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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



**STAMPEDE  
BREAKFAST  
JULY 6**

*Cover Photo by Keith Cartmell*



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- Supply & install new subfloor
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- Supply & install new granite or quartz countertops with undermount sink
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*Some restrictions may apply. Reg: \$14,679*

**SALE \$9,879**

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- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

**ABSOLUTELY NO HIDDEN COSTS**

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

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

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

**WOODBINE**



**WOODLANDS**



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# Community Office Hours

**Monday to Friday:**  
**1:00 to 4:00 pm or by appointment**  
**Closed on statutory and civic holidays**

## Community Office Staff

Facility Manager Sue Larson  
Office Administrator Erin Lackie

**Phone:** 403-238-1611  
**Address:** 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**  
**Racquet Membership - \$60 + GST**

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

**WCA Board Meetings**

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

- September 10
- November 5

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




**Get the Latest Woodcreek News to Your Inbox!**

Scan to subscribe to our NEW monthly newsletter!

## Mark Your Calendar! Upcoming Events

July 6	Stampede Breakfast
July 20	Popsicles in the Park
August 24	Movie in the Park



### Cover Photo

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

## WCA 2024 Racquet Season

Courts are for members only and are located at 36 Woodborough Road SW. WCA has four outdoor dedicated pickleball courts and two tennis courts with markings for four pickleball courts. Courts can be booked seven days in advance by logging into your account at [woodcreekcommunity.ca](http://woodcreekcommunity.ca). Please list all members that will be playing on the court.

### Current Pickleball Drop-In Times

- Mondays: 9:00 to 11:00 am - Intermediate/Advance
- Tuesdays: 10:30 am to 12:30 pm - Novice/Intermediate and 12:30 to 2:30 pm - Intermediate/Advance
- Fridays: 10:30 am to 12:30 pm - Novice/Intermediate

\*Please sign up online for drop-in sessions.

Please review the guidelines you agreed to when purchasing your membership. We ask all members to respect the rules of the court booking system, the conditions of the facility, and all players using the courts. This facility is for fun, social, and recreational use and we encourage all members to reflect on our community values.



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	8		4		3	6		
					9		8	5
		9					4	
		1		5				
				1		4		2
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## EXECUTIVE MESSAGE

Hello Woodcreek!

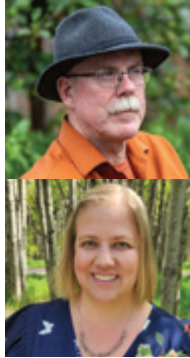
Our big event of the year, the Stampede Breakfast is on July 6. Come out and have a good time! Our next Casino is on August 21 and 22. Casinos are a huge source of funds for us. We're still looking for some volunteers. Please call the office if you're willing to help out.

We hope you and your family can enjoy the all too short summer and take advantage of our facilities such as the tennis and pickleball courts, basketball courts, the dry rink, and the skate park.

There's been an increase in vandalism and graffiti in our community, please help by reporting anything you see to the city through 3-1-1. We've also noticed that there are more reports of car prowling on the community Facebook group than what is reported from our community police liaison office. No matter how small or insignificant you believe it to be, please report anything out of the ordinary to CPS, their official stats are the best way for more resources to be deployed in our community.

*Keith and Jen*

President and 1st VP



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## Woodborough Park

Woodborough Park has been tagged several times with graffiti and vandalism has increased at this popular community park. Garbage is left on site and hours of operation are not observed. These little acts of disrespect add up to a major trashing of our community facilities. It is costly and can be dangerous. CPS is aware of these issues, so if you see something, please call the police and let them know.

The Association would like to ensure everyone enjoys these recreation facilities throughout the summer so please provide your feedback if you see any maintenance or other issues that occur, as our goal is to ensure a safe and considerate environment for yourselves and our neighbours.



### Please Continue To:

- Use the garbage bins for any items you do not require
- Keep driveways, the bike path, and mailboxes free and clear when parking
- Respect operational hours at Woodborough Park (8:00 am to 10:00 pm)



## Woodborough Park

36 Woodborough Road SW



**HOURS OF OPERATION**  
**8:00 AM - 10:00 PM**

PLEASE BE RESPECTFUL OF OUR NEIGHBORS





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## Contact Us

### Address

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by the City of Calgary

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**Woodcreek**  
Community Association

# STAMPEDE BREAKFAST

**Saturday, July 6th**

**9:00 – 11:00 am**

1991 Woodview Drive SW

**Free Pancakes &  
Sausage!**

**Live Music by Jackson Partridge  
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# FALL PROGRAMS AT WCA

## **Ballroom and Latin Dance Classes for Adults and Children**

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

## **Beavers**

Jamie Delorme  
403-462-5597

## **Bravo Circus Classes for Kids**

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

## **Friday Prayers for Muslims**

Dr. Mahmood  
403-708-1055

## **Gateway Victory Church**

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

## **Girl Guides**

Barb Augustyn  
403-251-5169

## **Karate for Children and Adults**

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

## **M & D Dance Academy**

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

## **Miniature School of Ballet & Dance**

Alya  
www.miniatureballet.com

## **Move N Mingle**

Alberta Health Services  
403-955-1554

## **Parents and Tots**

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

## **Play Makers: A Preschool Program**

Tara Gladun  
admin@playmakerscalgary.com

## **Scouts**

Jamie Delorme  
403-462-5597

## **Seniors' Bridge/Cards**

Ken Barrie  
403-281-5556

## **Seniors' Fitness (Move & Groove)**

Nancy Ehle  
403-238-1611

## **Seniors' Group**

Chairperson – Anne Bundgaard  
403-238-1611

## **Seniors' Knitting Group**

Sandy Keating and Pat Konoff  
403-238-1611

## **Southwest Seniors**

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

## **Step Classes**

Margarita Fox  
403-612-0365

## **Tai Chi**

Christine Tao  
403-238-1611

## **Therapeutic Yoga for Hips, Shoulders, and Back**

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

## **Vanshaw Academy of Irish Dance**

Stephanie Henshaw  
vanshawacademy@gmail.com or vanshawirishdance.ca

## **Woodcreek Gardening Association**

Ross Snyder  
gardener@woodcreekcommunity.ca

## **Zumba Dance Fitness**

Rita Olsen  
403-401-0090

Visit our website for more information.





## Good Food Box

The Good Food Box Program is a program under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

Each Good Food Box contains a combination of fruits and vegetables. The content varies monthly, due to seasonal availability.

### Pricing and Sizes

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

\*Please note weights are approximate.

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

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
No Good Food Box in July	
August 19	August 28

**Learn everything you need to know about having your cabinets painted!**  
**From prices and timelines to process and products.**




## Casino Fundraiser


The dates for our upcoming casino fundraiser are Tuesday and Wednesday, August 20 and 21, 2024. This is a very important event for Woodcreek Community Association, as we receive a lot of funding for our year through this, and it requires many volunteers to make it run successfully.

Each day has two shifts that run from 11:00 am to 7:30 pm, and 6:45 pm to 3:45 am. We need a total of 36 volunteers spread over these shifts and dates, with several back-up volunteers in case of sicknesses or cancellations. Casino experience is not required to volunteer, as all training will be provided at the beginning of the volunteer shift at the casino, and there are always other people available to help support throughout the whole event.

If you are interested in volunteering, please contact the WCA office at [wca@woodcreekcommunity.ca](mailto:wca@woodcreekcommunity.ca) or 403-238-1611.



## Yahoo Cowtown!



Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!



# How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

*"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given."* Suzanne Clothier



# MOVIE IN THE PARK



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

**SATURDAY, AUGUST 24th**

*kids activities start at 8:00 pm*

1991 Woodview Drive

*movie starts at 8:45 pm*

Brought to you **FREE** by your community Realtor,  
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**Woodcreek Community Association**



Popcorn and water 50¢ each - proceeds will go to the Woodcreek Community Pantry

**PLEASE RSVP to: [cversnick21@gmail.com](mailto:cversnick21@gmail.com)**

Popcorn donated by Cineplex Theatre Chinook

# Calling All



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

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

If you are interested, please email Anne at [woodcreekcraftsale@gmail.com](mailto:woodcreekcraftsale@gmail.com) for the application form and further information.



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## Improve Your Bike Skills at WCA this Summer!

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



# What's Happening at WCA This Summer?

## Sundays

### Gateway Victory Church

10:00 am to 1:00 pm

## Mondays

### Jazzercise

9:00 to 10:00 am

### Zumba Outdoors

10:30 to 11:30 am

## Tuesdays

### WCA Seniors

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

### Summer Bridge

1:00 to 3:00 pm

## Wednesdays

### Jazzercise

9:00 to 10:00 am

## Thursdays

### M & D Dance

6:00 to 8:00 pm

### Bravo Circus (August Only)

6:30 to 8:00 pm

## Fridays

### Jazzercise

9:00 to 10:00 am

### Friday Prayers

1:30 to 2:30 pm

### Levita Dance (Adult and Kids)

6:00 to 7:00 pm

## Saturdays

### Zumba Outdoors

10:00 to 11:00 am

### WCA Garden Club

Third Saturday, 10:00 am to noon

### M&D Dance

1:00 to 3:00 pm

## Summer Program Notes

- Alien Inline Skating – July 8 to 12
- Dance in the Park – July 11

See website for further information.

## Cats, Canines, & Critters of Calgary



Leo and Toby, *Coach Hill Patterson Heights*



Oreo and G, *Thornccliffe*



Riley and Ozzy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# Word Search

D M C Y C L E R I N K V S D P  
T O O I S I I I Z G I T U I Q  
R F W V J R D O I V S E M B I  
P E P W I B Q M N L K N M P N  
B T P A H E F C M Q A N E O L  
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Y I R K V D Z F S L D L K I N  
H A C Y O L F W G T Q Q F S G

## WCA SUMMER ACTIVITIES

Inline Skating	Painted Rocks	Summer Bingo
Pickleball	Movie in Park	Basketball
Breakfast	Popsicles	Cycle Rink
Tennis	Skatepark	Craft Day



# Citywide Rezoning

by Linda Mulligan, development liaison, Woodcreek

City Council voted to implement Citywide Rezoning on May 14, 2024. This decision has wide-reaching implications for Calgary neighbourhoods. In effect, the rezoning will permit greater density anywhere within residential neighbourhoods located within the City of Calgary. This means that areas which previously were predominately, or solely single-family housing will now allow for multifamily dwelling units to be erected, subject to the normal permit process.

To put this into context, a single-family lot 50 feet wide by 120 feet deep can conceivably allow for up to 12 units to be erected in place of the previous single-family house that occupied said lot. The 12 units figure is based on four units each with a secondary suite (four plus four equals eight) plus the potential for an additional four backyard suites on the same property (four plus four plus four equals 12). It is important to note that this zoning change does not mean that a single-family home can't be erected in place of a previous SFH (single family home) on the same lot. The single-family home can still be built. However, when it comes to redevelopment, the trend thus far has been to replace a single family home either with infills or with multifamily housing in the form of town/row homes or condos, so lots that have the physical space to accommodate such density almost always end up with multiple dwelling units within the same building envelope that was previously occupied by a SFH.

Regardless of whether or not one supports rezoning, it is the new reality. So how to cope if an adjacent property comes up for redevelopment? First, keep in mind that anyone can comment on an application for redevelopment. If the posted plan will potentially impact your ability to enjoy your property - for instance, the planned height of the proposed development will result in a reduction to or complete elimination of privacy - you can list your concerns or objections via the development website. You will need the DP (development permit) number for the development in question, which should be listed on the public notification board erected on the site in question. Note that there is a time limit for public input. That time varies between one to two weeks. If you do not comment within the designated time period, you will miss your

opportunity. The development website will tell you the stage the DP application is at and whether public comments are still open.

Note that while your concerns or objections will be part of the permit application process, it doesn't mean that the permit won't be granted. That doesn't mean you shouldn't bother to voice your concerns. Doing so may affect changes to the proposed development plan to mitigate the impact the development might have on adjacent properties. This could mean changes to window or balcony placement to preserve privacy to neighbouring properties, setbacks to mitigate shadowing, landscaping to replace vegetation removed by the redevelopment process, and more.

There are a number of reasons why redevelopment has been occurring. One of the drivers has been an aging population. Especially in established areas, the family home may no longer suit the current needs of the owners. The family has grown up and left home but the space remains, and rising costs mean maintaining said space may be more of a burden than a benefit. Downsizing is an option but may mean leaving an area that suits one's lifestyle because suitable replacement housing options aren't readily available.

Except there may be an opportunity to have one's cake and eat it too. Let's say one owns one of those large SFH on a generous (by today's standards) lot. As it happens you have been approached by a developer who is interested in acquiring your property for redevelopment. You don't wish to leave the neighbourhood but the price being offered is simply too good to pass up. The developer intends to erect multifamily or infill housing on your old lot. Why not explore the option of exchanging your property for occupancy/ownership of one of the new units? It will take time, negotiation, and wading through legal contracts but it can be done.

This is not the time to stint on good legal advice - ensure you have the best lawyer you can get to act as your counsel/negotiator. For many people their home is their most valuable asset, so it is vitally important to ensure you get the best deal possible. Who knows? You may not only get to remain in the area in a brand new, state of the art home, but you might even have funds left over. Keep in mind you will need to vacate your old premises while demolition is happening so don't forget to factor in the cost of temporary accommodation.

