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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

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

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

WOODBINE COMMUNITY **REAL ESTATE ACTIVITY**

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

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



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IMPROVED ORAL HEALTH:

Being able to remove the dear 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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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WOODBINE









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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

Single Senior (over 60) - \$10 + GST Senior Family (both over 60) - \$15 + GST Business - \$20 + 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	Carolyn Grabill
Woodbine School Liaison	Pooja Sharma
Woodlands School Liaison	Pam Ashcroft

WCA Board Meetings

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

November 5

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







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EXECUTIVE MESSAGE





Hello Woodcreek,

We've been having a wonderful fall so far. We hope you've been out enjoying it. All good things come to an end,

however. I know our ice crew has done some work to prepare for a full slate of rinks this year, if the weather cooperates.

We apologize for the late delivery of the paper *Chronicle*. This is beyond our control. Don't forget you can sign up for an e-newsletter at our community association website: https://www.woodcreekcommunity.ca/.

I almost don't know what events to highlight here, but it should be safe to mention our AGM on November 26. We are looking for a 2nd VP, a Police Liaison, the Casino Coordinator, and an Adult Events Coordinator. The Craft Sale is on November 2 from 9:00 am to 3:00 pm. The Good Food Box deadlines are November 11, with pickup for November 20, and then December 2 with pickup December 11.

Keith and Jen

President and 1st VP





Cover Photo

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



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FAMILIES

SAFE AND SOUND

Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.



 Reviewing medications with your family doctor or a pharmacist to understand side effects.

Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

Mark Your Calendar! Upcoming Events

November 2	Craft Sale
November 5	Board Meeting
November 26	AGM and Social
December 14	Skate with Santa

Woodcreek Business Members

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

A Cut Above Lawn and Yard Services

Accent Tile & Stone Ltd

Barron Electric

Cambrian Massage

CanCorp Branding Inc.

CottageCare Calgary South

Dairy Queen - Buffalo Run

DB Design Studio

Financial Fitness Paradigm

Hailey's Paradise Nails & Spa - New Location

Kathy Thirsk, Realtor

Lisa Laughton - Realtor

Mekdes Tegene/Faith Supported Living

Play Makers Preschool

Pur & Simple - Buffalo Run

Shoppers Drug Mart – Woodbine

Sylvan Learning of Mid-South Calgary

The Canadian Eatery

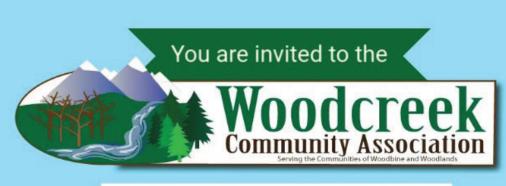
Vanshaw Academy of Irish Dance

Woodbine Chiropractic & Massage

Woodbine Dental

Woodbine Optometry

Woodbine Safeway







NOVEMBER 26 7:15 PM

1991 WOODVIEW DRIVE SW

Please make sure your membership is up to date. Members must be in good standing to vote.

For more information please call 403-238-1611









FALL PROGRAMS AT WCA

Ballroom and Latin Dance Classes for Adults and Children

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

Beavers

Scouter Tammie scoutertammie 401@gmail.com

Bravo Circus Classes for Kids

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

Friday Prayers for Muslims

Dr. Mahmood 403-708-1055

Gateway Victory Church

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

Girl Guides

Barb Augustyn 403-251-5169

Karate for Children and Adults

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

M & D Dance Academy

Marissa and Desiree Lanoire 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 Jade Howkins jade.howkins@outlook.com

Play Makers: A Preschool Program

Tara Gladun admin@playmakerscalgary.com

Scouts

Scouter Tammie scouter tammie 401@gmail.com

Seniors' Bridge/Cards

Ken Barrie 403-281-5556

Seniors' Fitness (Move & Groove)

