

SEPTEMBER 2024

DELIVERED MONTHLY TO 6,975 HOUSEHOLDS

# your WOODCREEK CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



**GARAGE SALE  
SEPTEMBER 28**

*Cover Photo by Dave Mundy*

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- 1 in 4 school-aged children have a vision problem.
- 20/20 vision does not mean a child can easily perform visual tasks in class.
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**Ensure a COMPLETE EYE EXAM is on your  
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## WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

|              | Properties |      | Median Price |           |
|--------------|------------|------|--------------|-----------|
|              | Listed     | Sold | Listed       | Sold      |
| July 24      | 18         | 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 |
| August 23    | 13         | 9    | \$549,900    | \$550,000 |

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

## WOODBINE COMMUNITY REAL ESTATE ACTIVITY

|              | Properties |      | Median Price |           |
|--------------|------------|------|--------------|-----------|
|              | Listed     | Sold | Listed       | Sold      |
| July 24      | 9          | 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 |
| August 23    | 16         | 11   | \$565,000    | \$580,000 |

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

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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   |

**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**

**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!

## EXECUTIVE MESSAGE



Hello Woodcreek!

We're off to a great start to our rental year for our hall tenants. They've all returned, check out what they have to offer and

sign up for any that interest you. This helps support them and the community association.

Stephanie has done a great job getting the paperwork and volunteers organized for our August Casino. We won't know how it will turn out for a while yet, but these are critical to our community association. Thank you to Stephanie and all the volunteers that signed up.

The weekly farm stand in partnership with the City of Calgary and Tetzlaff Family Farm will continue in September. Stop by our parking lot on Fridays from 2:30 to 5:30 pm.

Our Annual Garage Sale is September 28 from 9:00 am to 2:00 pm. You can drop off donations on Friday, September 27 from 4:00 to 8:00 pm.

Good Food Box order dates are September 16 for September 25 pickup, and October 14 for October 23 pickup. It's easy to donate a box to the pantry instead of picking up items yourself. Order online at [www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca).

Our next board meeting is Tuesday, September 10 at 7:15 pm. The Community Association AGM is November 26. If you're interested in being on the board or in an executive role, please reach out to the office. We can talk to you about what that would look like. It's a great way to get more involved in your community.

*Keith and Jen*

**Woodcreek**  
Community Association

# Woodborough Park

36 Woodborough Road SW

**HOURS OF OPERATION**  
**8:00 AM - 10:00 PM**  
PLEASE BE RESPECTFUL OF OUR NEIGHBORS



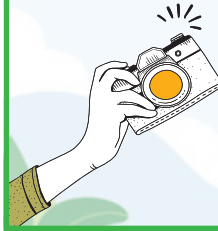
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CONTACT RANDY CHOMISTEK  
[decksm@telus.net](mailto:decksm@telus.net) | [decksmith.ca](http://decksmith.ca)

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## 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).

# OFFICIAL



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

# Calgary's Food History

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The leaves are turning, the nights are colder, and it's time to harvest the garden. Whether you're jarring, pickling, or having a family dinner, our stunning natural landscape is a breadbasket.

After the last Ice Age 11,000 years ago, Indigenous peoples thrived on buffalo. Herds traversed down the escarpment to reach the Bow River along the path today called Edmonton Trail. Nearby, the confluence of Mohkinstsis, meaning "elbow", and the Bow River was a fine place to camp during the seasonal round. Europeans and Métis then arrived to trade manufactured goods for beaver pelts, Canada's main export for a century.

Southern Alberta was investigated for its agricultural suitability by Captain John Palliser (the Palliser Hotel, Square, and neighbourhood are named in his honour). His expedition travelled from 1857 to 1859, determining parts of the Palliser Triangle area as suitable for livestock and a smaller, fertile part for settlement. More land opened to agriculture thanks to government scientists' introduction of Marquis wheat, a crop that matures before the fall frost. Farmers' irrigation infrastructure helped too. You can visit Calgary's very own canal, which begins at Western Headworks below Max Bell Arena and empties into Chestermere Lake.

In 1914, under the Vacant Lots Garden Club, the City purchased land for community gardens and beautification. The Club was supported by Annie Gale, the first woman city councillor in the British Empire. These plots became Victory Gardens during WWII to support the war effort. You can still visit the last of these gardens in Bridgeland-Riverside, at the Vacant Lot Gardens municipal historic site.