Ensure there are clauses in case the development doesn't proceed to ensure you are not left in limbo both in regard to future housing as well as compensation for the sale of your former property. Developers can decide not to proceed with development due to market conditions; developers can also go bankrupt. Ensure there are financial safeguards in place to protect you in case the unexpected occurs. Whether those safeguards are in the form of a legal trust, insurance policy, letter of credit, or guarantee hardly matters. What does matter is that you are protected financially in a way that allows you to access those funds should the development not proceed.



**JOKE OF THE MONTH**

**WHY DID THE GOLFER BRING TWO PAIRS OF PANTS?**

**IN CASE HE GOT A HOLE IN ONE.**

**GAMES & PUZZLES**

**Guess That Fruit!**

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.




SCAN THE QR CODE FOR THE ANSWERS!

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# Woodlands Real Estate Update

Last 12 Months Woodlands  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$ 599,900	\$ 627,500
April 2024	\$ 390,000	\$ 397,500
March 2024	\$ 399,900	\$ 450,000
February 2024	\$ 599,900	\$ 627,500
January 2024	\$ 449,900	\$ 445,000
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

Last 12 Months Woodlands  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	9	7
April 2024	7	8
March 2024	7	9
February 2024	7	5
January 2024	6	4
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

To view more detailed information that comprise the above  
MLS averages please visit [wood.mycalgary.com](http://wood.mycalgary.com)

# Woodbine Real Estate Update

Last 12 Months Woodbine  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$ 635,000	\$ 640,250
April 2024	\$ 647,400	\$ 671,750
March 2024	\$ 655,000	\$ 645,000
February 2024	\$ 799,900	\$ 804,900
January 2024	\$ 799,800	\$ 825,000
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

Last 12 Months Woodbine  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	16	14
April 2024	15	18
March 2024	16	15
February 2024	5	5
January 2024	7	5
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

To view more detailed information that comprise the above  
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## WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors' meetings are suspended for the month of July and will resume on August 6, 2024. 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.

- August 6 and 20 – Meeting and activity TBA
- August 27 – Trip to Saskatoon Farm

For further information, please contact Anne, Chairperson, at 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. Contact missuskeating@gmail.com.
- Bridge – Meets on Tuesday at 1:00 pm. Contact kenbarrie@gmail.com.

# BARKER'S

• FINE DRY CLEANING •

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**FAMILIES**

# VOLUNTEERS NEEDED!

We are in need of Spark, Ember & Guide Leaders  
for the Fall 2024 Guiding Season!

**Volunteering with Girl Guides is:**

- Fun - you'll share lots of laughter and new experiences
- Rewarding - cheer girls on and watch their confidence grow
- Life-changing - develop skills such as communication, event planning and leadership
- Unforgettable - connect with women leaders in your community and around the world

**Sparks** is a place for fun activities for 5 and 6 year olds. She'll have a blast playing games, sharing laughter and discovering her unique talents and interests with new friends in a safe space where she can just be herself.

**Embers** is a place for fun activities for 7 and 8 year olds. She'll have a blast with old and new friends using her imagination, exploring nature, gaining new skills and finding ways to "Lend a Hand" (The Motto) in her community.

**Guides** is an exciting place for 9-11 year olds. She'll have a blast exploring the world and her unique talents as she takes the lead in group activities and helps to organize events and community service projects.



For more information email:  
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Register Online: [www.girlguides.ca](http://www.girlguides.ca)

## Flowers at Woodcreek

A big thank-you to the Woodcreek Gardening Association for brightening up our walkways at the community centre! Special thanks to Ross, Pam, Ann Louise, Muna, and Rosa.



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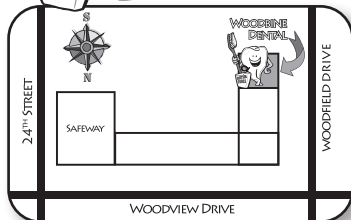
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## Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

**Prep Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper



- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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***Rainout date: July 27, 12-2pm***

# Know the signs of **STROKE**

**F**

**Face**

is it drooping?

**A**

**Arms**

can you raise both?

**S**

**Speech**

is it slurred or jumbled?

**T**

**Time**

to call 9-1-1

**Beat stroke**

**Call 9-1-1 FAST**

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*continued on next page*

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*Happy Dominion Day, eh!*

Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence





# DISCREET & CONVENIENT TEETH STRAIGHTENING



*“Your Oral Health  
Is Our Priority”*



#### COMFORTABLE:

Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



#### PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



#### INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



#### SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



#### REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



#### IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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