Nancy Ehle 403-238-1611

Seniors' Group

Chairperson – Anne Bundgaard 403-238-1611

Seniors' Knitting Group

Sandy Keating 403-238-1611

Southwest Seniors

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

Sportball

Sahil Solanki sahils@sportball.ca

Step Classes

Margarita Fox

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

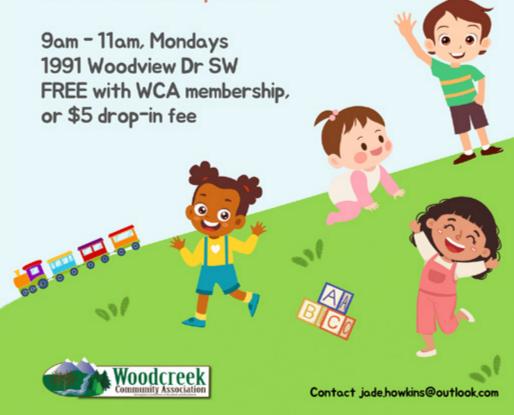
Visit our website for more information.



PARENTS AND TOTS playgroup



Let your little ones (aged 0-5) explore, make friends, and build new skills while you connect with other parents!



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- · Supply & install new acrylic soaker tub
- · Supply & install new toilet with soft close seat
- · Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- · Supply & install new mold-resistant board
- · Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

- · Supply & install one corner caddy & soap dish
- · Supply & install new subfloor
- Installation of new tile flooring
- · Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- · Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

SALE \$10,769

Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- · Schluter base
- · Supply & install new tile to ceiling

- · Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

SALE \$9,379

Limited Supplies

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Good Food Box

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

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

Pricing and Sizes

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

*Please note weights are approximate.

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

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)		
November 11	November 20		
December 2	December 11		







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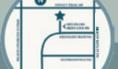
COMMUNITY FEATURES











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Woodcreek Community Craft Sale – November 2, 2024

The annual Woodcreek Community Craft Sale is on November 2, 2024, from 9:00 am to 3:00 pm. The following is a list of the vendors by their preferred name and crafts.

WCA Seniors Knitting	Various knitted and crocheted items				
WCA Seniors Baking	Variety of baked items, and Christmas baking				
Mulberry Preserves	Homemade jams, jellies, salsa, and pickles, antipasto from local ingredients				
Debbie	Homemade dog cookies				
Glass by design studio.com	Stained glass				
Gloria	Handmade greeting cards, wine tags, money envelopes				
Paper Quilling by Doreen	Homemade cards with paper quilling, ornaments, bookmarks, and friendship bags				
Clara Beau Bags	Tapestry handbags and wallets				
Crafts by Linda & Evelyn	Homemade stuffed animals, quilted crafts, Xmas ornaments, wooden toys				
Linda Fox	Flax bags, fairy bottles				
Mother Nature's Creatures	Wire wrapped gemstone trees, crystal and gemstone angels, Xmas items, ornaments, wish pinecones, small arrangements				
With Love by Shelley	Bead and wire handmade jewelry				
Dianna Homemade	Sterling, copper, brass, and semi-precious jewelry				
Flow Soul Resin Art	Resin art pieces, keychains, coasters, heart and square jewelry, necklaces, change dishes				
Angela Possak	Hooked rugs, original designs. Pillows, coasters				
Hope and Fay	Snowmen, Xmas ornaments				
Dave	Wooden bowls and other wooden items				
Plotnikoff Woodworking	Indoor wooden trees, wood crates, trays, wood ornaments				
Romel	Wood burned woodcrafts and art, Xmas decor, and mountain scenes				
Woodcrafts	Rolling pins, cutting boards, back scratchers, seam rippers, shoehorns, wooden vases				
Hillcrest Naturals	Handcrafted natural body products, soaps and lotions, soaps, lip balm				
Creations by Nacy	Journals, pouches, bookmarks, dangles				
T & E woven paracord	Paracord accessories				
Magical Creatures Canada	Xmas ornaments, welcome mats, wine tumblers, coffee mugs				
Creations by Cindy	Mug rugs, placemats, pouches and bags, personalized items, hair bows, vinyl decals				
Derek McGillis	Wooden Christmas trees				



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we Folio	w the ADA&C	Fee Guide!	SAME FEE
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01103	New Patient Exam	\$116.66	\$116.66
02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

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Word of the Month

Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.

