WCA is paid monthly on a per pound basis for all clothing/textiles collected. This money is then used by the Woodcreek Community Association to fund various events and activities within the community.

### Items that can be accepted:

- Clean and dry clothing
- Usable paired footwear
- Household textiles like bedsheets, towels, curtains etc.
- Usable clothing accessories like belts, hats.
- Usable handbags and backpacks
- Pillows
- Soft Plush Toys

### Items not accepted:

- Wet clothing
- Dirty or soiled items
- Used rags
- Fabric scraps
- Electronics
- Books/games/puzzles
- Suitcases
- Other household items

Please do not leave other donatable items as they cannot be accepted, and the Community Association then incurs the cost of having them removed.





### Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

#### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

#### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

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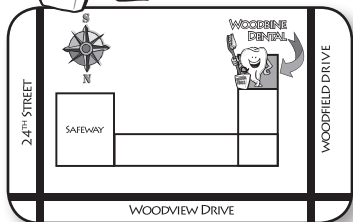
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**SCAN THE QR CODE  
FOR THE SOLUTION**



## Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good

Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

**Prep Time:** 35 minutes

**Cook Time:** 22 minutes

**Servings:** Four to six

### Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsp. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

### Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!





## Winter is the New Spring

With winter just around the corner, and outdoor gardening over for another season, have you ever considered growing your own produce year-round? I started growing vegetables on my tower gardens four years ago and have found it to be so rewarding!



What is a tower garden? It is a vertical aeroponic system that does not require soil. It only uses water and a special nutrient solution that trickles down over the plant roots. I grow a variety of greens, herbs, tomatoes, and peppers on my towers. Everything tastes so fresh! I have 80 plants growing on three towers in my office, and because the towers are vertical, they each require just over a square meter of floor space. Each

tower is equipped with LED lights and a water pump that are both on timers, so the tower gardens continue to grow even when we are away on vacation.

I was pleasantly surprised during last winter's bitterly cold weather to walk into my office where I keep my towers. It was like a breath of fresh spring air each time! I was welcomed with the wonderful smell of fresh vegetation, beautiful greenery, bright lights, and the calming waterfall effect of the water pumps.

Growing our own food year-round has been such a positive experience on so many levels that I am happy to share my story. I love to talk gardening any time of the year!

*Pam Barg*

Member of Woodcreek Gardening Association

403-835-1335

pjbarg@gmail.com



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## Woodlands Real Estate Update

Last 12 Months Woodlands  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$ 639,900	\$ 630,000
August 2023	\$ 587,450	\$ 582,125
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
October 2022	\$ 499,900	\$ 492,500

Last 12 Months Woodlands  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	14	13
August 2023	13	10
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
October 2022	9	5

To view more detailed information that comprise the above  
MLS averages please visit [wood.mycalgary.com](http://wood.mycalgary.com)

## Woodbine Real Estate Update

Last 12 Months Woodbine  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2022	\$ 539,000	\$ 521,500

Last 12 Months Woodbine  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	13	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
October 2022	6	10

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*continued on next page*



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