Calgary is also famous for ginger beef. In 1975, Louise Tang and Lily Wong of Hong Kong opened Silver Inn Restaurant. They included a beef centered menu item among other Beijing-style Chinese dishes to introduce the cuisine and cater to the palates of Calgarians.

Today, Calgarians enjoy cuisines from all over the world. You can participate too by volunteering at your local community garden or visiting farmers' markets. You

can also join Light Cellar's foraging community to find nature's goods yourself. We are blessed to be stewards of this bountiful land.

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[https://commons.wikimedia.org/wiki/File:Silver\\_Inn\\_Restaurant\\_\(02\)\\_9520722503.jpg](https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_(02)_9520722503.jpg) Silver Inn Restaurant, 2013, Calgary. Photo by Mike W., via Creative Commons Attribution-Share Alike 2.0 Generic license.



"Mrs. Annie Gale and her son Bill, Calgary, Alberta," 1914, (CU1198772) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F51CF?WS=SearchResults>.

Vacant Lot Garden Municipal Historic Site, Bridgeland-Riverside, June 2024. Photo courtesy of Anthony Imbrogno.



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
- 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

**ABSOLUTELY NO HIDDEN COSTS**

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

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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$12,679*

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All packages pertain to standard size bathrooms

## AGM MEETING

### Woodcreek Community Association AGM

Tuesday, November 26 at 7:15 pm  
1991 Woodview Drive SW

This would be the perfect time to come out and join our board. We would love to add some new faces around the table. Please ensure your membership is up to date or purchased 30 days prior to the meeting date. Members must be in good standing to vote.

# WoodcreekHomes.ca

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- Therapeutic and cosmetic botox
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🌐 [buffalorundental.com](http://buffalorundental.com) | 📞 403-226-9627 | ✉ [info@buffalorundental.com](mailto:info@buffalorundental.com)

# 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  
scoutertammie401@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  
Megan Cocciolo  
megan.cocciolo@gmail.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.



## Mark Your Calendar! Upcoming Events

|              |                |
|--------------|----------------|
| September 10 | Board Meeting  |
| September 28 | Garage Sale    |
| 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



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you sweat, we can get  
the stink out!**

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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**403-726-9301**  
**calgaryfreshjock.com**



# Woodcreek MINI BASKETBALL

★ ★ SEASON STARTS SEPT 4 ★ ★

**FREE + INCLUSIVE** volunteer-run basketball program for kids **ages 8+** living in the communities of **Woodbine + Woodlands**. Kids will learn fundamental basketball skills, fair play and leadership in a fun and safe environment.

REGISTER:

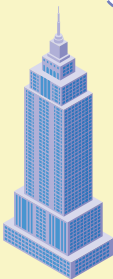


**QUESTIONS?** [woodcreekminibasketball@gmail.com](mailto:woodcreekminibasketball@gmail.com)

## JOKE OF THE MONTH

Can a kangaroo jump higher than the Empire State Building?

Of course. The Empire State Building can't jump!



**10 questions you MUST ask your cabinet painter before you hire them.**

From prices and timelines to process and products.

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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) |
|------------------|-------------------------------|
| September 16     | September 25                  |
| October 14       | October 23                    |
| November 11      | November 20                   |

**Cleaning Services**

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
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- Dish Rags

**Mat Rentals**

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### Email us

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contact@jacksonjackson.ca



[www.jacksonjackson.ca](http://www.jacksonjackson.ca)

# KEEP STUDENTS SAFE IT'S EVERYONE'S RESPONSIBILITY



## Crosswalks

Don't stop or park within five metres of a crosswalk. It reduces visibility of people using them to cross.



## Restricted Zones

Do not park or stop in an area marked with "No Stopping" signs. Obey time-restricted zones.



## Bus Zones

Do not stop or park in a designated bus zone, even if it appears clear.



## U-Turns

Do not make u-turns in school intersections or crosswalks. Go around the block if necessary.



## Double Parking

Do not stop next to parked cars and leave your vehicle idling to "quickly" run inside.



## Jaywalking

Never walk out from between parked vehicles. Always use the marked crosswalks.



Scan to view safe driving tips

## Too crowded? Nowhere to park?

For the safety of your child and others, ensure you follow the rules of the road and adhere to all street signs and road markings. Be considerate of other drivers, pedestrians and residents of the community and take time to find a suitable parking spot. You may have to park further away from the school and walk with your child to ensure they arrive safely.



# WEEKLY FARM STAND

**EVERY FRIDAY**

Starting July 19

**2:30 TO 5:00 PM**

or when sold out.

