

AUGUST 2024

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your WOODCREEK CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



ICE CREAM SOCIAL
AUGUST 15

MOVIE IN THE PARK
AUGUST 24

Cover Photo by Dan Boudreau

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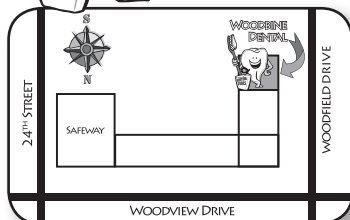
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WOODBINE



WOODLANDS



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.





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: 1911 Woodview Drive SW
Calgary, AB T2W 5E5
Email: wca@woodcreekcommunity.ca
Website: www.woodcreekcommunity.ca



Woodcreek Community Association Executive Board of Directors and Other Contacts

Representatives can be reached through the WCA Office at 403-238-1611 or wca@woodcreekcommunity.ca.

BOARD POSITION

President	Keith Cartmell
First Vice-President	Jennifer Hogg
Second Vice-President	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

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Woodcreek memberships are available for purchase online.
www.woodcreekcommunity.ca
(403) 238-1611

WCA Board Meetings

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

- 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!

WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors' meetings resumed on August 6. 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, contact the Woodcreek Community Association at 403-238-1611 for a WCA membership.

- August 6 - Meeting and Bingo
- August 20 - Meeting and a speaker (TBA)
- August 27 - Trip to Saskatoon Farms

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 - Resumes on August 12 and meets on Mondays at 1:00 pm. Contact missuskeating@gmail.com.

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



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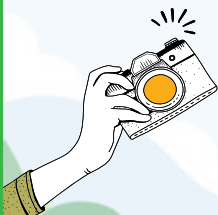
No market on Heritage Day and
Labour Day long weekends
(August 5 and September 2)



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Cover Photo

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

EXECUTIVE MESSAGE

Happy August Woodcreek!

We hope you're all enjoying the beautiful summer weather we've been having this year and taking advantage of all the wonderful outdoor amenities our community has to offer.

Our community has had a busy summer so far; our annual Stampede Breakfast was very well attended with over 1,000 attendees. Thank you very much to our sponsors, Woodbine Safeway, Woodbine Shoppers Drug Mart, Gateway Victory Church, ATCO, Braeside Automotive, Jackson Partridge and the Prairie Dogs, Hull Services, Nicole Matheson Realtor, Christine Versnick Realtor, as well as the countless volunteers who make this event such a success.

Thank you to everyone who purchased tickets for our 50/50 fundraiser - we raised over \$7,700 this year, with funds being used to upgrade the basketball equipment at Woodborough Park.

The weekly Farm Stand pop-up market is every Friday evening from 2:30 to 5:30 pm at the community centre through mid-September. The Good Food Box program returns in August, with orders due by August 19 for pickup on August 28. We also have our Movie in the Park coming up on Saturday, August 24, movie TBD.

Keith and Jen

President and 1st VP



Woodcreek on Wheels

On Neighbour Day this year, we had our first Woodcreek on Wheels Show n' Shine. The rain held off and the event was a success! There were so many cool and unique vehicles to check out. Thank you so much to everyone who participated and volunteered at this event! Special thanks to the organizers, Dianna Adams and Ruth Hepburn, and our amazing sponsors - Boston Pizza Oakridge, Woodcreek Dental, Calgary Co-op Oakridge, Sammy's Pizza Braeside, Red Crowns Pub, Tim Horton's Braeside, ABLO Braeside, and Alberta Fire & Flood. We hope to make this an annual Neighbour Day Event!



Photos by Keith Cartmell



Woodcreek
Community Association

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Raffle Winner!

The winner of our 2024 50/50 Raffle was Gloria H. Our final jackpot was \$7,770, and Gloria will take home \$3,885!

We want to thank everyone for their support of this 50/50 fundraiser - our half of the proceeds will go towards purchasing and installing new basketball nets for our Woodcreek Mini Basketball program!

WCA Community Pantry

Our Community Pantry project is now complete! Our large, insulated pantry is located in the WCA parking lot (1991 Woodview Dr). We also have two small satellite pantries in Woodbine (100 block of Woodmont Way) and in Woodlands (249 Woodridge Dr). Thank you to the Government of Canada Community Services Recovery Fund for making this project possible.

Woodcreek Community Pantries is funded by the Government of Canada under the Community Services Recovery Fund.

Woodcreek Garde-manger Communautaires est financé par le gouvernement du Canada sous le Fonds de relance des services communautaires.




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INDOOR 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at WWW.GOFOOTHILLS.CA

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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
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403-462-5597

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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
403-238-1611

Southwest Seniors

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

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.





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)
August 19	August 28
September 16	September 25
October 14	October 23



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August 15	Ice Cream Social
August 24	Movie in the Park
September 10	Board Meeting
September 28	Garage Sale
November 5	Board Meeting
November 26	AGM and Social

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JOKE OF THE MONTH

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BANANA?
A MONKEY



2024 Community Cleanup

Our annual Community Cleanup this year was held on May 25.

We filled three large bins, one metal bin, an overflowing electronics truck, and lots of tires, batteries, paint, and clothing. As usual the shredding truck was very busy. The Swap Table allowed for recycling of usable goods to those in our neighbourhood. Through the Alberta Electronics Recycling Roundup, WCA received over \$1,900 for gathering unused electronic items.

Special thanks to Joe Cavar, Syl Zacher, and the WCA staff for organizing this annual event. We had a great group of volunteers to man the stations and a dedicated bunch to return to finalize the last bin.



Photos by Keith Cartmell

FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.



MOVIE IN THE PARK



Bring a lawn chair, sleeping bag, pillow, bug spray etc.

SATURDAY, AUGUST 24th

kids activities start at 8:00 pm

1991 Woodview Drive

movie starts at 8:45 pm

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Popcorn donated by Cineplex Theatre Chinook



Calling All



The Woodcreek Community Association (WCA) is now accepting applications for the 13th Annual Fall Craft Sale on Saturday, November 2, 2024. Sale hours are 9:00 am to 3:00 pm. We're looking for a variety of vendors with handmade and unique crafts for the sale.

The WCA Board of Directors has designated four "donation tables" at the sale. These tables donate their proceeds to charity and local organizations. The craft categories for the four tables are Baked Goods, and Knitting/Crocheting. Table allotment for these two crafts is filled, and additional applications will not be confirmed for the sale.

If you are interested, please email Anne at woodcreekcraftsale@gmail.com for the application form and further information.



Improve Your Bike Skills at WCA this Summer!

Bike over to the community centre and try out our cycle skill stations. Follow the painted lines in our rink to master your balance on slow turns while weaving in and out of tight spaces.



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What's Happening at WCA This Summer?

Sundays

Gateway Victory Church
10:00 am to 1:00 pm

Mondays

Jazzercise
9:00 to 10:00 am

Zumba Outdoors
10:30 to 11:30 am

Tuesdays

WCA Seniors
First and third Tuesday, 9:30 am. August Only

Summer Bridge
1:00 to 3:00 pm

Wednesdays

Jazzercise
9:00 to 10:00 am

Thursdays

M & D Dance
6:00 to 8:00 pm

Bravo Circus (August Only)
6:30 to 8:00 pm

Fridays

Jazzercise
9:00 to 10:00 am

Friday Prayers
1:30 to 2:30 pm

Levita Dance (Adult and Kids)
6:00 to 7:00 pm

Saturdays

Zumba Outdoors
10:00 to 11:00 am

WCA Garden Club
Third Saturday, 10:00 am to noon

M&D Dance
2:00 to 3:00 pm

Summer Program Notes

- Dance in the Park – August 8

See website for further information.

YOUR CITY OF CALGARY

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

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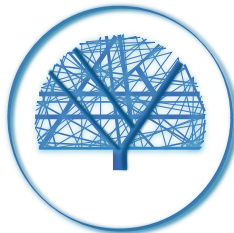
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12112	Fluoride Treatment	\$34.66	\$34.66

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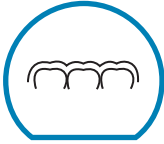
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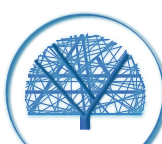
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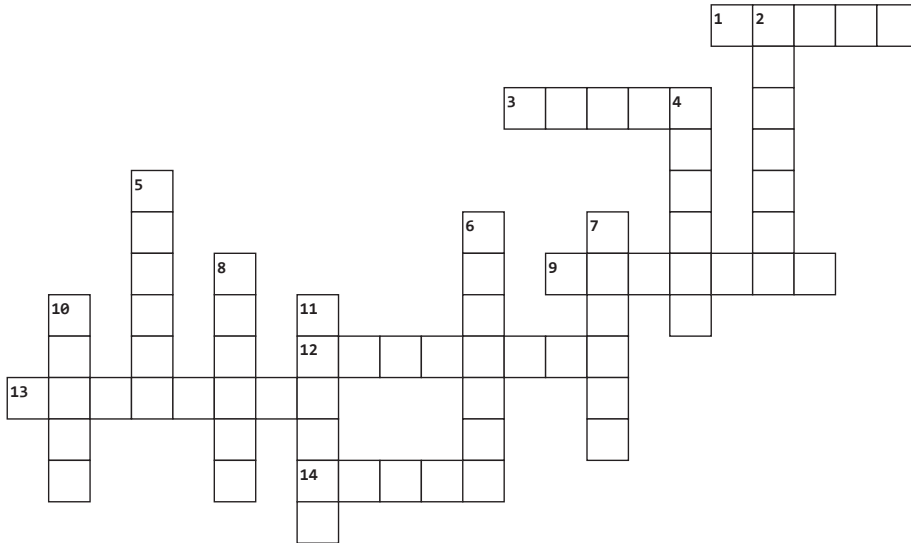
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August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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A huge thank you to this year's sponsors: Woodbine Safeway, Shoppers Drug Mart-Woodbine, Gateway Victory Church, Braeside Auto Pro/Tirecraft, Hull Services, Christine Versnick, Nicole Matheson, and Atco.

Thank you to Jackson Partridge and the Prairie Dogs for entertaining the crowd and getting us up dancing. Hats off to our wonderful group of volunteers who arrived early to ensure over 1,000 people were able to enjoy breakfast.

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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



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Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.
- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.



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Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

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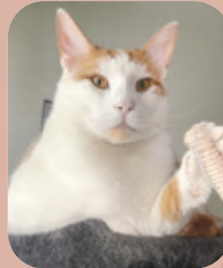
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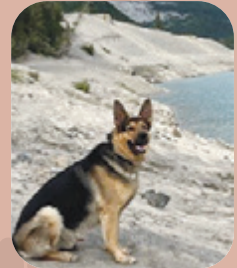
Bike Bingo

<p>RIDE YOUR BIKE TO WCA! OR PICK UP 10 PIECES OF GARBAGE.</p>	<p>BIKE WITH A BUDDY! OR PICK UP 10 PIECES OF GARBAGE.</p>
<p>BIKE TO FISH CREEK PARK! OR PICK UP 10 PIECES OF GARBAGE.</p>	<p>BIKE TO A PLAYGROUND! OR PICK UP 10 PIECES OF GARBAGE.</p>
<p>RIDE YOUR BIKE TO GET A COLD TREAT! OR PICK UP 10 PIECES OF GARBAGE.</p>	<p>BIKE TO A LITTLE LIBRARY! OR PICK UP 10 PIECES OF GARBAGE.</p>
<p>BIKE TO THE SKATE PARK! OR PICK UP 10 PIECES OF GARBAGE.</p>	<p>BIKE IN A SILLY COSTUME! OR PICK UP 10 PIECES OF GARBAGE.</p>
<p>BIKE FARTHER THAN YOU'VE GONE THIS YEAR! OR PICK UP 10 PIECES OF GARBAGE.</p>	<p>BIKE TO SOMEWHERE WITH A VIEW! OR PICK UP 10 PIECES OF GARBAGE.</p>

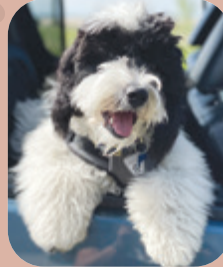
Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



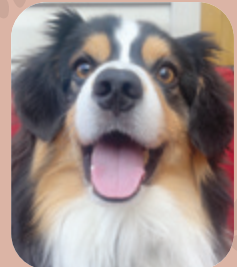
Harry, *Bridgeland*



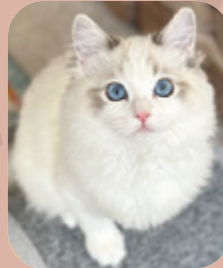
Pikko, *Hillhurst Sunnyside*



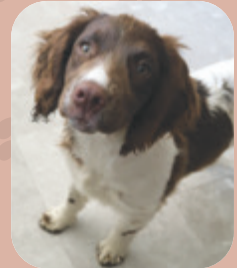
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

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