Woodcreek Community Garage Sale



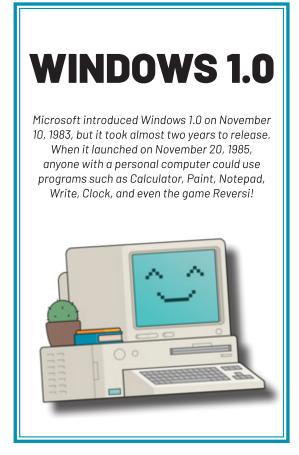
Woodcreek Community Association (WCA) and the WCA Seniors held our fourth Woodcreek Community Garage Sale on September 28, 2024. Volunteers for the event included a number of the Woodcreek Seniors group and WCA members. On September 27, the community centre was opened to receive donations from the community. As in previous years, community donations completely filled the main hall, and many "outdoor" items were displayed outside the main west entrance. The sale provided bargains for customers and aided in the recycling of many reusable items.

It was a pleasure to meet a new group of Woodcreek Scouts 401 and two of their Scouters – Victoria Shearer Gryffyn and Catherine Loades. They provided the concession service with drinks, snacks, and the everpopular pizza. When the event closed, they assisted with the packing of unsold items, loading of the Cerebral Palsy truck, and cleanup of the hall. They certainly were proficient in all their activities and readily helped with the needed tasks. Many thanks and we look forward to working with them again.

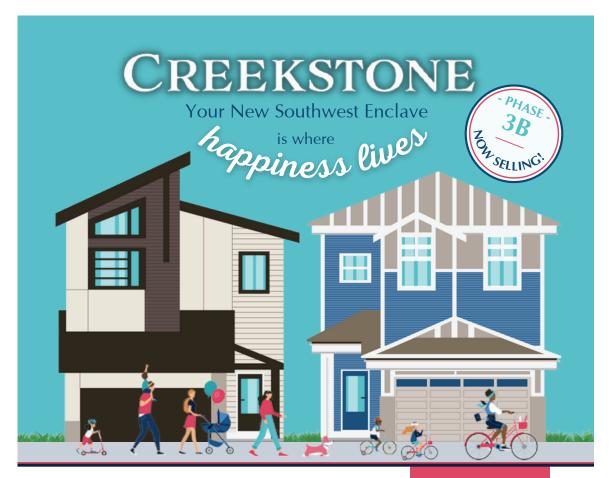
We are pleased to report that the event was well attended and produced many sales. All the sale's proceeds go to the WCA and WCA Seniors to assist in funding activities. In short, the proceeds stay in the community! The unsold items were donated to the Cerebral Palsy organization who arrived after the sale closure for pick up of the items.

Special thanks are due to the following for their assistance and support of the Craft Sale: WCA Facility Manager Sue Larson and staff, Woodcreek Seniors,

WCA board volunteers, and the Woodcreek Scouts. A large thank you also goes to the community for their continued support, donations, and great turnout. Our 2025 Garage Sale has been tentatively scheduled for September 27, 2025.







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WCA Pantry and Thanksgiving Hampers

I just want to take a moment and reflect on how amazing this community is.

We had a tight hamper budget, but were confident we could do at least Thanksgiving. Through all your donations we managed not to touch the budget, so we now know we can also do Christmas hampers. This is an amazing and generous community that I am lucky to be a part of.

We had some last-minute requests which brought the total to 25 families and 148 people. It feels great to live in a community that can come together and support our neighbours when they are going through a hard time. Kudos to you!

To the wonderful volunteers, I don't have the words to express my gratitude. You made this run as smoothly as possible, and I appreciate you so much.

And thank you to Christine Versnick and Red Crowns Pub; your organization of events that help feed the pantry/hamper fund are amazing and help us keep going.

We will be holding a Food Drive on December 4, 5, and 6 to help Stock the Pantry for Christmas. Donations can be dropped off to the WCA office between 1:00 and 4:00 pm.

Naomi Burkinshaw



GAMES & PUZZLES

Guess the Landmark!

