

FEBRUARY 2024

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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



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FEBRUARY 11

Cover Photo by Joshua Ghazar

#1 TEAM
2021, 2022
AND 2023



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Hours of Operation

Monday:	8AM - 3PM
Tuesday:	8AM - 3PM
Wednesday:	8AM - 7PM
Thursday:	8AM - 3PM
Friday:	8AM - 3PM
Saturday:	8AM - 2PM



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 now available for purchase online.
www.woodcreekcommunity.ca
(403) 238-1611

WCA Board Meetings
Get involved! Make a difference!
Upcoming 2024 Meeting Dates:

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

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




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Luna, Canyon Meadows



Otto, Crescent Heights



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EXECUTIVE MESSAGE



January was busy for the WCA, as we planned the event calendar for 2024. We have many exciting events returning this year and hope to see you and

your family at them. We are looking for volunteers that are interested in planning some adult events. If you've got ideas for a family dinner, or a new event we haven't thought of or done before, please contact the office. Keep your eyes on the *Woodcreek Chronicle* and our website, www.woodcreekcommunity.ca, where you can also sign-up for our e-newsletter, for event details.

To reflect the changes in our operations, as well as to respect our volunteers' time, we are changing the WCA Board Meeting schedule for 2024. The board will meet six times over 2024, on the following dates, at 7:15 pm at the community centre:

- January 16
- March 5
- May 7
- June 4
- September 10
- November 5

The 2024 AGM will be held on November 26, with a social to follow.

As always, community members are welcome to attend all meetings. Please contact the office to be added to the agenda.

We've been having great success with pantry donations! Thank you to all those who have donated so generously. We are planning a Grand Opening event for May 4, which will be a BBQ fundraiser and food drive.

Our hard-working ice rink crew struggled with the warm weather in December but got ice in for our popular Skate with Santa event. They will keep the rink running as long as possible, but this is totally driven by weather. The Skate and Shiny events are back for January and February, but these are obviously weather dependent. Watch our online space for updates. February 11 will be the Valentine's Skate and Shiny.

Regards,

Keith and Jennifer

President and 1st VP

FRIENDS of Fish Creek



Rare Plants in Alberta – Green Milkweed and Sticky Purple Geranium

Thursday, February 22, 2024, 7:00 to 8:30 pm.

Presented by Tory Blanchard, Masters of Ecology Student – University of Calgary.

Conservation needs a greater focus on how rare species interact within their neighbourhoods. Rare plants have been found to exist in areas that are positively associated. These are areas with plant communities that facilitate or help one another. One example of facilitation occurs through shared pollinators. Common plants may attract numerous pollinating species, such as bees and butterflies, to a community and the rare plants who rely on these pollinators for their reproduction will benefit indirectly from the common plants. Tory's work will examine the distribution, assembly, and pollinator-mediated plant interactions of two rare species in southern Alberta: Green Comet Milkweed and Sticky Purple Geranium. The study will involve collaboration with members of the Kainai First Nation and will use data from community science platforms such as iNaturalist to address these occurrences. Free for Friends of Fish Creek members and \$10 for non-members. Registration required. www.friendsoffishcreek.org/event/rareplants.

Dedicate a Bench in Fish Creek - Leave a Lasting Legacy

As you pass through the different areas of Fish Creek Provincial Park you have most likely seen and perhaps sat upon one of our beautiful dedication benches. Dedication benches provide a comfortable place for park visitors to rest and appreciate nature and feature a bronze plaque with a unique and personal message. There are approximately 105 benches in the park, and each year several benches are made available to a new donor. This year we will have some beautiful benches available in the west and central regions of the park, so if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Benches are available for a ten-year term and all donors will receive a valuable tax receipt. Dedicating a bench here in Fish Creek Provincial Park is also the perfect way to leave a legacy for future generations of your family. The dedication bench

program provides essential funding for the Friends of Fish Creek and helps ensure that we can continue and expand upon our stewardship and engagement activities in the park. We would like to thank Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends of Fish Creek in the delivery of this very special program. For more information or to dedicate a bench, please give us a call at 403-238-3841 ext. 1 or visit www.friendsoffishcreek.org/dedication-bench.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. By renewing your Friends of Fish Creek membership, you will help ensure that Fish Creek Provincial Park remains a cherished and accessible resource for all, now and for generations to come. Your generous contribution will play a vital role in enabling us to continue with our stewardship and engagement initiatives aimed at preserving the natural splendour of Fish Creek Provincial Park. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be valid until December 31, 2024. To renew your commitment to Fish Creek please visit www.friendsoffishcreek.org/membership.

