

OCTOBER 2024

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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



KIDS' HALLOWEEN PARTY OCTOBER 27

Cover Photo by Keith Cartmell

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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
August 24	13	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
September 23	15	13	\$639,900	\$630,000

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

WOODBINE COMMUNITY REAL ESTATE ACTIVITY

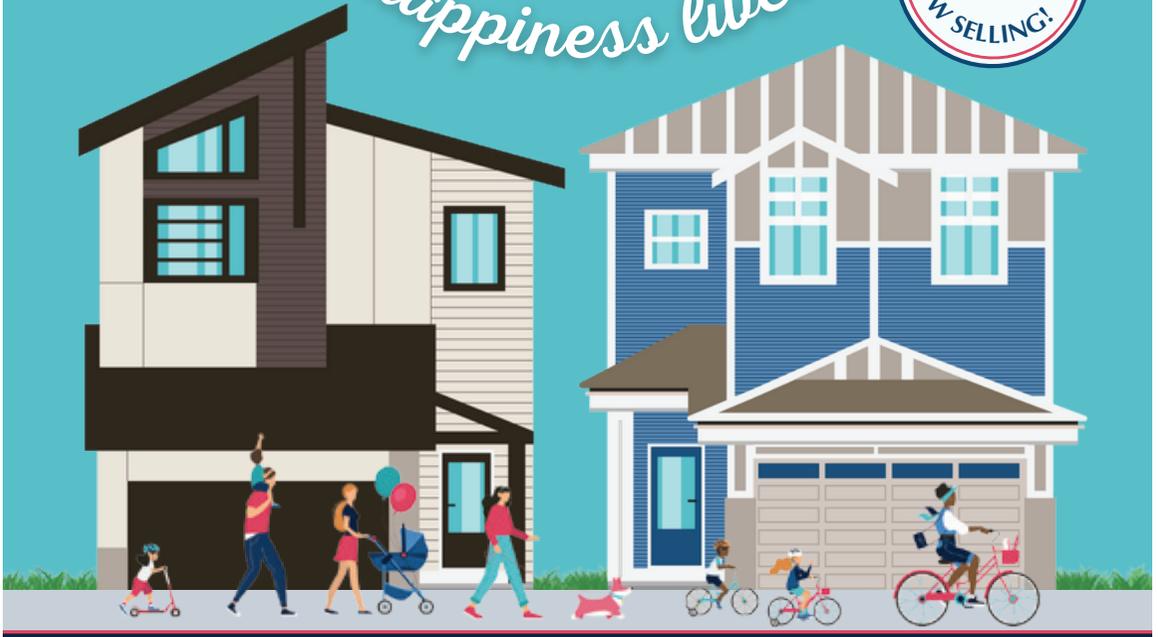
	Properties		Median Price	
	Listed	Sold	Listed	Sold
August 24	17	14	\$714,900	\$709,250
July 24	8	6	\$627,200	\$625,000
June 24	18	16	\$687,450	\$680,000
May 24	17	14	\$635,000	\$640,250
April 24	15	18	\$647,400	\$671,750
March 24	16	15	\$655,000	\$645,000
February 24	5	5	\$799,900	\$804,900
January 24	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
September 23	11	13	\$570,000	\$601,500

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

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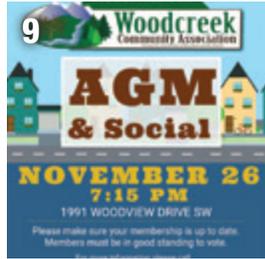
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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

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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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Senior Family (both over 60) - \$15 + GST
Business - \$20 + 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 Date:
• November 5

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





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Scan to subscribe to our NEW monthly newsletter!

EXECUTIVE MESSAGE



Hello Woodcreek!

Autumn has come around once again. Programs at the community hall are in full swing. We've been getting enquiries for renting out our various rooms, but we are pretty full. If you'd like to rent space, contact the office sooner rather than later.

Even though it's hot right now, our hardworking staff have been working to get ready for the winter skating season, on the assumption the weather allows it. If you'd like to help out, please contact the office.

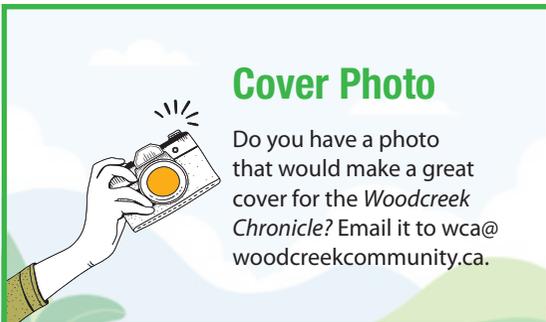
Our Annual General Meeting will be on Tuesday, November 26 at 7:15 pm. If you are interested in joining the board, we'd love to talk to you. We are looking for positions of second Vice President, Casino Coordinator, and Police Liaison, and we'd love to have people step forward to coordinate an event or events for adults. Please contact the office for more information. Please ensure your membership has renewed, or a new membership is purchased before October 26. The AGM is typically a fairly quick meeting, and there will be a social afterwards.

