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OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gfoothills.ca



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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Single Senior (over 60) - \$10 + GST
Senior Family (both over 60) - \$15 + GST
Business - \$20 + GST

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

WCA Board Meetings

At the Woodcreek Community Centre at 7:15 pm.
Everyone is welcome to attend.

If you wish for your name to be added to the meeting agenda, please contact Keith Cartmell at 403-238-1611.

Next Meeting:
January 16, 7:15 pm




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EXECUTIVE MESSAGE



Hello, and welcome to 2024! Another year gone in a blur of activity.

At our November AGM, our main items of business were to review our finances and elect new directors. Our finances are in great shape.

Directors are elected to two-year terms. Some continued on in their terms. Anne Bundgaard, Naomi Burkinshaw, Nicole Matheson, and Ross Snyder were re-elected. Our new directors are Sue Barter (Executive Secretary), Don Lauweryssen (Parks Improvements), and David Varga (Tree Canopy Improvement).

I'd like to thank Leanne Long and Katie McLeod for their contributions to the executive committee and continuing on as Directors at Large. Matthew Perro and Victor Olagundoye have stepped down from the board, and I'd like to thank them for their contributions as well.

Our next board meeting is January 16 at 7:15 pm. This is when we do event planning for 2024, so it's the meeting to come to if there's an event you're interested in contributing to as an organizer or a volunteer, or if there is a new event you'd like to propose.

The Good Food Box order deadline is January 15 for a January 24 pickup. It's easy to donate a Good Food Box to the pantry.

The cover photo is some of the donations received during our Help Stock the Pantry drive. A huge thank you to the people who have contributed. Many organizations do a push for food donations in the run up to Christmas and provide hampers, but the need is there year-round. Please consider donating to our pantry during the winter months when the shelves often run a little bare.

Keith and Jennifer

President and 1st VP

Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal
Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visual light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.

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Beavers

Jamie Delorme
403-462-5597

Bravo Circus Classes for Kids

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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)

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Barb Augustyn
403-251-5169

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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

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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

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



How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

Southwest Seniors and Play Makers Preschool Dance Together

On December 7 the Play Makers Preschool children joined us to sing two songs and teach us the 'Freeze' dance. We then did the 'Chicken' and the 'Hokey Pokey' dance as seniors partnered with a child. Each child and senior enjoyed a homemade cookie, made by Helen, with their name on it. Then suddenly Santa appeared and spent some time with us and gave out candy canes and oranges before having to leave to get back to the North Pole. Of course, pictures were taken while dancing and while visiting with Santa, including one of Tara (preschool teacher) on Santa's lap. Oh, what fun this senior dance club had with the children in attendance.

Seniors who enjoy fellowship, music, and dancing are always welcome to join us as we start up again on January 11, 2024.

Contact George Flood at 403-710-0791 or 403-710-2284 if you are interested.



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Pikachu, Sandstone



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Woodcreek Community Association

Family Skate & Shiny

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From Noon - 2 PM*

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If you can volunteer for these events please contact the office:
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We are pleased to announce that **Ms. Gabriela Alvarado-Torres** joined our team in October.

Gabriela is a Denturist who brings with her a diverse experience gained from practicing in several clinics in Alberta, where she provided a variety of treatment options to her patients. Her caring personality and attention to detail fits into our practice philosophy, and she can provide services in both English and Spanish! Call our office at 403-251-1522 to schedule an appointment with Gabriela or Chuck.

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Charles Gulley, DD, F.C.A.D.
Denturist, Denture Specialist

Gabriela Alvarado-Torres, BHSc, DD
Denturist, Denture Specialist

Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are.

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The second layer from the top is mental health problems, which can mean that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout our life. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the “Big Five to Thrive!”

- **Exercise:** This could be a walk in the community or a session at the gym.
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic for you to better your mental health!