Volunteer Opportunities

Do you have free time and would like 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, MyImpactPage. 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.

Mark Your Calendar! Upcoming Events

February 11	Family Skate and Shiny
March 5	WCA Board Meeting
March 15	Tween Dance Party
March 23	Easter Egg Hunt
May 7	WCA Board Meeting
June 4	WCA Board Meeting



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WOODBINE



WOODLANDS



Leapers and Leaplings Special Day

Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



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Woodcreek Community Association

Family Skate & Shiny

Sunday, Feb 11
From Noon - 2 PM

Woodcreek Community Association
1991 Woodview Drive SW

Free for all ages!

Warm up by our firepit with s'mores and hot chocolate!

*Please bring your own skates

If you can volunteer for these events please contact the office:
403-238-1611 or wca@woodcreekcommunity.ca

Wear pink & red for our Valentine's Day Skate!

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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
403-251-5169

Karate for Children and Adults

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

Kokodo Jujutsu

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

M & D Dance Academy

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

Miniature School of Ballet & Dance

Alya
<http://miniatureballet.com>

Move N Mingle

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

Parents and Tots

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

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

Tai Chi

Christine Tao
403-238-1611

Therapeutic Yoga for Hips, Shoulders, and Back

Rosemarie Bartschak
403-607-5806 or 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



Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about



Fresh Jock

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaw' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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Woodcreek
Community Association
Serving the Communities of Woodbine and Woodlands

Tween Dance Party

Ages 9-13

Chaperoned event with NO re-entry

Friday, March 15

7:00 - 9:00 PM

CONCESSION • MUSIC BY DJ ECHO

Members \$6 • Non-members \$9

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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)
February 5	February 14
March 4	March 13



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Move and Groove

by Linda Roy

I would like to share not only my own perspective of Move and Groove, but also how my fellow participants feel about this fitness class. Thank you to Judy, Shirley, Gwen, Lee, Muna, Shelly, Pat, Donna, Sharon, and Dianne for taking the time to answer my questionnaire.

It all started when WCA hired Nancy Ehle, founder and CEO of Witness 4 Fitness, to teach her Move and Groove class at the community centre one Friday morning per week. Due to high demand, WCA recently added a second class on Wednesday mornings. We have several options: prepayment for Wednesday or Friday, both Wednesday and Friday (most popular), and drop-in. Registration for each seven-week session goes through Sue and Erin in the office to make sure the maximum of 18 is not exceeded.

Most attendees, me included, are retired or semi-retired and were looking for a reasonably priced fitness class, close to home, that was designed for a seniors' level. Although this popular fitness program is primarily geared toward mobile ladies 55+, regardless of your sex or age, unless the class is full, you will be welcome. In the past, a gentleman was a regular, and more recently a charming young mother came with her two-month-old son, much to the anticipation and delight of us older gals.

Many ladies arrive early to chat and help Nancy set up chairs around the periphery of the upstairs hall. But there is no sitting down in this class! The chair backs are there for any of us who might need a little support during the balance exercises.

When I asked the ladies how they would describe the class to an outsider they had this to say:

Muna: "Nancy is a great instructor, her classes are full of fun activities, great music, and wonderful ladies with the same goal."

Judy: "The class is easy to follow, and the atmosphere is awesome. The participants are friendly and engaging. I look forward to the classes and miss them dearly when they are not running."

Gwen: "Classes are a mix of aerobics, toning, and core exercise. Each person can work at their own pace following the instructor. It's designed to be an enjoyable workout with lots of variety."

The ladies reported improvement to their posture, balance, muscle strength and tone, as well as a boost in energy levels and confidence. Other noteworthy benefits are reduced or alleviated muscle, joint, and back pain, and even weight loss. Consistent throughout all responses is warm praise for Nancy's engaging, inclusive teaching style. And Nancy goes one step further: following the last class of each session, she organizes a lunch at a local restaurant which is a nice treat for the group.