- 1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
- 2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
- 3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
- 4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
- 5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
- 6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.





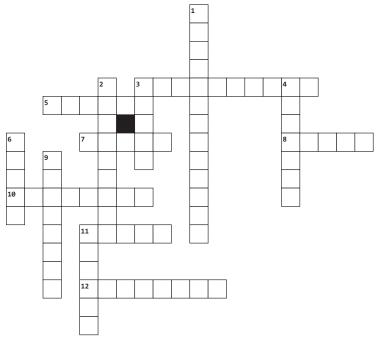
SCAN THE QR CODE FOR THE ANSWERS!

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SCAN THE QR CODE FOR THE SOLUTION



November Crossword



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

Across

- 3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
- 5. In November 1999, beloved musician, ______ Dion, was inducted into the Canadian Broadcast Hall of Fame.
- 7. In November 2020, Baby ______ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
- 8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
- 10. World ______ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
- 11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
- 12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

- 1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
- 2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz ______.
- 3. Friends, Lovers, and the Big Terrible Thing, written by Canadian actor Matthew _____, was released on November 1, 2022.
- 4. "The Great One", Wayne ______, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
- 6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
- 9. The ______ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
- 11. November's full moon is named after Canada's national animal, the ______.

Float Like a Butterfly

The female Queen Alexandra's birdwing, the largest butterfly in the world, boasts a stunning wingspan of 25 to 30 centimetres! These magnificent butterflies make their home in the lush rainforests of Oro Province in Papua New Guinea. Talk about a tropical treasure!

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WOODCREEK SENIOR MOMENTS

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

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

Upcoming Activities Include:

- November 2 Woodcreek Craft Sale
- November 5 Meeting. Bingo
- November 19 Meeting, Musical entertainment TBA
- December 3 Meeting
- December 10 Christmas Luncheon at Carriage House

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

Other Weekly Senior Programs Are:

Knitting and Crochet Group - Meets on Mondays at 1:00 pm. Contact missuskeating@gmail.com.

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





Winter Is the New Spring!

With winter around the corner and outdoor gardening wrapping up, have you ever considered growing your own produce indoors year-round? Five years ago, I started growing veggies on my tower gardens, and it's been such a rewarding experience!

So, what's a tower garden? Think of it as a vertical gardening system with a twist. No soil needed! Instead, it uses aeroponics, meaning the plants grow with just water and a nutrient solution that trickles down over their roots.

It's so efficient and compact that I have 80 plants growing on three towers in my office! From greens and herbs to tomatoes and peppers, everything tastes fresh, crisp, and downright delicious. Because they're vertical, each one only takes up about a square meter. The best part? The LED lights and water pumps are on timers, so my plants grow even when I'm off on vacation!

Last winter, walking into my office felt like stepping into spring—fresh greenery, bright lights, and the soothing sound of water trickling.

Growing my own food year-round has been such a positive experience that I'm always happy to chat about it. Why not keep your gardening going this winter with a tower garden?

Let's grow something fresh!

Pam Barg

Member of Woodcreek Gardening Association

403-835-1335

pjbarg@gmail.com





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HELP STOCK OUR PANTRY!

Drop items off to the WCA office on Dec. 4, 5 & 6, from 1-4 pm - 1991 Woodview Dr.

ITEMS MOST NEEDED:

Canned Food - Soup, Fruit, Mushrooms, Corn, Beans, Meat/Fish. Ramen Noodles, KD, Rice, Pasta, Cereal, Peanut Butter, Dry Lentils/Beans, Condiments/Spices, Coffee/Tea, Cooking Oils, Sauces, Syrup, Jam, Honey, Pancake Mix. Laundry Detergent, Toilet Paper, Paper Towel, Soap, Shampoo, Toothpaste/Toothbrush, Deoderant



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Flathread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- 34 cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!

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MANN BIKE CAVE: Quality bike services will continue for the months of October & November at a reduced price. My Woodbine-based shop will be closed from December 2, 2024 - February 28, 2025. Thank you for your 2024 support. I look forward to re-opening for the spring bike season on March 3rd, 2025.

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