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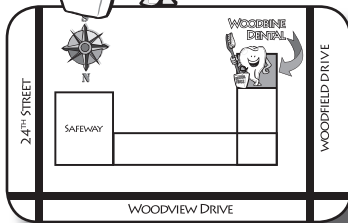
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SENIOR MOMENTS

Woodcreek Seniors held their annual Christmas Luncheon on December 12, 2023., at the Carriage House Inn. The 44 in attendance enjoyed the buffet and activities. Two guests were in attendance – Patrick Poilievre, Community Liasson with Dan McLean Ward 13 Councillor; and Marlene Danylenko, WCA staff. Patrick presented the four gift certificates donated by Dan McLean.

As per past years, the Woodcreek Knitting group donated an Afghan for the fundraising raffle. The other raffle items were a wooden serving dish from a craft sale vendor, and tree box of Belgian chocolates. The Knitting group also made a presentation of \$500 to the Seniors group. Gift certificates were awarded to two members for their contributions during the year – Gloria Hughes for creating our greeting cards, and Mary Burrell for taking pictures of our activities. Thanks to the Knitting group and the two members for their continued support and hard work.

Special thanks go to the following community and businesses for their donations for the door prizes at the luncheon: Dan McLean Ward 13 Councillor, Nagwan Al-Guneid MLA Calgary Glenmore, Carriage House, Shoppers Drug Mart, Oakridge Co-op, Woodbine Safeway, Tim Horton’s – Woodbine and Braeside, and Jay Cooper Seniors member. The Woodcreek Seniors greatly appreciate the continued support from these donors.

The Woodcreek Seniors’ meetings are scheduled 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 (403-238- 1611) for a WCA membership.

- January 16, 2024 Resume usual meetings. Musical entertainment – Randy Poirier
- January 30. 2024. Lunch Bunch. Location TBA

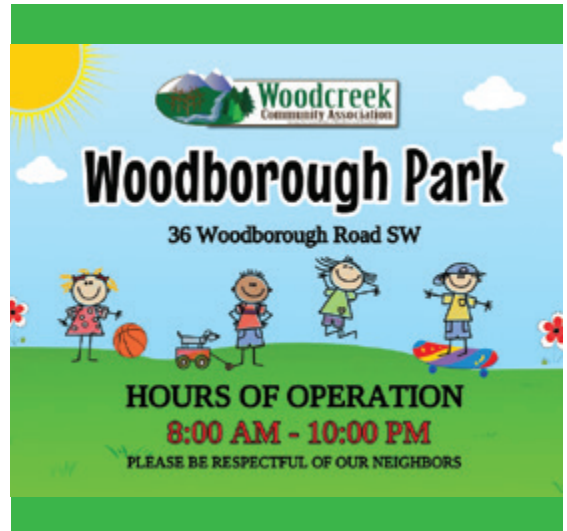
For further information, please contact Anne, Chairperson (403-238-1611) or email akbund954@gmail.com or Sandy, Vice-Chair at woodcreekseniors826@gmail.com

Other Weekly Senior Programs Are:

- Knitting and Crochet Group – meets on Monday at 1:00 pm. Resumes Jan 15, 2024. Contact missuskeating@gmail.com
- Bridge - Meets on Tuesday at 1:00 pm. Contact kenbarrie@gmail.com

Mark Your Calendar! Upcoming Events

January 7, 14, 21, 28	Skate and Shiny
January 16	Board Meeting



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

WOODBINE



WOODLANDS



Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes
- 1 cup of uncooked white or brown rice, rinsed

- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!





Welcome January

by Carolyn, Calgary's Home Gardener Helper

The calendar has rolled around to January, often referred to as the month with nothing to look forward to but credit card bills. We'll it's time to revitalize yourself by shaking off the blahs and creating memories and solid daily routines. Did you know that January 6 is Epiphany Day? Celebrate by investigating what inspires you. A new job? A big idea? What about a fresh start to a broken relationship?

