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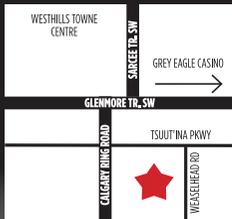
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WOODBINE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	13	8	\$547,500	\$545,000
August 24	10	9	\$599,900	\$590,000
July 24	15	14	\$634,900	\$637,500
June 24	18	18	\$607,450	\$610,000
May 24	9	7	\$599,900	\$627,500
April 24	7	8	\$390,000	\$397,500
March 24	7	9	\$399,900	\$450,000
February 24	7	5	\$599,900	\$627,500
January 24	6	4	\$449,900	\$445,000
December 23	0	2	\$394,950	\$394,700
November 23	9	7	\$425,000	\$433,000
October 23	7	13	\$579,900	\$570,000

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	18	12	\$664,900	\$651,500
August 24	18	14	\$714,900	\$709,250
July 24	8	6	\$627,200	\$625,000
June 24	18	16	\$687,450	\$680,000
May 24	17	14	\$635,000	\$640,250
April 24	15	18	\$647,400	\$671,750
March 24	16	15	\$655,000	\$645,000
February 24	5	5	\$799,900	\$804,900
January 24	7	5	\$799,800	\$825,000
December 23	5	4	\$582,500	\$560,000
November 23	2	2	\$737,500	\$737,500
October 23	6	10	\$649,900	\$654,950

To view more detailed information that comprises the above
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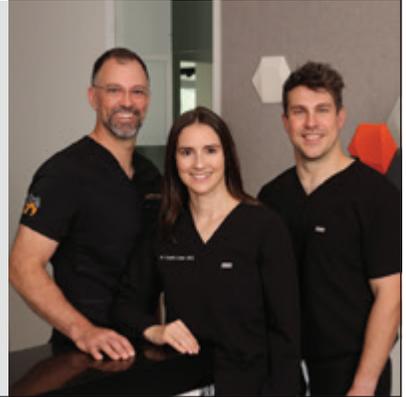
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WOODBINE



WOODLANDS



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Community Office Hours

Monday to Friday:
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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.

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WCA Board Meetings

Get involved! Make a difference!

Upcoming 2025 Meeting Date:

- January 14

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



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EXECUTIVE MESSAGE



Hello Woodcreek!

It's a busy time for everyone now, and our community association is no exception.

Our main hall is booked every weekend until mid-January. It's wonderful to see our community hall so well used!

Skate with Santa on Saturday, December 14 from 1:00 to 3:00 pm is one of those events. Our ice crew is ready to go, we just need the weather to cooperate. As I write this, it's sun-tanning weather.

One of our primary goals as a community association is to work with the City, and where appropriate, the provincial or federal governments, on programs and grants for the benefit of the community. I'd like to point out that Councillor McLean's office, and other City staff have been enormously helpful in this regard. However, when it comes to providing feedback to the City, there is no substitute for citizens providing their input directly, as many did during the zoning changes earlier this year.

This process is not done. The City administration is working on simplifying the zoning bylaws, and are now in a Phase four of a process to simplify zones, and align the zoning bylaws, the street manual, and the Calgary Plan to each other. Look for an article by our Development Liaison on this topic elsewhere in this newsletter. Some of these changes are contentious, and we urge citizens to research the material on the Calgary.ca website and comment for themselves.

For actual developments, the board typically does not comment on Development Permits, in that many of these are minor changes to private property. If you see a City sandwich board publicizing a proposed change to property, it's up to you to follow the links to find out more details and make whatever comment you think appropriate. As well, there is a development map to find out where changes are being proposed anywhere in the City.

Our community association is rolling out a Community Betterment (CB) program and is looking for people to take part in this as coordinators for their specific area. This might be a cul-de-sac or crescent, or part of a longer street. The intent is to create communication channels so that neighbours can get to know each other better, build trust, and efficiently deal with issues as they arise.

It might be as simple as, "my cat is missing," or "haven't seen you for a while are you ok," or "did anyone get doorbell camera images from last night?"