For me, Gwen summarized it best: "The atmosphere is part of why I don't want to miss a single class. It's as much about building a community as it is about keeping fit." And in a nutshell, that's what Move and Groove is all about!

What Does Woodcreek Mean to You?

Do you have a picture that represents what Woodcreek means to you?

Here at the Woodcreek Community Association, we love connecting with our community members and want to see what Woodcreek means to you! We want you to submit your photos.

This could be a picture of you walking in our greenspaces, playing at our parks, pictures of sunsets, neighbourhood animals, etc. Email your picture(s) to wca@woodcreekcommunity.ca with a short description, and we will share it in our monthly newsletter!



Photo taken on January 1, 2024, by J. Ghazar, age 14, in their backyard in Woodlands.

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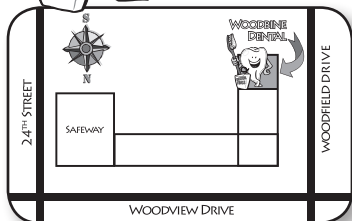
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Winter Colouring Contest

Hey kids! Complete this colouring page and submit a picture to contest@woodcreekcommunity.ca for your chance to win a prize! This contest is open to ages 12 and under. Please submit photos by February 29. A PDF version is available on our website.





Woodcreek
Community Association
Serving the Communities of Woodbine and Woodlands

EASTER EGG HUNT

Face painting, games + more!

SAT MARCH 23
1-3 PM

Members:
FREE

Non-members:
\$5 per child

Egg Hunt Times

1:30 PM : 0-3 years

1:45 PM: 4-7 years

2:15 PM : age 7+

Non-perishable
donations for our
community pantry
would be greatly
appreciated!

Registration is required
No tickets sold at the door
www.woodcreekcommunity.ca
403-238-1611

Backyard Bird Watching

by John McFaul



Many bird species make their home in Calgary or pass through the city on migration. They bring joy to backyard birdwatchers with their songs, colourful plumage, and their interesting antics. The cheery disposition of the Chickadees in winter, the Robin singing that spring has arrived, the bejewelled Ruby-throated Hummingbird visiting the flowers of summer, and the waves of exotic warblers passing through on their fall migration connects us to the flow of nature and time.

Calgarians can attract avian visitors to their yards by providing food, water, nesting, and shelter. Wintering birds such as Chickadees, Nuthatches, and Finches benefit from a steady supply of black oil sunflower seeds and chips. Blue Jays enjoy dining on unsalted peanuts. Suet will attract Downy Woodpeckers. Hummingbird feeders filled with a mixture of four parts water to one part sugar could entice the hummingbirds that summer in Calgary.

Water is appreciated by birds for drinking and bathing. It can be provided by simple bird baths or by more elaborate ponds and small streams.

Nest boxes and platforms can attract birds such as Chickadees, Nuthatches, House Wrens, Tree Swallows, and Robins to raise their families in our backyards.

The best thing that can be done to make backyards bird friendly is to provide a habitat full of a variety of trees, shrubs, and other plants that are native to our region.

Keeping our avian visitors safe is important. Mark the outside of windows to prevent the birds from colliding with the glass. Keep cats indoors or in a Catio to prevent harm to the birds and just as important, harm to the cat. Turn off outside lights between 11:00 pm and 6:00 am, particularly during spring and fall migration. Avoid using insecticides and pesticides.



Seed Starting

by Carolyn, Calgary's Home Gardener Helper

Winter is a great time to start seeds for your summer veggie and flower gardens. Some require long periods of germination and indoor warmth to be ready for spring planting, so it's a good time to get them growing!

Purchase seeds from a reputable seller or use ones you've collected from previous seasons. Seeds grown locally are better than ones shipped from far away because they are more suited to our climate.

Next, consult a local seed-starting chart to know when you should start. Some like lettuce, peas, and radishes, are cool season crops and do not require starting indoors. Wait until spring and direct sow them into your garden or planters.

You will need a seed starting mix, seed trays, a dome lid, a heat mat (optional), and a light source, like a grow light, for best results. Plant your seeds into an evenly moist starting mix according to directions. Place the trays onto the heat mat (or in a warm spot) and put the dome lid over. Wait for them to germinate. Once your seed sprouts, remove the lid and keep them under the lights. Keep them lightly watered and transplant into egg cartons or small peat pots as they continue to grow.

Fruit-bearing plants like squash, cucumbers, and zucchini, can be started indoors but don't seed until four to six weeks before the last frost date (after May long weekend in Calgary). While it may be tempting to start them early, they will struggle and not adapt well to outdoor growing once they are transplanted. It is best to wait until March for these guys.

Plants like peppers, strawberries, and ground cherries can be started in February. These seeds require longer periods of



germination and are slow growing. Ground Cherries, also called Husk Cherries, are an easy-to-grow garden fruit.

Tomatoes are best started at the end of March. They grow quickly and should be planted outdoors under a cold frame or into a covered vegtrug on your deck in late April/early May.

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.

Upcoming Meetings:

- February 6
- February 20. Speaker 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.

Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



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Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. Sustained energy levels – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. Nutrient Intake – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. Improved Concentration – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. Reduced Cravings – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.

5. Convenient and cost-effective – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts) and search for the handout called Snacks.



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

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Dairy Queen - Buffalo Run

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Play Makers Preschool

Preeti Pawar-Realtor

Shoppers Drug Mart – Woodbine

Sylvan Learning of Mid-South Calgary

Vanshaw Academy of Irish Dance

Woodbine Chiropractic & Massage

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Woodbine Safeway

Stay Safe, Stay Off Storm Ponds

by the City of Calgary

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

City of Calgary or community-designated outdoor skating rinks offer fun, free skating for all skill levels. Rinks maintained by The City are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid.

Here's why:

- Storm ponds contain sediment and contaminants (e.g. bacteria, fertilizers, pesticides, vehicle fluids, metal, road salt) that are collected as water travels through the community on their way to the storm pond and can weaken the ice.
- Water levels are also constantly changing as water moves between inlet and outlet pipes creating unpredictable ice conditions.
- Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks.



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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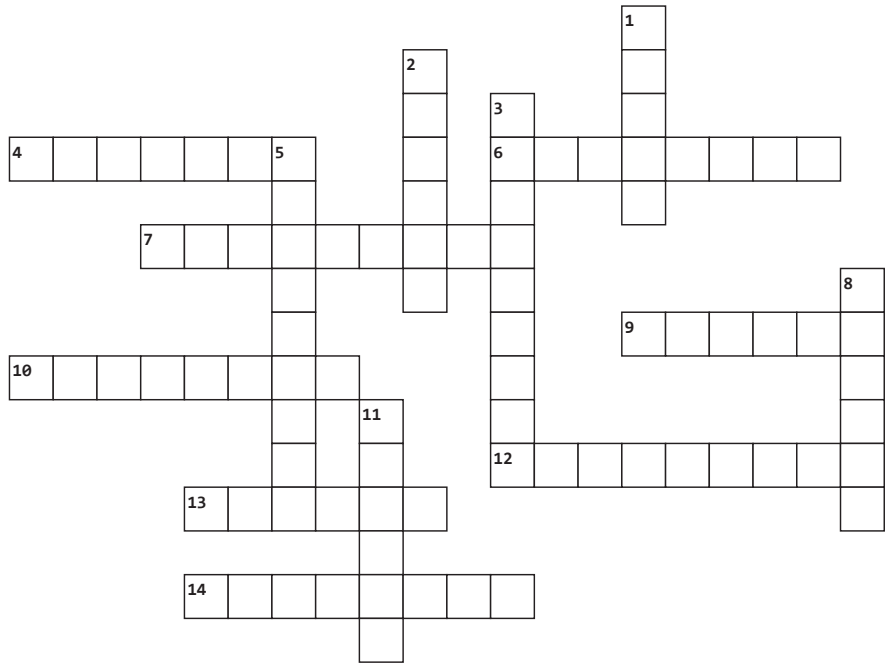
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February Crossword



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.



Woodlands Real Estate Update

Last 12 Months Woodlands
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 394,950	\$ 394,700
November 2023	\$ 425,000	\$ 433,000
October 2023	\$ 579,900	\$ 570,000
September 2023	\$ 639,900	\$ 630,000
August 2023	\$ 549,900	\$ 550,000
July 2023	\$ 588,000	\$ 596,900
June 2023	\$ 539,900	\$ 535,000
May 2023	\$ 600,000	\$ 625,000
April 2023	\$ 544,444	\$ 564,550
March 2023	\$ 509,900	\$ 505,000
February 2023	\$ 475,000	\$ 525,000
January 2023	\$ 799,900	\$ 771,000

Last 12 Months Woodlands
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	0	2
November 2023	9	7
October 2023	7	13
September 2023	15	13
August 2023	13	9
July 2023	10	9
June 2023	13	15
May 2023	14	13
April 2023	3	2
March 2023	5	5
February 2023	5	7
January 2023	6	3

To view more detailed information that comprise the above
MLS averages please visit wood.mycalgary.com

Woodbine Real Estate Update

Last 12 Months Woodbine
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 582,500	\$ 560,000
November 2023	\$ 737,500	\$ 737,500
October 2023	\$ 649,900	\$ 654,950
September 2023	\$ 570,000	\$ 601,500
August 2023	\$ 565,000	\$ 580,000
July 2023	\$ 554,000	\$ 566,250
June 2023	\$ 632,450	\$ 651,940
May 2023	\$ 625,000	\$ 662,080
April 2023	\$ 649,900	\$ 665,000
March 2023	\$ 445,000	\$ 482,333
February 2023	\$ 564,900	\$ 557,000
January 2023	\$ 499,900	\$ 479,000

Last 12 Months Woodbine
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	5	4
November 2023	2	2
October 2023	6	10
September 2023	11	13
August 2023	16	11
July 2023	11	10
June 2023	9	10
May 2023	16	15
April 2023	7	9
March 2023	13	11
February 2023	7	9
January 2023	9	5

To view more detailed information that comprise the above
MLS averages please visit wdbn.mycalgary.com

Winter Cart Placement Tips

by the City of Calgary



Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



BRAIN
GAMES

SUDOKU

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7			3		5			2

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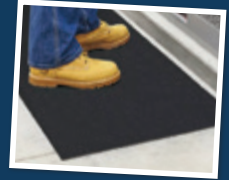
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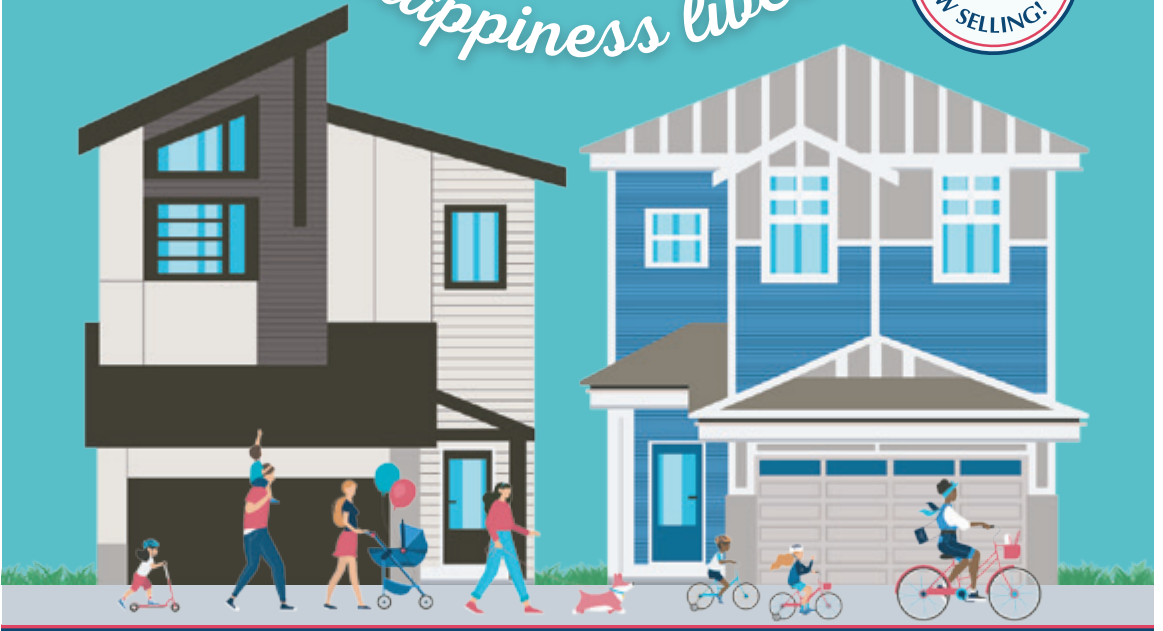
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