Connect with a single friend to see how they are doing after the Christmas and New Years festivities have died down. How are you doing? Don't be afraid to reach out when depression starts to set in. By helping others in need during the dark days of winter you may find you have a lot to be grateful for! Take up a weekly online yoga class with your local yogi. How about aqua fit (aka hydrotherapy) classes at your local pool? Can't get motivated? Find yourself an accountability friend to get you both to the pool. Reward yourself by chatting and relaxing with what I call 'hot tub therapy'. On cold nights how about reviving those board games and puzzles from those shut in days of 2020? Have you tried using FaceTime or WhatsApp to challenge someone far away to a game of chess? It's always better to play with familiar people for that human touch. Get yourself outside to loosen up your limbs and freshen up your brain. My husband Richard takes me out for a walk at least once a day with our kitten Mr. McGee in the 'catpack'. There's nothing quite like our blue Alberta sky, crisp air, and fresh snow crunching beneath winter boots to brighten your spirits. Let Fido run free and visit with his buddies at one of the many off-leash areas in the city. A natural and nurturing environment is important for both humans and animals alike!

Time your outside work for when the warm Chinook winds blow in. Take down the Christmas lights, 'snow farm' and prune off that dastardly obstructing branch or tame those unruly shrubs to lessen the load in the spring. January is the perfect time to order seeds for your veggie planters, bare root perennials for your gardens, and annuals for outdoor pots and containers.

As the veil of the darkest days of December begins to lift our spirits, we are met with thoughts of a new life. How will you change yours for the better?



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.

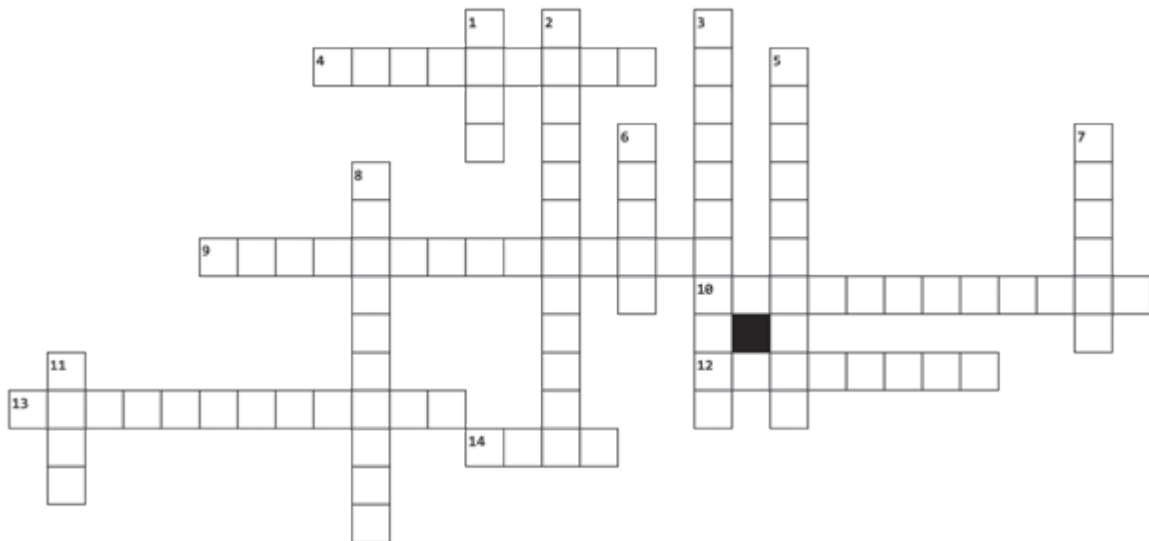
Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
January 15	January 24
February 5	February 14

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January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



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

FRIENDS *of* Fish Creek



The Fish Creek Community Terrace

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in phase four of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only approximately 50 spaces available so make sure to get your brick today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit friendsoffishcreek.org/brick.

Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day. Rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit friendsoffishcreek.org/park-protector-signup.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. 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 good until December 31, 2024. To renew your commitment to Fish Creek, please visit 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 friendsoffishcreek.org/volunteering-basics.

