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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



**WCA GARAGE SALE**  
SEPTEMBER 23

*Cover Photo by Kaila Moore*

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



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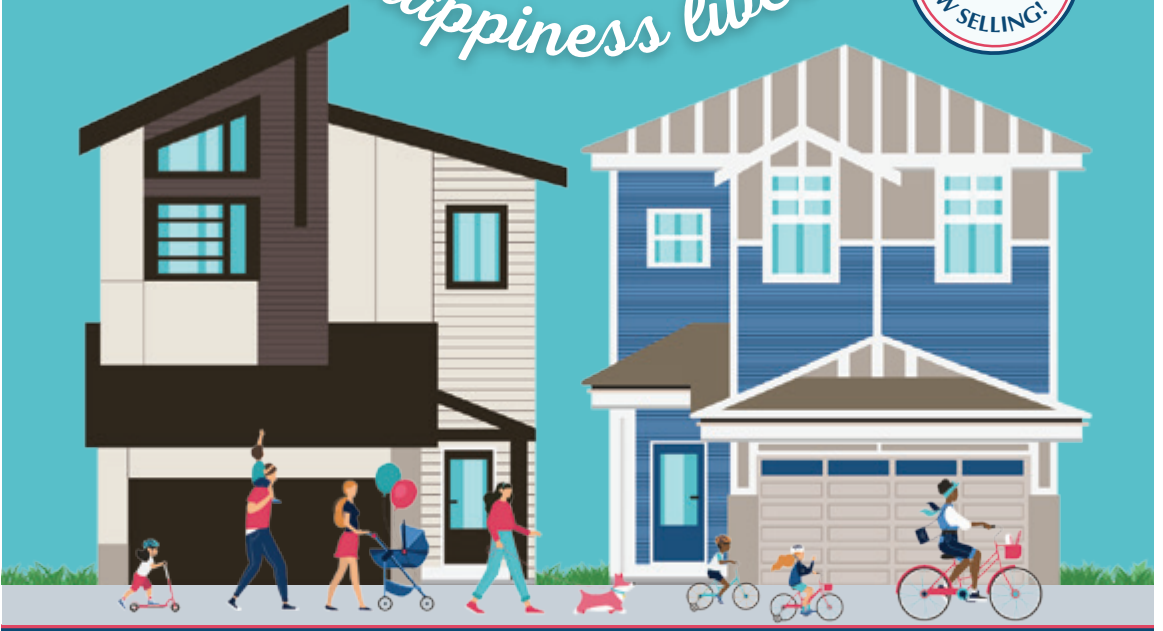
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# Community Office Hours

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](mailto:wca@woodcreekcommunity.ca)  
**Website:** [www.woodcreekcommunity.ca](http://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](mailto:wca@woodcreekcommunity.ca).

## BOARD POSITION

|                       |                    |
|-----------------------|--------------------|
| President             | Keith Cartmell     |
| First Vice-President  | Jennifer Hogg      |
| Second Vice-President | Leanne Long        |
| Treasurer             | Anne Christopoulos |
| Secretary             | Katie McLeod       |
| Past President        | Cheryl MacLeod     |

## OTHER CONTACTS

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

## Woodcreek Gardening Association

Good conversation and  
friendship through gardening  
No cost to join for Community Members

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

To join or for more information, contact Ross at  
[gardener@woodcreekcommunity.ca](mailto:gardener@woodcreekcommunity.ca).



## 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:

September 12, 7:15 pm

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

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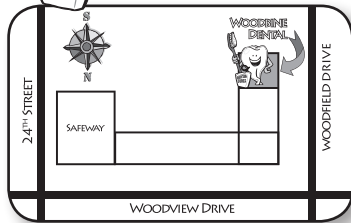
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**www.woodcreekcommunity.ca  
(403) 238-1611**

## Mark Your Calendar! Upcoming Events

|              |                   |
|--------------|-------------------|
| September 12 | WCA Board Meeting |
| September 23 | WCA Garage Sale   |
| October 3    | WCA Board Meeting |
| November 4   | WCA Craft Sale    |
| November 28  | AGM               |

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

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



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.

## EXECUTIVE MESSAGE



In some ways, September is the start of a new year. Most kids are back to school, and many of the programs at our community centre are starting up again. Check them out in our newsletter and join the ones you are interested in.

