EWOODCREEK

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



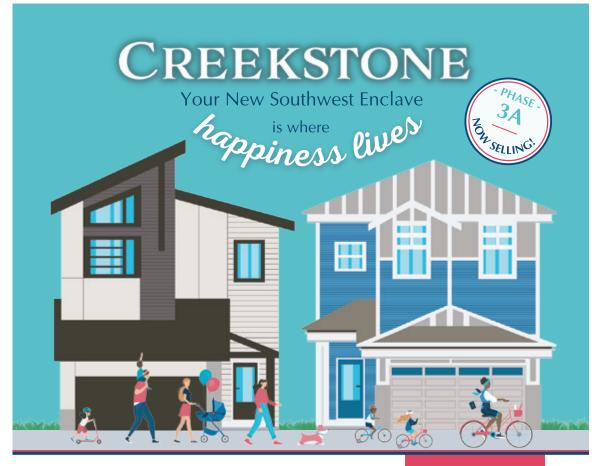
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WOODBINE









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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, ABT2W 5E5

Email: wca@woodcreekcommunity.ca **Website:** www.woodcreekcommunity.ca



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

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	Vacant	
Treasurer	Anne Christopoulos	
Secretary	Sue Barter	
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	

WCA Board Meetings

Get involved! Make a difference! Upcoming 2024 Meeting Dates:

- May 7
- June 4
- September 10
- November 5

Meetings start at 7:15 pm. Everyone is welcome to attend!





Get the Latest Woodcreek
News to Your Inbox!

Scan to subscribe to our NEW monthly newsletter!

Word of the Month

Portmanteau: noun (port-man-toe)

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.



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Webster Dictionary

You come across a word you don't recognize, and you want to know what it means; what do you do? Well, you look it up in the dictionary of course! This was much easier to do starting April 14, 1828, because this was when seventy-year-old Noah Webster copyrighted the first Webster Dictionary.



Adult Events at WCA

The Woodcreek Community Association is looking for volunteers to bring adult events to Woodcreek. Whether it's themed dances, paint nights, dinners, or other events, we want to help you make it happen! For more information, please contact the WCA office at wca@woodcreekcommunity.ca or 403-238-1611.



Mark Your Calendar! Upcoming Events

May 4	Pantry Grand Opening
May 7	WCA Board Meeting
May 11	Tritons Swim Bottle Drive
May 25	Community Cleanup
	A second

Cover Photo



Do you have a photo that would make a great cover for the *Woodcreek Chronicle?* Email it to wcawoodcreekcommunity.ca.





Woodcreek Racquet Memberships

Courts located at Woodborough Park

The 2024 racquet season is almost here! To book the WCA courts members require a current Woodcreek community membership plus a racquet membership. Early bird racquet memberships will be available in April. Please ensure that your WCA membership is up to date to receive further information on when the courts will open.

















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 Community Association Urban Forestry Initiative

The Woodcreek Community Association is working with the City of Calgary Urban Forestry Department to improve the tree canopy in our community. Trees provide environmental and health benefits. They help purify the air we breathe, reduce the amount of carbon dioxide in the atmosphere, provide shade and cooling during hot summer months, and provide habitat for wildlife.

Trees help to create a sense of pride and ownership in our neighbourhood and can improve property values.

The goal of the Tree Planting Initiative is to improve the tree canopy in the communities within the Woodcreek Community Association. This can be achieved by planting trees along streets and boulevards where none exist today, replacing trees lost to damage or disease, and adding new trees to bike paths, parks, and open spaces.

The project does not include planting trees on private property but would include support to tree planting on private property if government or business programs are available to improve the Woodcreek community.

This project is led by David Varga. You will hear more as the project progresses. If you have any comments on tree planting or areas in need of trees in our community, send a note to Dave at wca@woodcreekcommunity.ca.

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EXECUTIVE MESSAGE



The weather has been teasing us, but spring is coming. Really.

While there are no events scheduled for April, we are having our Pantry Grand

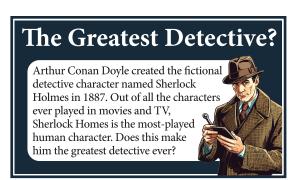
Opening on May 4 from 1:00 to 3:00 pm. This is a big event, being the culmination of a large grant from the United Way Community Services Recovery Fund. The pantry has been quite successful, and a huge round of applause is due to Naomi Burkinshaw and her team of volunteers, as well as our office staff. We have invited several dignitaries to attend. Join us and support the pantry.

The deadline for ordering April Good Food Boxes is Monday, April 8 at 4:00 pm. Thank you to the many residents who have been purchasing a GFB and donating it to the pantry.

The executives and staff have been working with the city to plan out our spending over the next several years to keep our facilities in top condition, and to take advantage of the various grants available to us. There will be some updates to our hall in 2024, and any major work happening during the summer of 2025.

Save the date. Our spring Community Cleanup event is scheduled for Saturday, May 25. We'll publish further information on our website and in our e-newsletters. This is a popular event for us, with cars lined up to the corner. Our volunteers work extremely hard to ensure people can get in and drop off their stuff safely.





Woodcreek on Wheels

Planning has begun for our first "Woodcreek on Wheels" Show and Shine to be held on Saturday, June 15 from 11:00 am to 2:00 pm.

In support of this community event, we are looking for community members who have vintage, rare, or unusual vehicles (cars, trucks, boats, trikes, bikes) that you would like to show off and share your knowledge of. Vehicles will be showcased in the community hall parking lot where there are roughly 22 stalls for vehicles, anticipating room between for walk through. To ensure success, a nominal participation fee of \$10 has been set for all 'show' vehicles. Registration and payment can be made online at www.woodcreekcommunity.ca under 'Event Registration', or by contacting the WCA office.

Decorated wheels apply to all age groups. Please ride on over with your decorated bicycle, stroller, or wagon.

Street parking for attendees will be limited.

If you have experience with Show and Shines, we would be delighted to have your support and insight on making this event a memorable success.

There will be a prize draw for all participants. Local businesses who would like to donate prizes or sponsor the event, please contact the office at wca@woodcreekcommunity.ca. It will be greatly appreciated.

For questions and for volunteer opportunities, please contact Ruth at Ruthhepburn05@gmail.com, Dianna at adamsdianna825@gmail.com or 403-804-9379, or the WCA office.

Fish Creek

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

Yes, Mother Nature loves to fish She's casting through the cityscape From shallow creek she sets her line With hope to tug upon our hearts

Metropolis of hustle bustle Calgary loves the breaking news If lure appeals to concrete jungle Perhaps she'll get a nibble soon

Sweet chickadees in aspen trees Chatting with the babbling brook Big balsam poplars share the trails So fresh of air you'll soon be hooked

Caught upon reposeful beauty Released of worry, stress, and fear She's fishing for Calgarians Catching and releasing here





PROGRAMS AT WCA

Ballroom and Latin Dance Classes for Adults and Children

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

Beavers

Jamie Delorme 403-462-5597

Bravo Circus Classes for Kids

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

Friday Prayers for Muslims

Dr. Mahmood 403-708-1055

Gateway Victory Church

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

Girl Guides

Barb Augustyn 403-251-5169

Karate for Children and Adults

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

M & D Dance Academy

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

Miniature School of Ballet & Dance

Alya

www.miniatureballet.com

Move N Mingle

Alberta Health Services 403-955-1554

Parents and Tots

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

Play Makers: A Preschool Program

Tara Gladun admin@playmakerscalgary.com

Scouts

Jamie Delorme 403-462-5597

Seniors' Bridge/Cards

Ken Barrie 403-281-5556

Seniors' Fitness (Move & Groove)

Nancy Ehle 403-238-1611

Seniors' Group

Chairperson – Anne Bundgaard 403-238-1611

Seniors' Knitting Group

Sandy Keating and Pat Konoff 403-238-1611

Southwest Seniors

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

Sportball

calgaryadmin@sportball.ca 403-700-7994

Step Classes

Margarita Fox 403-612-0365

Tai Chi

Christine Tao 403-238-1611

Therapeutic Yoga for Hips, Shoulders, and Back

Rosemarie Bartschak 403-607-5806 or www.yoga4community.com

Vanshaw Academy of Irish Dance

Stephanie Henshaw vanshawacademy@gmail.com or vanshawirishdance.ca

Woodcreek Gardening Association

Ross Snyder gardener@woodcreekcommunity.ca

Zumba Dance Fitness

Rita Olsen 403-401-0090

Visit our website for more information.



Rezoning For Housing – Have Your Say

A public hearing date has been set for April 22, 2024, when City of Calgary Administration will present a recommended approach to citywide rezoning to Council. The public may attend the public hearing in person or submit written input. Learn more about participating in public hearings at calgary.ca/publichearing.

Do you have issues, concerns, or positive feedback you would like to share? Submissions will be reviewed by the project team, and a What We Heard Report summarizing input will be submitted to Council for their consideration at the Public Hearing of Council on April 22, 2024. Online feedback will be accepted through April 11, 2024. You can also write directly to Council using the public submission form.

Resources and frequently asked questions can be found at https://www.calgary.ca/planning/projects/rezoning-for-housing.html#resources.

Springtime Reminders for Pet Owners

Residents are reminded that all dogs are required to be on a leash and under the owner's control when leaving their property. There are more outdoor activities happening at the Woodcreek Community Association, our facilities at Woodborough Park, and City of Calgary fields adjacent to our properties. WCA facilities and adjacent City of Calgary properties are not designated as off-leash areas. Be a good neighbour and leash your dog. Not everyone is comfortable with dogs and it's not polite for your dog to run up to other dogs or people uninvited. Please be courteous - pick up after your pet and throw it away. This refers to poop left on public and private properties.

If you have any questions, or want to report an animal control bylaw complaint, contact 3-1-1.







Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes **Cook Time**: 45 minutes

Servings: 4



Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- 1/2 tsp black pepper
- 1 tbsp chopped chives

Directions:

- 1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
- 2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
- 3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
- 4. The next day preheat oven to 350 degrees Fahrenheit.
- 5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!





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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

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

*Please note weights are approximate.

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

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
April 8	April 17
April 29	May 8
May 27	June 5



Woodcreek Parents and Tots

The Woodcreek Parents and Tots program meets on Mondays from 9:00 to 11:00 am at the Woodcreek Community Centre in the main hall located at 1991 Woodview Dr SW.

The Woodcreek Parents and Tots program is a drop-in program for parents/grandparents and children ages zero to five. Children get to play at a variety of centres while parents supervise and socialize.

The cost to attend is free for those that have a Woodcreek community membership, or a drop-in fee of \$5 cash for those that do not.

For further information, please contact Megan Cocciolo at megan.cocciolo@gmail.com.





Bicycle Helmet Safety

by Alberta Health Services EMS



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

Allow children to assist when buying their helmet.
 Cyclists who choose their own helmet are more likely to wear them

- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.
- * Parachute Canada: http://www.parachutecanada.org/injury-topics/item/wheeled-activities1.

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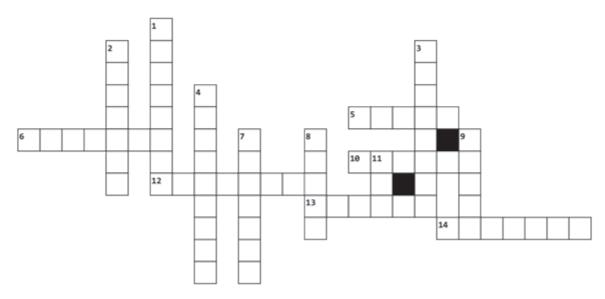
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April Crossword



Across

- 5. The ______ and the Sweet Pea are April's official birth flowers.
- 6. This famous Leonardo was born on April 15, 1452.
- 10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
- 12. Killers of the Flower Moon: The Osage Murders and the Birth of the FBI, recently made into a feature film directed by Martin______, was originally published on April 18, 2017, and written by David Grann.
- 13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
- 14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.



Down

- 1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
- 2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
- 3. This year, the World Ski and Snowboard Festival will be held the second week of April in ______, BC.
- 4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
- 7. Ford released the first version of this beloved muscle car on April 17, 1964.
- 8. "I Want to Break Free" by ______ was released in April of 1984, with a controversial yet playful music video.
- 9. Vancouver-born ______ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
- 11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.

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YOUR CITY OF CALGARY

Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.





Volunteers Needed!

Casino Fundraiser - Wednesday, April 24 and Thursday, April 25

Deerfoot Inn and Casino

Woodlands School needs community volunteers to help the Woodlands Parent Council cover all the shifts for this fundraising event. Proceeds will help us create a Learning Commons - a space for all students to gather, make, and create. Our Learning Commons will become the heart of our school and provide students with new and innovative ways to learn through play, collaboration, technology, and community. If you can help out, please contact our Casino Coordinator at woodlandscasino@gmail.com or 403-988-0556.



GAMES & PUZZLES

Guess the Invention!

- 1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
- 2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
- 3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
- 4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
- 5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
- 6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.





SCAN THE QR CODE FOR THE ANSWERS!



The Woodcreek Seniors' **Knitting Group**

Come join us with your own knitting/crochet skills and enjoy time spent with like-minded people. We meet on Mondays between 1:00 and 3:00 pm at the Woodcreek Community Centre.

We continue to look for knitting yarn and wool. Donations can be dropped off at the WCA office, Monday to Friday between 1:00 and 4:00 pm.

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



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WOODCREEK 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.

- April 2 Meeting
- April 4 Deerfoot Casino Seniors Day Buffet
- April 16 Meeting. Speaker to be announced
- April 30 Lunch Bunch, Location TBA

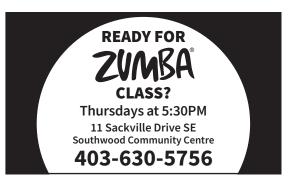
For further information, please contact Anne, Chairperson, at 403-238-1611 or akbund954@gmail.com, or Sandy, Vice-Chair, at woodcreekseniors826@gmail.com.

Other Weekly Senior Programs Are:

Knitting and Crochet Group - Meets on Monday at 1:00 pm. Contact missuskeating@gmail.com.

Bridge - Meets on Tuesday at 1:00 pm. Contact kenbarrie@gmail.com.







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Colouring Contest

Thank you to everyone who participated in our February colouring contest! Congratulations to our winner, Cameron C! Here are some of our favourite entries:



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Play Makers Preschool

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All About Calgary Wildlife Thursday, April 11 from 7:00 to 8:30 pm

Presented by Beki Hunt, Executive Director, Calgary Wildlife

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Geared towards young adults and adults, the All About Calgary Wildlife presentation takes you behind the scenes at Calgary Wildlife. Learn about our history, our programs, who we treat, how you can live in harmony with urban wildlife, and some of our rehabilitation case studies. Beki Hunt is Calgary Wildlife's executive director and has been in the role for two years. Prior to that, Beki was the Deputy Director (and co-founder) of the Taiwan Society of the Prevention of Cruelty to Animals in Taipei, Taiwan. Beki's love and respect for animals has been a constant thread in her life since she was a child, putting her on the trajectory of working with animals in the non-profit sector.

Free for Friends members and \$10 for non-members.

Registration required. To register visit www.friendsof fishcreek.org/event/calgary-wildlife.

Good Grief – Nature Walking Through Grief and Loss Wednesday mornings from 10:00 to 11:30 am from April 3 to May 22

This spring, the Friends are pleased to offer the Good Grief program once again. This eight-week program is aimed at providing support for those experiencing grief, loss, or a major life transition. During gentle, accessible, guided walks throughout Fish Creek, participants will have the opportunity to connect with the natural world and chat with others who are on a similar journey.

Join us! The fee is \$25 and there are only 15 spots available.

For more information or to register, visit www.friends offishcreek.org/programs/goodgrief.



Share Your Story with a Brick Along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent vears. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for phase four of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or a good way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MylmpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.

BUSINESS CLASSIFIEDS

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continued on next page

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