Stay Up to Date on Fish Creek Provincial Park

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to our email list. The Friends' seasonal newsletter, *the Voice of the Friends*, now in its 29th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at friendsoffishcreek.org > Contact Us > Sign Up for Email List.

Stock Our Pantry Food Drive

Thank you to everyone who supported our December food drive to stock our community pantry. There are many families and individuals in our community struggling with food insecurity, and because of your generous donations we were able to keep the pantry stocked during the holiday season.

Our pantry operates year-round and relies on donations from the community. If you would like to drop items off, the pantry is located in our parking lot at 1991 Woodview Drive. If you have bulk items that need to be separated first, those can be dropped at the office Monday to Friday from 1:00 to 4:00 pm. We have also added the option to donate a Good Food Box to the pantry when ordering. Check our website for details. Thank you for your continued support!



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GAMES & PUZZLES

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



SCAN THE QR CODE FOR THE ANSWERS!

Happy Birthday, Jim!



On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in Janet?

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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. Send us your picture and a short description of how it reflects our community, and we will share it in our monthly newsletter!



Photo submitted by Heather M., taken in her backyard in Woodlands.

Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.

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MLA for Calgary-Glenmore

Diana Batten
MLA for Calgary-Acadia

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Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability,

and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.

- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?

**BRAIN
GAMES**

SUDOKU

		8			1			
	5							1
9			5		2			7
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

SCAN THE QR CODE
FOR THE SOLUTION



That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneel,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



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The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.



Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.

International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



Along the Shores of Lake Louise

by Garth Paul Ukrainetz

Along the shores of Lake Louise
We walk through forest winding
The gifts of nature here abound
Her peaceful ways we're finding

The spruce, the pine, the balsam fir
The autumn larch electric
The glaciers full of ancient ice
The snowy peaks majestic

A beehive in a bonnet high
A calm reflecting mirror
Our souls recharge, a sacred place
A sense of heaven nearer

A glowing smile upon her face
Sweet Rocky Mountain Daughter
Along the shores of Lake Louise
Translucent in the water

Thank You, Larissa!

A huge thank you to Larissa Klimanova from Greenviron Ltd. for donating her time, talent, and greenery to brighten up our community! Larissa turned our bare summer planters into beautiful winter works of art!



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



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Woodbine Chiropractic & Massage

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Woodbine Safeway

Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

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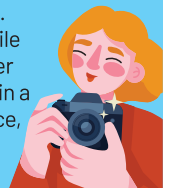
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Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.





Woodlands Real Estate Update

Last 12 Months Woodlands
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2022	\$ 449,900	\$ 474,750

Last 12 Months Woodlands
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	9	7
October 2023	8	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
December 2022	3	5

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
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
December 2022	\$ 587,000	\$ 583,250

Last 12 Months Woodbine
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	5	2
October 2023	6	10
September 2023	12	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
December 2022	1	6

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



**EXCEPTIONAL FAMILY &
COSMETIC DENTISTRY IN CALGARY**

**SCAN TO BOOK
AN APPOINTMENT**



 **GENERAL
SERVICES**

- Dental exams & cleaning
 - Family dentistry
 - Pediatric dentistry
- Restorative dental care
 - Root canals
 - Dental implants
- Emergency dental care

 **SPECIALTY
SERVICES**

- Sleep apnea treatment
 - Invisalign
 - Wisdom Teeth
 - Periodontics
- Conscious sedatives
& dental anxiety

 **COSMETIC
SERVICES**

- Veneers
- Teeth Whitening

**#150, 10601 Southport Road SW
Calgary, AB T2W 3M6
(403) 271-2661
info@symmetrydental.ca**

Hours of Operation

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

**#1
TEAM
YEAR 2022**

403.251.2900

SMITH PEZZENTE TEAM

Cory, Geoff, Sylvia Smith & Dino Pezzente



**RE/MAX LANDAN
REAL ESTATE**

Independently Owned & Operated

Happy
New year

From Our Family To Yours, All The Best In 2024

**CONTACT US FOR YOUR FREE EVALUATION:
INFO@SMITHPEZZENTE.COM**

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE