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### **CONTENTS**

- 8 WOODBOROUGH PARK
- 10 STAMPEDE BREAKFAST
- 21 WOODCREEK ON WHEELS
- 22 WOODCREEK GARDENING ASSOCIATION
- 24 TWEEN DANCE PARTY
- 28 BUSINESS CLASSIFIEDS









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: 1991 Woodview Drive SW

Calgary, ABT2W 5E5

**Email:** wca@woodcreekcommunity.ca **Website:** www.woodcreekcommunity.ca



### Renew or Purchase Your Membership!

Single - \$15 + GST Family - \$25 + GST

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Business - \$20 + GST

Racquet Membership - \$60 + GST

Woodcreek memberships are available for purchase online.

www.woodcreekcommunity.ca (403) 238-1611

# 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		

### **WCA Board Meetings**

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

- June 4
- 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

June 15	Woodcreek on Wheels
June 21	Tween Dance
July 6	Stampede Breakfast
August 24	Movie in the Park





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### **Adult Events at WCA**

The Woodcreek Community Association is looking for volunteers to bring adult events to Woodcreek. Whether it's themed dances, paint nights, dinners, or other events, we want to help you make it happen! For more information, please contact the WCA office at wca@woodcreekcommunity.ca or 403-238-1611.



### **EXECUTIVE MESSAGE**



Hello Woodcreek!

Our pantry opening was a success. Thanks to those who came out on the sunny day to support our community pantry and participate in the

dedication. This project was funded by the Government of Canada under the Community Services Recovery Fund. Our MP Shuvaloy Majumdar, MLA Nagwan Al-Guneid, and Ward 13 Councillor Dan McLean were in attendance to show their support.

We are exploring the interest in setting up a Block Watch like program in Woodcreek. One of our directors has been doing some preliminary work and reported to the board last week. We've begun to set up a working group to explore the idea further. There is a write up in the May *Chronicle* on page 25. Please contact our office if you would be interested in participating in some capacity.

June events include: Woodcreek on Wheels on June 15, Volunteer Appreciation on June 18, and a Tween Dance on June 21. The Good Food box order deadline is June 17 for a June 26 pickup. You can also choose to donate it to the pantry. There will not be a Good Food Box delivery in July.

Upcoming, we will be hosting our annual Stampede breakfast on the morning of July 6, all community members are welcome. We also plan on running some children's activities throughout the summer months, so please watch our website and social media for those details.

Don't forget our 50/50 draw, the proceeds go to purchasing two new basketball nets to enhance our mini basketball program.

Keith and Jen

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### **Woodborough Park**

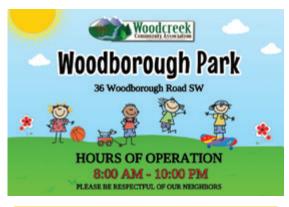
Now that spring is well underway, Woodborough Park is busier than ever. Residents and members are back using the pickleball, tennis, and basketball courts, the Skate Park, and the paved area for other fun sports. WCA would appreciate your help providing a clean, safe, and respectful recreational environment for the 2024 season. Please continue to do the following:

- Use the garbage bins for any items you do not require.
- Keep driveways and the bike path free and clear when parking.
- Please respect operational hours of Woodborough park (8:00 am to 10:00 pm).

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

Thank you,

The WCA Executive





# WCA Racquet 2024 Season – Now Open!

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 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.











### **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

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### **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)				
June 17	June 26				
No Good Food Box in July					
August 19	August 28				



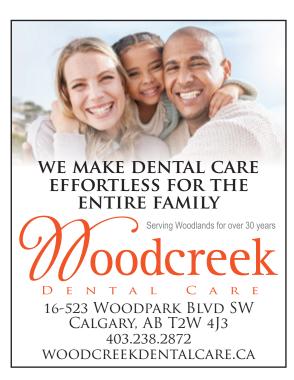
### **Casino Fundraiser**

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 or 403-238-1611.







# 50/50 RAFFLE



Ticket prices: 1 for \$10 4 for \$20

20 for \$50 100 for \$100



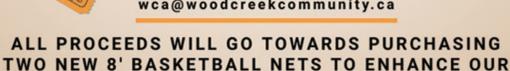
CASH PRIZE!



Find our draw on rafflebox.ca or contact the office for help purchasing tickets: 403-238-1611

wca@woodcreekcommunity.ca

MINI BASKETBALL PROGRAM







# SAVE THE DATE! MOVIE NOTHE PARK

Saturday, August 24th



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

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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 for the application form and further information.



# GAMES & PUZZLES Guess That Artist!

- 1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
- 2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
- 3. Born in 1853, this artist famously cut off his left ear.
- 4. This artist is one of the most famous American visual artists for his pop art pieces.
- 5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
- 6. This Spanish painter and sculptor is best known for his cubism and surrealism.







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### YOUR CITY OF CALGARY

# **Enjoy Off-Leash Dog Parks Safely This Summer**

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

### Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

### **Know Your Dog**

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

### **Supervision and Control**

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

### **Bring Essential Supplies**

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.



# Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- **1. Work on Yourself** Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- **2. Communicate Openly** Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- **3. Trust** Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- **4. Set Boundaries** Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.
- 5. Be Supportive Offer support and encouragement

to your partner. Show empathy and understanding towards their experiences and emotions.

- **6. Maintain Independence** While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- **7. Address Insecurities** Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- **8. Practice Self-Care** Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- **9. Focus on the Present** Avoid dwelling on past relationship traumas or projecting future fears onto

your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

**10. Seek Growth Together** – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

### The following are tips to help your anxious partner to feel more secure:

- **1. Communication** Keep open and honest communication about your feelings, plans, and concerns.
- **2. Reassurance** Offer regular affirmations of your love, commitment, and support.
- **3. Trust** Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- **4. Empathy** Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- **5. Boundaries** Respect your partner's boundaries and communicate your own clearly.
- **6. Quality Time** Spend meaningful time together, creating positive experiences and memories.
- **7. Appreciation** Show appreciation for your partner's efforts, qualities, and contributions.
- **8. Consistency** Be consistent in your actions and behaviours to foster a sense of security and stability.
- **9. Problem Solving** Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- **10. Self-Care** Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

### **Book Suggestions:**

- The Power of Attachment Diane Poole Heller
- You are the One You've Been Waiting For Richard C. Schwartz
- Attached A. Levine & S. Heller



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# \*Collector or Rare Wheels\* Saturday June 15, 2024, 11:00 am - 2:00 pm

Woodcreek Community Association - 1991 Woodview Drive SW, Calgary



Bring your decorated bike, Mom van, stroller, or wagon to win prizes!

TO ENROLL YOUR SHOW VEHICLE: www.woodcreekcommunity.ca - Click Event Registration

FOR QUESTIONS: adamsdianna825@gmail.com or ruthhepburn05@gmail.com

NON-PERISHABLE ITEMS WILL BE ACCEPTED FOR THE COMMUNITY PANTRY

Participation and attendance at own risk





### Woodcreek on Wheels

Planning has begun for our first "Woodcreek on Wheels" Show and Shine to be held on Saturday, June 15 from 11:00 am to 2:00 pm.

In support of this community event, we are looking for community members who have vintage, rare, or unusual vehicles (cars, trucks, boats, trikes, bikes) that you would like to show off and share your knowledge of. Vehicles will be showcased in the community hall parking lot where there are roughly 22 stalls for vehicles, anticipating room between for walk through. To ensure success, a nominal participation fee of \$10 has been set for all 'show' vehicles. Registration and payment can be made online at www.woodcreekcommunity.ca under 'Event Registration', or by contacting the WCA office.

Decorated wheels apply to all age groups. Please ride on over with your decorated bicycle, stroller, or wagon.

Street parking for attendees will be limited.

If you have experience with Show and Shines, we would be delighted to have your support and insight on making this event a memorable success.

There will be a prize draw for all participants. Local businesses who would like to donate prizes or sponsor the event, please contact the office at wca@woodcreekcommunity.ca. It will be greatly appreciated.

For questions and for volunteer opportunities, please contact Ruth at Ruthhepburn05@gmail.com, Dianna at adamsdianna825@gmail.com or 403-804-9349, or the WCA office.



### **WOODCREEK SENIOR MOMENTS**

The Woodcreek Seniors' meetings are scheduled for the first and third Tuesday of each month and begin at 9:30 am. We are extending an invitation to seniors in the community to attend one of our meetings. Come, meet us, have a coffee, and see what the group can offer. We welcome all seniors to our group.

If you are interested in joining, please contact the Woodcreek Community Association at 403-238- 1611 for a WCA membership.

- June 4 Meeting and Bingo
- June 18 Meeting and a speaker (TBA)
- July No meetings. Meetings resume on August 6, 2024.

Forfurtherinformation, please contact Anne, Chairperson at 403-238-1611 or email akbund 954@gmail.com, or Sandy, Vice-Chair at woodcreeks eniors 826@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.





# **Woodcreek Gardening Association**

Thank you to Larissa Klimanova, Ross Snyder, and the amazing 20+ volunteers who helped dig out the existing overgrown garden to make way for a new, rejuvenated garden going in this spring!