No market on Labour Day long weekend

**WOODCREEK COMMUNITY ASSOCIATION**

1991 Woodview Dr SW



**TETZLAFF FAMILY FARM**  
GROWN IN HIGH RIVER, AB





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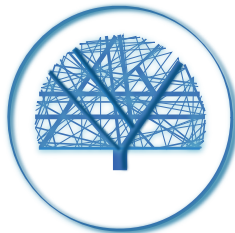
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injection

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## We Follow the ADA&C Fee Guide!

|       |                       |                         | SAME FEE                     |
|-------|-----------------------|-------------------------|------------------------------|
| Code  | Treatment Description | ADA&C Fee Guide Pricing | Willow Park Dental's Pricing |
| 01103 | New Patient Exam      | \$116.66                | <b>\$116.66</b>              |
| 02144 | 4 X-Ray Bite Wings    | \$100.36                | <b>\$100.36</b>              |
| 11113 | 3 Units Scaling       | \$240.90                | <b>\$240.90</b>              |
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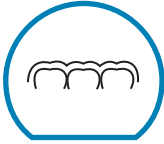
**CERAMIC RESTORATION**



**BOTOX TREATMENTS**



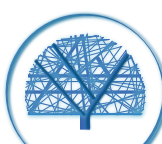
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# Annual Garage



**Saturday, September 28**

**9:00 AM - 2:00 PM**

**Woodcreek Community Centre  
1991 Woodview Dr. SW**

**Drop off donations only Friday September 27 between 4:00 - 7:00 pm  
Please ensure all donations are in good working order**

**\*\*Please NO mattresses, foutons, furniture, appliances, auto parts, stuffed toys, furniture, car seats, clothes, large exercise equipment or lawn mowers.**

Contact Anne at 403-238-1611 or [akbund954@gmail.com](mailto:akbund954@gmail.com) for more information

**All profits will go to the Woodcreek Community Association and  
WCA Seniors and stay in our community!**

# Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

### Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

### Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

### Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

### Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at [www.albertapcns.ca](http://www.albertapcns.ca). You can also talk to your family doctor about your mental health.

## Woodcreek 401 Scouts

Welcome back to another year of fun outdoor adventures! Our Scouts had an amazing weeklong trip to Sooke BC for the Pacific Jamboree in July. Our Vents did a five-day canoe trip in Lakeland Provincial Park, the Rovers did an eight-day 116 km canoe trip in Bowron Provincial Park, and Cubs had a weekend canoe and fishing trip to Chinook Lake. In September, the Scouts will have a backcountry canoe trip in Kananaskis.

Thank you to everyone who supported our programs this year by purchasing popcorn, donating bottles, and buying raffle tickets!

Registration for January to December 2025 for youth returning is ongoing in August and new youth wanting to start scouting can register online at [myscouts.ca](http://myscouts.ca) from September 8 to 14. Our programs fill up fast! We are always looking for new volunteers too! Please contact Tammie about registration at [ScouterTammie401@gmail.com](mailto:ScouterTammie401@gmail.com). For interest in volunteering contact [scouter.erin401@gmail.com](mailto:scouter.erin401@gmail.com).



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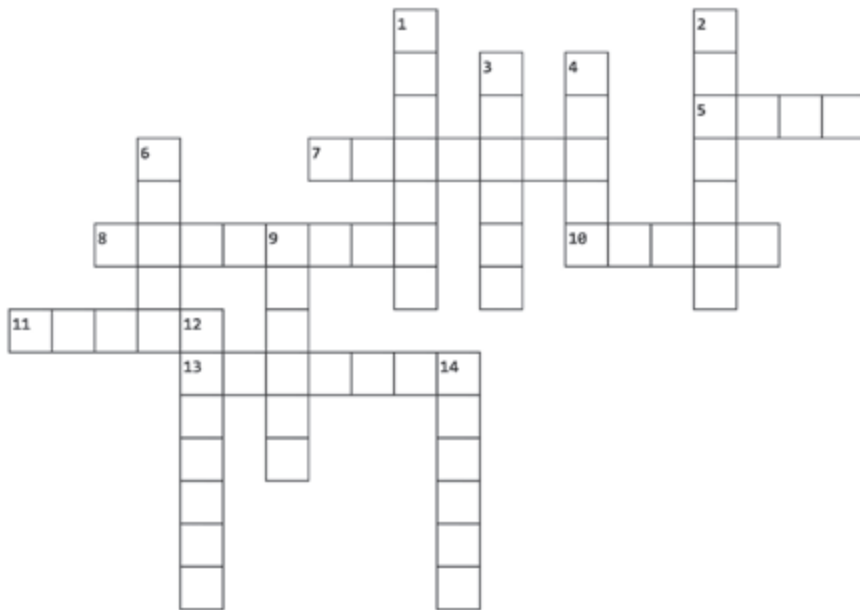
# Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!