The trial run for the weekly farm stand has been a big success, selling out in an hour on the first day. Watch for them Mondays from 3:00 to 5:30 pm at the community hall, though not on September 4 for the long weekend. The Good Food Box order deadline is 4:00 pm on September 11, for a September 20 pick-up. Our Annual Garage Sale is happening on September 23.

There's been some upgrades to our hall and other facilities. Eric, Tara, and Henry were finishing up repainting the basement as I write this. They've done a great job, and it looks so much brighter now! The new pantry is also well on the way to completion, and your eyes are not fooling you; Kevin and Henry updated the stain on The Woodlands entrance sign, and it looks great. Over at Woodborough Park we've upgraded the rink lighting to LEDs and replaced the battered shed doors. Watch for the new sign for the park. We also purchased a new power sweeper for the rink with the proceeds from the 50/50 draw. That will help our fabulous ice rink crew keep the ice in great shape. Thank you for your support!

It's not too soon to think about our November AGM. The executive committee needs to start thinking about who would like to renew or not, our committee assignments, and who might be interested in joining the board. I'm delighted to meet with anyone considering joining the Board. Our next Board meeting is September 12 at 7:15 pm.

*Keth Cartmell*

President



### Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

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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**

Tim Tratch  
403-251-4878

### **Bravo Circus Classes for Kids**

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

### **Friday Prayers for Muslims**

Dr. Mahmood  
403-708-1055

### **Gateway Victory Church**

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

### **Girl Guides**

Barb Augustyn  
403-251-5169

### **Karate for Children and Adults**

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

### **Kokodo Jujutsu**

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

### **M & D Dance Academy**

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

### **Miniature School of Ballet & Dance**

Alya  
<http://miniatureballet.com>

### **Move N Mingle**

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

### **Parents and Tots**

Up to 4 years  
Megan Cocciolo  
[megan.cocciolo@gmail.com](mailto:megan.cocciolo@gmail.com)

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

Tara Gladun  
[admin@playmakerscalgary.com](mailto:admin@playmakerscalgary.com)

### **Scouts**

Tim Tratch  
403-251-4878

### **Seniors' Bridge/Cards**

Ken Barrie  
403-281-5556

### **Seniors' Fitness**

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







# Annual Garage

SALE

**Saturday, September 23**

**9:00 AM - 2:00 PM**

Woodcreek Community Centre  
1991 Woodview Dr. SW



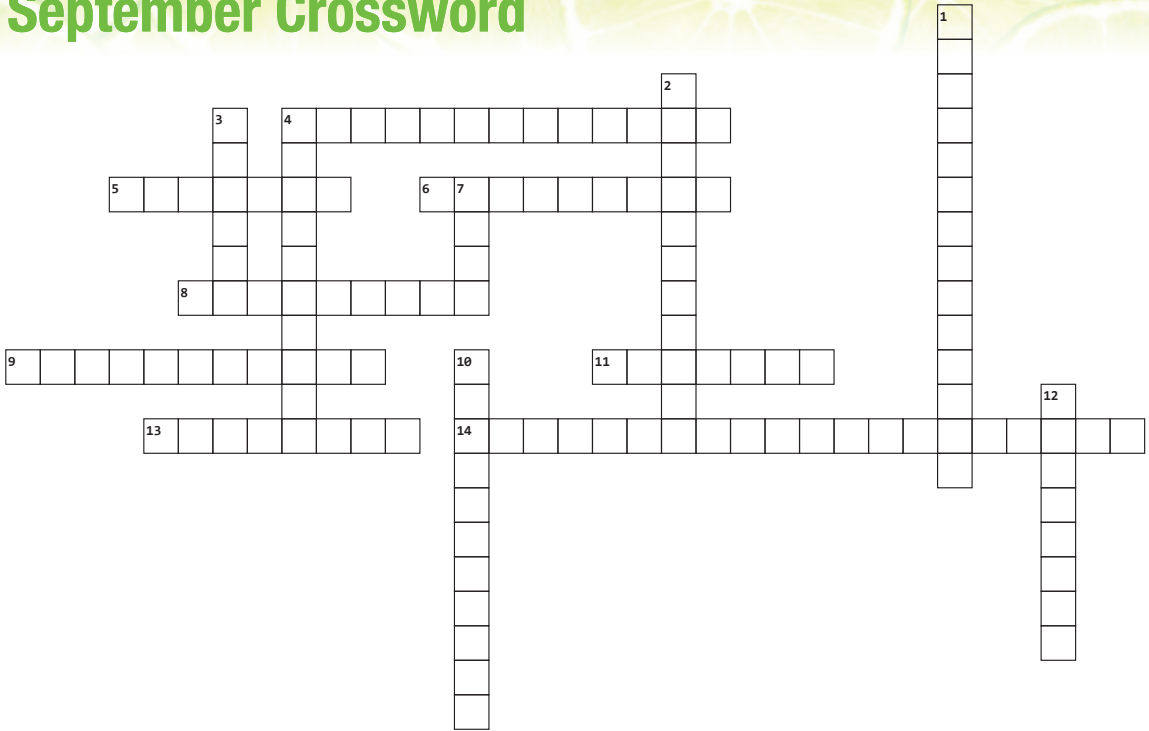
**Drop off donations only Friday September 22 between 4:00 - 8:00 pm**  
**Please ensure all donations are in good working order**

**\*\*Please NO mattresses, foutons, furniture, appliances, auto parts, stuffed toys, furniture, car seats, clothes, large exercise equipment or lawn mowers.**

Contact Anne at 403-238-1611 or [akbund954@gmail.com](mailto:akbund954@gmail.com) for more information

**All profits will go to the Woodcreek Community Association and WCA  
Seniors and stay in our community!**

# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE  
FOR THE ANSWER KEY

# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



# Thank You!

Thanks to a grant from the Community Facility Enhancement Program, WCA was able to install an electronic access system on our exterior doors. This system provides better control over building access and provides a safer and more secure building for our renters and staff.

WCA appreciates the Government of Alberta supporting the work of our non-profit organization aiming to foster a healthy, vibrant community.



## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



## SAFE & SOUND

# Dementia Advice Line Connects Albertans to Care

from Alberta Health Services



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of

changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.





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## 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

# 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.

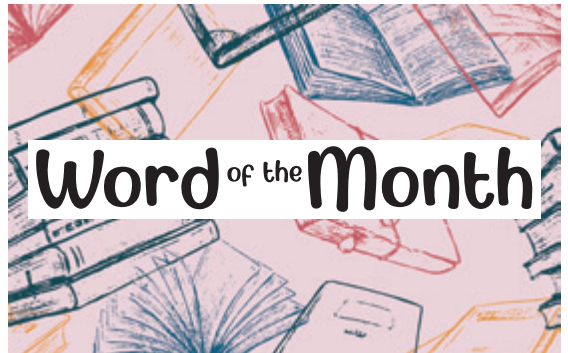
Members must be in good standing to vote.

BRAIN  
GAMES

## SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



## Word of the Month

**Metanoia:** *noun*  
(met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

# Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



## 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.

- September 5, 2023 – Meeting
- September 19, 2023 – Meeting. Musical entertainment - Dick Warkentin
- September 23, 2023 – Woodcreek Annual Garage Sale (fundraiser for group)
- October 5, 2023 – Deerfoot Casino

### 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.



## 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<br>(1:00 to 5:00 pm) |
|------------------|----------------------------------|
| September 11     | September 20                     |
| October 9        | October 18                       |



## The Victoria

On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!



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## Girl Guides of Canada – Silverbirch District – Calgary Area Meet and Greet

Woodcreek Community Centre (1991 Woodview Drive SW)

September 6 from 6:30 to 8:00 pm

This is a wonderful opportunity for you and your daughters to come and meet the great Leaders of the Silverbirch District.

- Sparks (ages 5 to 6)
- Embers (ages 7 to 8)
- Guides (ages 9 to 11)
- Pathfinders (ages 12 to 14)
- Rangers (ages 15 to 17)
- Trex (ages 12 to 14+)

## 401 Woodcreek Scouts

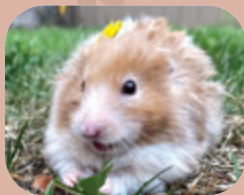
Registration for January to December is now open online on [myscouts.ca](http://myscouts.ca). We've had some great summer adventures including canoe camps in Cubs and Scouts and a week-long camp with the Venturers doing zip lining, horseback riding, whitewater rafting, and hiking. We are always looking for volunteers to help run the programs and training is provided. For questions about the program, call Laura at 403-281-1929.

## Our Lower Level Has a New Look!

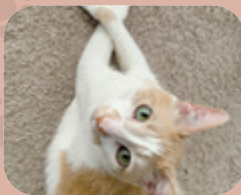
With the help of our local interior designer, Barb Walters of JAM Interiors, our lower level has been transformed into a bright, inviting space. There are three rooms for rent ranging from 400 to 920 square feet. Our rooms are perfect for dance, yoga, fitness, meetings, group training, and so much more. Many thanks to Tara, Mike, Eric, and Henry for taking on this huge project over the summer.



## Cats, Canines, & Critters of Calgary



Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Call for Help with Child Development Questions

*from Alberta Health Services*

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

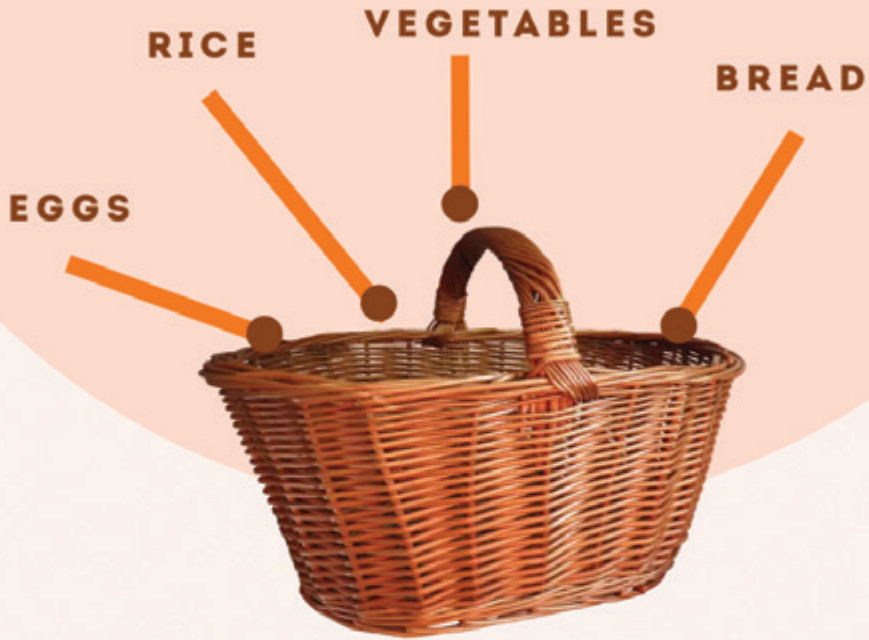
Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at [myhealth.alberta.ca/pediatric-rehabilitation/webinars](https://myhealth.alberta.ca/pediatric-rehabilitation/webinars). You may also find information by searching “pediatric rehab” at [together4health.albertahealthservices.ca](https://together4health.albertahealthservices.ca).



## NEW WCA COMMUNITY PANTRY OPENING SOON.



### SAY PRUNES!

*It's common to be told to "say cheese" when posing for a photo as it helps you smile. Interestingly, smiling in photos wasn't always customary. In the 19<sup>th</sup> century, smiling was considered childish. People were instead told to "say prunes" as it helped to keep their mouths taut.*





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**T**ime to call 9-1-1 right away.



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# Calgary's Bar, Pub, and Restaurant Heritage

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

In virtually every Western movie, there's the inevitable confrontation in the town saloon. As a western prairie town, there's little doubt Calgary was home to a saloon when its first neighbourhood, Inglewood, was settled in 1875. Indeed, the area was first known as Brewery Flats.

The 1890 Italianate-style Alberta Hotel building boasted the longest bar between Winnipeg and Vancouver. But it's the King (Eddy) Edward that lasted, opening in 1905 until it closed 99 years later as Calgary's longest operating bar. In 2018, it resumed its storied place in the city's nightlife as part of the National Music Centre.

There's the Palliser Hotel, which opened in 1914 and entertained Calgarians in its Oak Room (now remodelled). After prohibition ended in Alberta in 1924, the Palliser was the first to receive a liquor licence. The (in)famous St. Louis Hotel also opened in 1914.

Another city establishment is Hy's Steakhouse, Calgary's oldest restaurant. Hy Aisenstate, the son of Russian Jewish immigrants, opened it in 1955. He had started law school at UBC but was forced into entrepreneurship due to a family crisis. The current iteration opened in 2014.