Love gardening? Join the WCA Gardening Association. There is no cost to join for community members.

Meetings are held at the Woodcreek Community Centre (1991 Woodview Drive SW) on the third Saturday of each month, from 10:00 am to noon.

To join or for more information, contact Ross at gardener@woodcreekcommunity.ca.



### **HOT! HOT! HOT!**

In all our vast solar system, Venus has the highest average temperature of any planet! Because of its atmosphere (which is quite thick) and how close it is to the Sun, the surface of Venus can reach over 460 degrees Celsius! Talk about needing sunscreen.

### **SAFE AND SOUND**

### **Backyard Play Safety**

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### **Water Hazards**

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (\*Alberta Building Code).

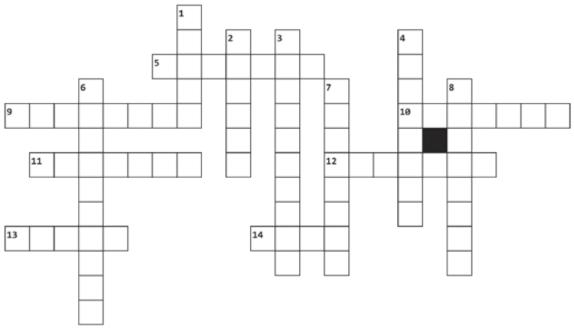
### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### **Insect Bites and Stings**

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

### **June Crossword**



#### Across

- 5. On June 21, 1957, Canada's Prime Minster Louis St. \_\_\_\_\_, who had the distinction of having the longest continuous term as prime minister, resigned.
- 9. This year's F1 Canadian Grand Prix in \_\_\_\_\_ will be held from June 6 to 10.
- 10. In history books, June 21, 1749, marks the date that , Nova Scotia was founded.
- 11. The \_\_\_\_\_ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
- 12. In June 2003, J.K. \_\_\_\_\_ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
- 13. Interestingly, the most \_\_\_\_\_ Laureates are born in June.
- 14. June is named after which Roman goddess of marriage, childbirth, and love?



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

#### Down

- 1. June's birthstone, the \_\_\_\_\_\_, is the only stone that is made by a living sea creature.
- 2. On June 5, 1998, audiences were captivated by the release of "The \_\_\_\_\_\_ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
- 3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National \_\_\_\_\_\_\_ Peoples Day.
- The novel Crazy Rich Asians, released on June 11, 2013, later became a film starring Oscar-winning actress Yeoh.
- 6. June's full moon, known as the \_\_\_\_\_ Moon, will illuminate the sky on June 21 this year.
- 7. June 28, 1980, \_\_\_\_\_\_ entered Ontario as part of his incredible Marathon of Hope.
- 8. Founder of Tesla and SpaceX, \_\_\_\_\_, was born on June 28, 1971.



### Community Watch Program Evaluation Update

Members of the WCA Board of Directors have been exploring the idea of potentially sponsoring or sanctioning some form of community-wide block watch program or system. Two Board members have been gathering information from various sources as a means of understanding potential benefits and costs. This included learning how various programs were established and how they are currently managed. They spoke with block watch co-founders and administrators to hear about lessons learned and suggestions they have for others thinking about setting up block watch programs.

Their first consultation was with the Northern Hills Community Association Sanctioned "Building Safer Communities Block Watch" program co-founder and lead administrator. Their second evaluation involved a test drive of the Canada wide "Neighbourhood Protect" website-based program. Interviews also took place with the administrator of the Lake Bonavista Block Watch Facebook Group administrator and our Calgary City Police Service Community Resource Officer.

A report with findings and recommendations will be submitted to the WCA Board of Directors prior to the May 7 meeting. Please plan on attending this meeting if you have an interest in learning more and potentially becoming a Local Block Captain.

The key themes emerging from the evaluation work done so far include:

- Community wide "block watch" programs work best when underpinned by small neighbourhood groups (usually 40 to 150 homes within close proximity) who are in regular communication regarding topics of interest and benefit to the local community (e.g. Neighbour Day BBQs, Adopt-a-Park programs, lost and found pets, wild animal alerts, etc.).
- The CPS supports the establishment of block watch groups so long as they include training regarding how residents should (and should not) respond to and report crimes.
- Life is better and safer when you are in the know and are in regular communication with your neighbours on various topics of benefit to the neighbourhood.

If you have any questions or would like to get involved in this initiative, please reach out to Sue or Erin at the WCA office.

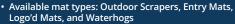
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by the City of Calgary

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Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.



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