Initial goals and benefits related to our CB program include but are not limited to, better information sharing, building trust, making it easier to organize social events such as a Neighbour Day BBQ, and increased ability to team up with neighbours to take on projects of interest such as park area cleanups. We feel this will lead naturally to coordination related to crime prevention and reporting. Research tells us that getting to know your neighbours and having easy ways to communicate makes it easier to solve issues quickly when they arise, reduces stress/anxiety, plus increased feelings of community connection and happiness. If you are interested in learning more, please reach out to me at president@woodcreekcommunity.ca. As we work with our community to find what communications channels are most efficient, the main contact address may change.

Keith and Jen

President and 1st VP



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Calgary's Christmas Markets

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta.", [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FJKK33?WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNKB3?WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta.", 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



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Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_\(28973543633\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(28973543633).jpg).

Word of the Month

Absquatulate:
Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open.

Mark Your Calendar! Upcoming Events

December 14	Skate with Santa
January 14	WCA Board Meeting



Cover Photo



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

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Learn more about your Calgary Catholic School District Board of Trustees!

Personal Christmas Reflection from CCSD's Board Chair Shannon Cook

by Shannon Cook, Chair, CCSD Board of Trustees

I live in a household of adults. A couple of times per week, there can be up to three of us working from home, but usually there are two of us in the house. Being alone in the house so infrequently means it feels strange when it does happen. While I appreciate the time alone without interruptions, - "Mom, where is the ...," "What's for supper?" "When are we eating supper?" - when one or more of my crew returns, the world feels right again. My family "fills my bucket." They bring me peace and joy and they make me feel confident and lovable just as I am. Who fills your bucket?

It is the Christmas season and there will be many chances for us to gather with people who fill our buckets. Phone calls or virtual technologies are necessary and sometimes all we have, but being tangibly present with people is a gift which gives us unique confidence in the love of those gathered, gladness for the gifts of each person, and peace and unmistakable joy at being together. What a beautiful gift!

As importantly, when we gather, Jesus is also present with vitality and energy. We can rejoice in his presence and relax in his unfathomable love. He loves us just as we are because we are lovable just as we are. He too can fill our buckets.

During the Christmas season, we are called to prepare a place for Jesus to come and be a part of our lives so that we go out and bring Jesus to others. Indeed, it is the strength, love, and peace that we receive from those who fill our buckets that will allow us to joyfully share the celebration of the Savior's birth.

I hope that this Christmas season brings you many opportunities to gather and be close to all who fill your bucket and to see and feel Jesus in our midst.

On behalf of the Board of Trustees of the Calgary Catholic School District, we wish you much joy and peace during this Christmas season!



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From Our Development Liaison

Hello everyone,

In October 2024 I attended a presentation with our CA President put on by the Brentwood Community Association on the proposed New Zoning Bylaw. This is the next phase in the reorganization of the existing legislation and will directly impact how our communities redevelop. To learn more about the proposed changes, go to engage.calgary.ca/citybuilding/cbphase4. The document library on this site has Summary Sheets for all zoning categories, including housing and parking. You can also sign up for updates on this site.

The new Zoning Bylaw proposes to further reduce the number of permitted housing categories from 19 to two: Housing and Supported Housing. They are proposing three replacement housing categories; H-1, Housing, Small Scale; H-2, Housing, Middle Scale, and H-3, Housing Multi-Residential. To provide some context as to what is considered 'Small Scale', the maximum proposed building height for small scale housing would be 11 meters for buildings situated in the front of a building lot and 8.6 meters for buildings such as secondary or granny suites located in the rear yard. 11 meters exceeds the average height of a three-storey house (nine to ten meters); most two-storey houses range between six to 7.6 meters high. The proposed maximum height for Medium Scale Housing is 12 meters; Residential Multi-Family housing would allow up to 22 meters height, or 72 feet. The proposed changes also include an increase in the allowable lot coverage. In other words, more buildings, less yard space. The H-1 designation would replace housing currently designated as R-CG or R-G which is the majority of housing within residential areas today in Calgary.

Other proposed changes which will have a direct impact on any new development is a reduction in setbacks. Most single-family homes in residential districts generally are 'set back' from the public sidewalk by six meters, roughly 20 feet. The proposed new setback for all the proposed new housing categories is three meters which is slightly less than ten feet. Side yard and rear yard setbacks are proposed as 1.2 meters which is just under four feet. These reduced setbacks are part of the outcome of allowing greater coverage of lots. Obviously if the allowed building envelope is larger the amount of room for yard space will be lower.

There is a proposal to set parking as 'Open Option Parking' for all Housing Zone categories. What this means is that the applicant for the permit will determine the amount of parking stalls for any proposed new development. This allows them the option of opting out of the cost of providing parking entirely with the exception of Accessible Parking. Accessible Parking stalls would still be required.

Part of the Brentwood presentation included how some communities have been exploring Restrictive Covenants as a way to protect the existing character of a community. For examples on what some Calgary communities have been doing check out the following links:

- Lake Bonavista: www.bonavistarc.com.
- Chinook Park-Kelvin Grove-Eagle Ridge has some very detailed information on their website: www.ckerc.ca.
- Varsity: Varsity residents dig into the details of restrictive covenant to limit density/LiveWire Calgary.

Our speaker on Restrictive Covenants gave a general overview, including how their community had set the fee for the RC to include funds for legal defence. A restrictive covenant on any property is only as good as the legal defence of it. What this means is, someone could purchase a property with an RC on title limiting the allowed building envelope to single family housing only. They could then apply for a permit from the City for a multifamily development to occur on the property in question. It is up to the former landowner or the neighbours to defend the RC on title. If no one bothers to defend the RC, then the new development can simply ignore the RC and build as they have been permitted to do. The speaker went on to say that legal action usually consists of a 'cease and desist' letter to the would-be developer which usually ends the matter, but that there is always the possibility that the would-be developer will persist, so that the matter ends up in court. To date, such court challenges of RCs have always ruled in favour of the restrictive covenant.

Note that there is no obligation to join in adding an RC to your land title if you don't want to. It is up to each homeowner to decide whether placing a restrictive covenant on title is something they wish to do. As a side note, it may be worth checking whether any RC exists on any proposed redevelopment in your community

that causes you concern. Anyone can search Land Titles - there is a fee to be paid, but if the search shows that the property in question has a RC that prohibits the proposed redevelopment from occurring then you and/or your neighbours have the option to mount a legal defence. Note that time is of the essence in such matters - it will be much more difficult to stop development once actual construction begins.

Linda Mulligan

Development Liaison, Woodcreek

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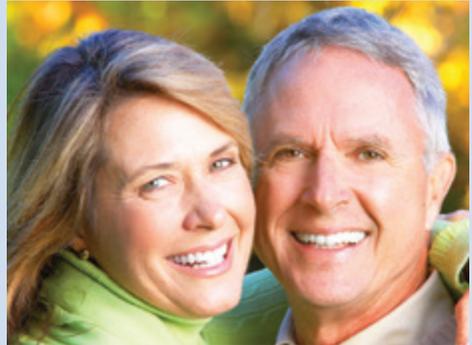
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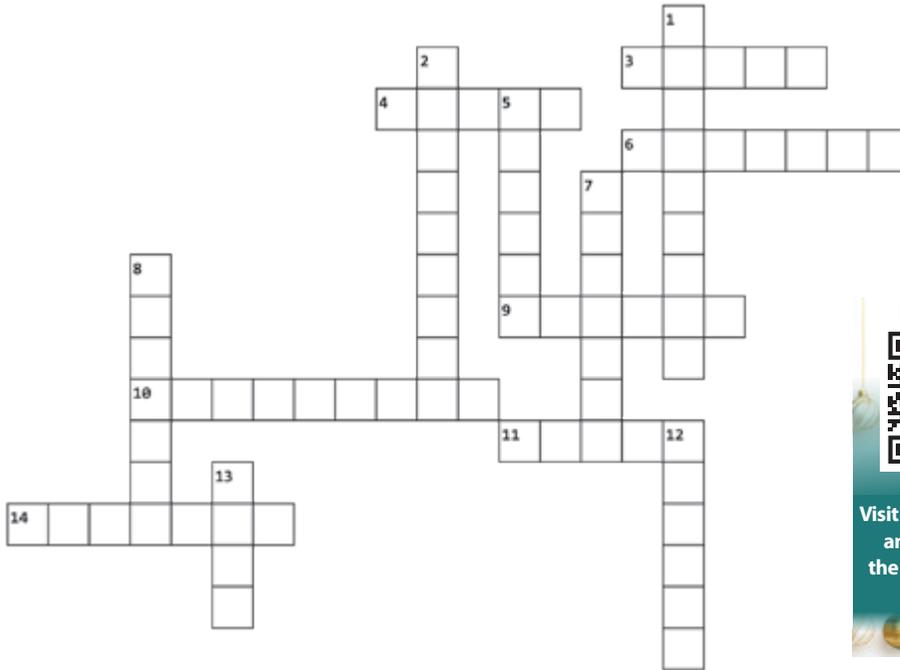


Eye Matey!



It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!

December Crossword



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

Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

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Tuesday: 8:00am - 4:00pm

Wednesday: 12:00pm - 8:00pm

Thursday: 11:00am - 7:00pm

Friday: 9:00am - 5:00pm

Saturday: 9:00am - 4:00pm

Sunday: Closed

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403-613-5070

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Scouter Tammie
scoutertammie401@gmail.com

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
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www.miniatureballet.com

Move N Mingle

Alberta Health Services
403-955-1554

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jade.howkins@outlook.com

Play Makers: A Preschool Program

Tara Gladun
admin@playmakerscalgary.com

Scouts

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scoutertammie401@gmail.com

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
403-238-1611

Southwest Seniors

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

Sportball

Sahil Solanki
sahils@sportball.ca

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

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Ross Snyder
gardener@woodcreekcommunity.ca

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Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





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The Art of Finding Work - You Can Minimize the Odds of Being Ghosted

by Nick Kossovan



When job seekers complain about being ghosted—a form of silent rejection where candidates hear nothing after submitting an application or having been interviewed—I wonder if they're unaware of the changes in social norms and mannerisms. Do they not know that social norms and the workplace are intertwined? Since the advent of social media, manners, courtesy, and empathy have significantly diminished.

If there's one thing job seekers can be certain about, it is that they'll be ghosted multiple times throughout their job search. It wouldn't be a stretch to say ghosting candidates has become a norm. It's worth pointing out that companies don't ghost candidates, the company's employees ghost candidates. When the recruiter or hiring manager is of a generation that finds ghosting an acceptable way to terminate a relationship, romantic or otherwise, it shouldn't come as a surprise when they ghost candidates.

Bad News: You can't change or control other people's behaviour.

Good News: You can take proactive steps to minimize—as with all human interactions, there are no guarantees—the chances of being ghosted.

Build a Strong Relationship. Focus on Being Likeable.

Understandably, hiring managers—recruiters less so since they won't be working with the candidate—look to hire candidates they can envision getting along with; hence, most job seekers would significantly boost their chance of job search success by focusing more on being likeable.

By likeable, I mean being pleasant, respectful, and expressing genuine interest in the company and the role. I've yet to meet a hiring manager who hires candidates they don't like. As I've mentioned in previous columns, likeability supersedes your skills and experience. Most job seekers don't focus enough on being likeable.

The stronger the relationship you establish with the recruiter or hiring manager, the more likely they won't ghost you. From your first interaction, focus on creating a rapport beyond just transactional communication.

Personalizing your correspondence can make a significant difference. Use the hiring manager's name instead of a generic 'To Whom It May Concern.' Find commonalities such as place of birth, hobbies, schools attended, associations you belong to, favourite restaurants, and people you know.

Avoid Appearing Confrontational

Anyone reading this can relate to the number one reason why people ghost: to avoid confrontation. Today, many people feel entitled, resulting in job seekers being frustrated and angry. You only need to scroll through LinkedIn posts and comments to see that bashing employers has become an unproductive trend. Hence, it's likely that a candidate will become confrontational if told they don't get the job.

Smile throughout your interview! Avoid appearing desperate! My best interviews have been those in which I was nonchalant; I was indifferent to whether or not I got the job. In addition to being a turn-off, showing signs of desperation will raise questions about how you'll react if told you aren't hired.

Lastly, tell your interviewer how much you enjoyed talking with them and that you look forward to hearing back.

"I really enjoyed our conversation, Khloe. Thank you for taking the time to meet with me. I look forward to hearing your hiring decision."

"Either way, please call or email me to let me know about my application status."

You're more likely to receive a response by asking explicitly for communication.

Earn Your Interviewer's Respect

People tend not to ghost someone they respect.

Respect must be earned, starting with one of life's golden rules: Treat others how you want to be treated. In other words, give respect to get respect.

Throughout your job search, be professional and courteous. Respond promptly to emails and calls and thank people for their time. Approaching recruiters and hiring managers politely and professionally improves your chances of being treated similarly.

Ask For Advice, Not Feedback

Asking for advice encourages communication. As your interviewer is wrapping up the interview, mention that you'd welcome their advice. "Given your extensive background in project management, any advice you may have for me wanting to advance my career would be greatly appreciated."

Why ask for advice and not feedback? The first problem with asking for feedback is it puts the other person on the spot. The second problem is feedback can lead to disagreement, hurt feelings, or defensiveness, a common reaction resulting in confrontation. On the other hand, asking for advice is asking for guidance and suggestions to achieve a better result. Essentially, you're acknowledging the other person's experience and massaging their ego. Do you know anyone who doesn't like being asked for advice?

Send a Thank You Note

Sending a thank you note expressing appreciation for the interview and the insights you gained reinforces your interest and keeps the lines of communication open. Conclude with a forward-looking statement, encouraging the recipient to respond.

"I look forward to hearing from you regarding the next steps."

"I look forward to staying in touch."

Job searching aside, direct, open, and honest communication—say what you mean, mean what you say—which I highly value, has become rare, which explains the prevalence of ghosting. When you're ghosted, assume the company isn't enthusiastic about hiring you. Silence may be golden in some things, but ghosting is not one of them.



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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, contact the Woodcreek Community Association at 403-238-1611 for a WCA membership.

Upcoming Activities Include:

- December 3, 2024 - Meeting (last 2024 meeting)
- December 10, 2024 - Christmas Luncheon at Carriage House

Our meetings will close for the Christmas season and resume on January 21, 2025.

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 Mondays at 1:00 pm. Contact missuskeating@gmail.com.

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



Woodcreek Business Members

We thank the following businesses for their ongoing support of our community. See our website for more information.

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Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Woodcreek Community Craft Sale Recap

Woodcreek Community Association (WCA) held our 14th annual Woodcreek Community Craft Sale on November 2, 2024. The day started with an invigorating morning as described by one customer and warmed to a lovely fall day by the afternoon. We are pleased to report that our sale was successful with over 485 persons attending the sale. Many thanks to those who brought food contributions and made monetary donations for the Community Pantry.

Like previous years, many applications from the Woodcreek area and the surrounding communities were received for the 25 available spaces which required that all sale items be handcrafted. Many of the sale vendors were from the Woodcreek community. Each of the vendors contributed to the success and atmosphere of the sale by donating a crafted item for a door prize. Their generosity and craft skills are appreciated by the WCA and customers.

Among the vendors, there were two returning vendors from the Woodcreek Seniors group – baking and knitting/crocheting tables. These four tables are designated as “Donation Tables” as their proceeds are donated to charities/organizations, and local recipients are chosen. The baking tables had a new festive addition of ceramic cookie jars, and their large amount of baked goods were in high demand. The few remaining items at the sales’ end were taken to our Community Pantry by the Woodcreek garage. The Knitting/Crochet group had a wide variety of knitted and crocheted items and a successful day. Both groups express thanks to the many who donated items for their tables.

The Woodcreek Scouts provided refreshments, snacks, and a lunch menu of very tasty pizza. Their annual popcorn sales were very successful. Thank you to the Scouts and their leaders for their contribution to the sale and assistance with the closing activities of the sale.

A large thank you also goes to the community for their continued support and great turnout. It is always appreciated when the community supports local crafters and community events.

Mark your 2025 calendar for our next annual Craft Sale on November 8, 2025!

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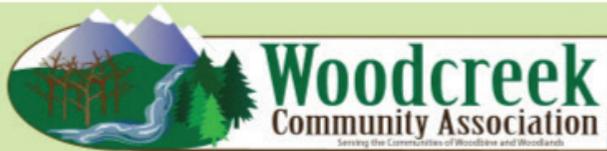
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#HealthyTechnologyUse

by Community Health Promotion Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



ALL I WANT FOR CHRISTMAS IS YOU

On December 21, 2019, Mariah Carey officially ‘defrosted’ when her song “All I Want for Christmas Is You” finally topped the Billboard Hot 100 chart for the first time since its release in 1994. Talk about a Christmas miracle – 25 years in the making!



Season's Greetings

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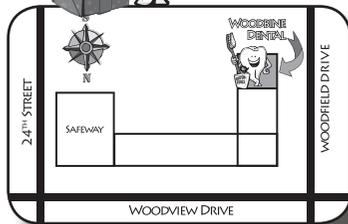
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