The Craft Sale is on November 2 from 9:00 am to 3:00 pm. Get a start on your Christmas shopping.

The Good Food box order deadline is October 14 for pickup October 23. It's easy to donate a box to the pantry.

Keith and Jen

President and 1st VP



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Trees In Our Community

by David Varga

The Woodcreek Community Association has been working with the City of Calgary Urban Forestry Department to improve tree canopy in our community.

There are 500,000 trees in the city so you can imagine maintaining these trees is a huge undertaking. There are two areas where residents of Woodbine and Woodlands can assist to improve our tree canopy:

- Identify missing trees – Whether lost due to storm damage, disease, or car accident, it is helpful if you report a missing tree to the city. With 500,000 trees to care for it is easy to miss a tree or two.
- Identify trees which need pruning – The City has contractors patrolling the community and prunes trees on an on-going basis. This periodic pruning helps young trees grow into an attractive shape versus a misshapen bush. You can report trees with suckers or stray branches so the city can direct contractors to improve our neighbourhood.

The simplest way to report missing trees or pruning needs is to use the City's 3-1-1 system. There are two options: you can call 3-1-1 or submit using their online portal. We suggest you use the online portal on a computer or the 3-1-1 app on your cellphone.

To identify a missing tree or pruning need, you will need to give its location (house number works best), and we suggest taking a photo and attaching it to the 3-1-1 request.



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Mark Your Calendar! Upcoming Events

October 27	Kids' Halloween Party
November 2	Craft Sale
November 5	Board Meeting
November 26	AGM and Social

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
- Vanshaw Academy of Irish Dance
- Woodbine Chiropractic & Massage
- Woodbine Dental
- Woodbine Optometry
- Woodbine Safeway

You are invited to the



Woodcreek
Community Association

Serving the Communities of Woodbine and Woodlands

A stylized illustration of a residential street. On the left is a teal house with a black roof and flower boxes. On the right is a yellow house with a black roof and a red bicycle parked on the sidewalk. In the background, there are more houses and a light blue sky.

AGM
& Social

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

Community Betterment Initiative

Objective: Enhance the Quality of Life for Residents of Woodcreek (Woodbine and Woodlands)

How: Develop and rollout a Community Betterment Program that encourages residents to get to know their neighbours and build relationships and trust through regular communication and information sharing.

What is Community Betterment: Activities that make living in your home, on your street, in Woodcreek better, more enjoyable, cleaner, tidier, more beautiful, and safer.

Interested in building a better community?



The WCA is working on setting up a committee and needs your help to meet the main goals

- Build trust
- Share information
- Establishing communication groups
- Organize Neighborhood Activities



Community Betterment Activities and Outcomes:

- Building trust between neighbours
- Establish and support communication channels to share information
- Organize neighbourhood activities

Communication Platform: WCA is contemplating a Community Betterment FB Group that is closely monitored and restricted to confirmed residents of the 7,000 homes in Woodcreek. Communication on this platform would be for broader community betterment information sharing. Street and cul-de-sac level micro-group platforms will be determined by each micro-group and could be whatever works best for folks living in that defined area.

Expected Benefits: A wide array of benefits accrues to neighbourhoods where residents know each other and are in regular communication. Examples include reduced anxiety and social isolation, lower rates of crime through better education on prevention and reporting, increased happiness through greater social engagement, better problem solving, and increased support from nearby neighbours when issues or concerns arise.

Our Ask: We are looking for about two dozen people to be moderators/coordinators for a sub-group on a street or cul-de-sac level. We invite people to express interest by attending a meeting to be held at the community hall on October 21 at 7:15 pm.



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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)

Girl Guides

Barb Augustyn
403-251-5169

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Alberta Health Services
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Parents and Tots

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jade.howkins@outlook.com

Play Makers: A Preschool Program

Tara Gladun
admin@playmakerscalgary.com

Scouts

Scouter Tammie
scoutertammie401@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
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.



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Community Association
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Kids Halloween Party



SUNDAY, OCTOBER 27, 5:30 - 7:30 PM

GAMES, HAUNTED HOUSE, CRAFTS & TREATS!

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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)
October 14	October 23
November 11	November 20
December 2	December 11

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New Nets at Woodborough Park



A huge thank you to those who supported our 50/50 raffle this summer! Our half of the proceeds were used to enhance our Mini-Basketball program at Woodborough Park. The two "mini" nets have now been installed, and the court lines painted - just in time for our Fall Mini-Basketball Program! Thank you!