Let's not forget Caesar's Steak House, part of local folklore. It opened in 1972 because Greek immigrant Con Giannoulis wanted to own a restaurant and the building housing it. It's said the Caesar cocktail was popularized here, though it was perfected and named in 1969 at the Calgary Inn (now the Westin) by Italian bartender Walter Chell. Nevertheless, who doesn't want a Caesar at Caesar's?

Then there's more recent but no less important places, like Bottlescrew Bill's Pub, opened in 1985 by the Allan family in the old Calgary Press Club site, and Kensington Pub (K-Pub), established in 1982 in a residence from 1911.

Nowadays, several establishments occupy the buildings and residences of the city's past. There's Bank & Baron, located in the Bank of Nova Scotia building built in 1930, and Civic Tavern, operating in a 1905 Queen Anne Revival-style home. Next time you're heading out on the town, keep an eye out for some of Calgary's heritage.

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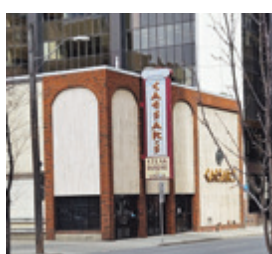
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"Bartender Dick Bellamy serving drinks at the Calgary Press Club," 1969, Bill Onions Fonds, City of Calgary Archives, Item CalA 2011-006-0880. Permission obtained from City of Calgary Archives.



Civic Tavern, 213 12 Ave SW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Caesar's Steak House, 512 4 Ave SW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Kensington Pub, 207 10A St NW, Calgary, 2023. Photo courtesy of Anthony Imbrogno.



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Girl  Guides





FEDERATION OF  
CALGARY COMMUNITIES

## Back-to-School Safety Tips

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

### **Safety Tips for Your Child:**

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

### **The Stranger Rules**

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).

## Woodcreek Business Members

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

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Alex Ding - Realtor

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# FRIENDS of Fish Creek



## **The September Fish Creek Speaker Series - Bats of Alberta**

Thursday, September 14, 2023, 7:00 to 8:00 pm - Online and in person

Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd SE

Presented by Susan Holroyd MSc, Calgary Regional Coordinator, Alberta. The Alberta Community Bat Program's mission is to raise awareness of bat conservation issues, help residents manage bats in buildings, and to collect data needed to monitor and better understand bats in the province. Susan Holroyd of the Alberta Community Bat Program will discuss this province's bat species, the threats bats face, the ecological services that they provide, and how Albertans can help with bat conservation. At this presentation, you can also learn about what to do if you find a bat, how to construct a bat house, and have your questions answered about these fascinating flying mammals. Free for Friends members and \$10 for non-members. Free for youth 16 years of age and younger with a registered adult. Registration is required. To register, visit [www.friendsoffishcreek.org/event/fishcreekbats](http://www.friendsoffishcreek.org/event/fishcreekbats).

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

You may have seen Friends' dedication benches throughout Fish Creek Provincial Park. These beautiful and sturdy benches present 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. If you are interested in a bench, please complete the online dedication bench form. This will ensure that you are added to the waitlist for a bench so that we can contact you in the future when a bench becomes available. There are approximately 105 bench locations in the park and each year several benches become available. In 2024, there will most likely be some benches available in the west end of the park - Bebo Grove, Shannon Terrace, and Marshall Springs areas. 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 [www.friendsoffishcreek.org/dedication-bench](http://www.friendsoffishcreek.org/dedication-bench).

## **Become a Fish Creek Provincial Park Protector Today!**

Fish Creek Provincial Park is a cherished natural green space that we are fortunate to have in the city. All the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment so that future generations can enjoy this area as much as we do. We rely on a variety of funding sources like grants, memberships, program fees, sponsorships, fundraising efforts, as well as corporate donations and personal donations from community members like you to support our conservation, stewardship, and engagement activities here in this park. We are inviting community members to become Park Protectors and help support the Friends and the park. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park everyday. For more information on becoming a Park Protector, please visit [www.friendsoffishcreek.org/park-protector-signup](http://www.friendsoffishcreek.org/park-protector-signup).

## **Tru Earth**

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <http://tru-earth.sjv.io/FriendsOfFishCreek>.

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*continued on next page*

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continued

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