# September Crossword

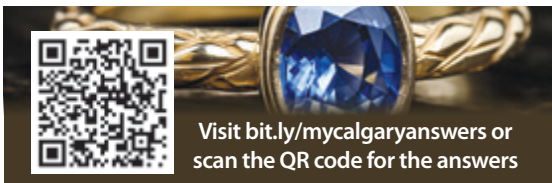


## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

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## A Walk in the Wetlands

by Alisha Sharma



Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.

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.

- September 3 – Meeting
- September 17 – Meeting and Entertainment (TBA)
- September 28 – Woodcreek Garage Sale (Fundraiser)
- October 1 – Meeting and Game


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

**Thaumaturgy: noun (thaw-muh-tur-jee)**

The workings of magic or miracles.  
They used thaumaturgy to ensure the people felt at peace.

# Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



**Directions:**

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!



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## Rezoning for Housing Update

The new DMap platform will maintain the same level of service such as access to property information, application details and plans, and the ability to provide opinions on changes within communities.

On top of this, new mapping features include 3D views, trees layer, policy overlays, and application pages that offer quick and easy access to plans, details, and a way to submit feedback and community insights to The City.

For those that may have saved DMap as a bookmark in their browser, please note that users will automatically be redirected to the new URL, [developmentmap.calgary.ca](http://developmentmap.calgary.ca).

For more opportunities to learn about the new Development Map and how to use it, Calgarians are encouraged to check out [calgary.ca/development](http://calgary.ca/development) for tools and resources.

## UPDATED DMAP FEATURES

The City of Calgary's Development Map (DMAP) has been updated,

- **Photo uploads:** Enhance your comments with images for more impactful feedback.
- **Policy links and overlays:** Gain easy access to policies and bylaws, enabling clearer understanding and informed decision-making.
- **3D views:** Visualize projects dynamically and see their impact on the cityscape.
- **Mobile optimization:** Use the map on-the-go with a design tailored for your phone.
- **Faster loading:** Access project details quickly, without delay.
- **Dedicated project pages:** Find all the information you need on individual pages for each application.

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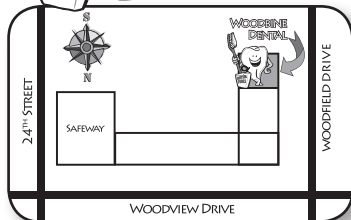
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## Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

### Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

### Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

## What is Cart Contamination?

*by the City of Calgary, Waste and Recycling Services*



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](http://calgary.ca/contamination).



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It has been over a year since the 2023 election and since having the privilege of being the MLA of Calgary-Glenmore. I have met many of you at the doors and at community events across the riding – from Lakeview Family Day to Stampede events at Oakridge, Woodcreek, and Braeside to the JCC Sports Dinner to the Celebration of Multiculturalism at Glenmore Park to the Calgary Dragon Boat Festival.

I am grateful to Ward 11 and 13 Trustee Nancy Close who facilitated my visit to all Calgary Board of Education schools in the riding. I learned from our wonderful educators about the complexity in the classrooms. I also enjoyed a Latke Lunch at the Calgary Jewish Academy and toured Connect Charter school and met many of you at my first townhall at CKE community hall in January. I have had hundreds of conversations and learned so much from all of you.

We will continue to listen and represent you at the Alberta Legislative Assembly. The Calgary-Glenmore office is here to help you navigate provincial services, respond to notary requests within our provision, and address concerns related to provincial issues. I always welcome attending your local events and meeting more constituents so do not hesitate to invite us.

I look forward to seeing you at the family-friendly Calgary-Glenmore Bike-A-Palooza on Sept 22, 10:00am to noon at Heritage Park. Bring your friends and children and bike or walk with us along the pathway. Enjoy refreshments and enter to win prizes like an annual family pass to Heritage Park or passes to the Calgary Zoo and Glenmore Sailing Club. Please contact our office to sign up.

See you soon!

Nagwan Al-Guneid  
MLA, Calgary-Glenmore

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**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

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*continued on next page*

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