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

Persons Day

by Danielle Robbertze

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act,

1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

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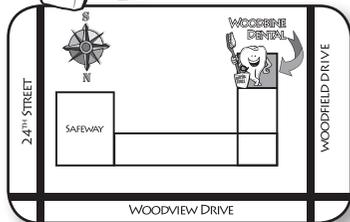
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Woodcreek Community Craft Sale – November 2, 2024

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
Glassbydesignstudio.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 Nancy	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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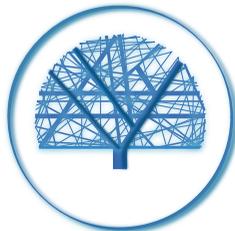
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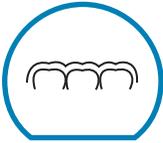
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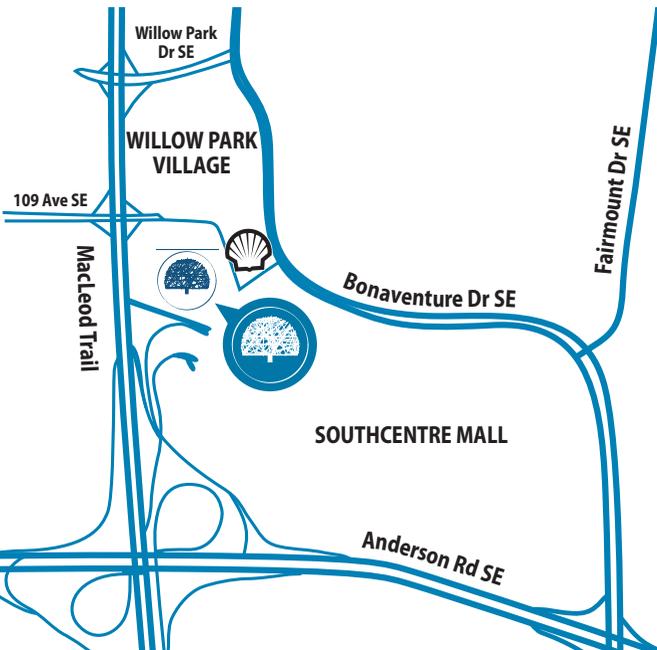


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Saturday

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9:00 - 3:00 pm

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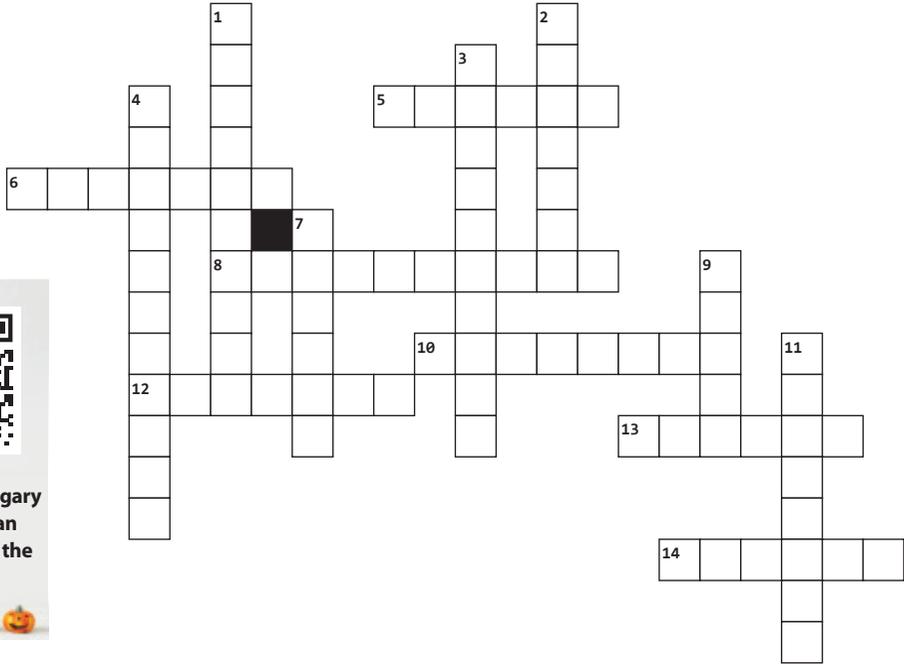


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October Crossword




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



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4



Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



Photo Corner



Photo by Ron K.



Fish Creek Barn by Teri K



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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.

October activities include:

- October 1 – Meeting. Interesting game
- October 15 – Meeting and musical entertainment
- October 29 – Lunch bunch. Location TBA
- November 2 – Woodcreek Craft Sale

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.



Word of the Month

Flibbertigibbet: noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



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Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.

- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

Common Beliefs and Misconceptions About Drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.

Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at ahs.ca/nutritionhandouts.

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