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**MOVIE IN THE PARK**

**AUGUST 23**

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### WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
June 25	12	6	\$569,900	\$559,950
May 25	7	6	\$692,450	\$687,500
April 25	7	5	\$689,900	\$676,000
March 25	8	10	\$687,500	\$691,000
February 25	10	10	\$544,900	\$562,500
January 25	6	2	\$364,950	\$394,950
December 24	1	4	\$607,450	\$594,000
November 24	7	6	\$654,450	\$645,000
October 24	5	7	\$534,900	\$525,000
September 24	11	8	\$547,500	\$545,000
August 24	9	9	\$599,900	\$590,000
July 24	15	14	\$634,900	\$637,500

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
June 25	20	14	\$662,450	\$645,000
May 25	14	12	\$654,900	\$649,950
April 25	8	14	\$702,000	\$708,050
March 25	21	7	\$725,000	\$745,000
February 25	3	4	\$520,000	\$540,000
January 25	4	2	\$516,450	\$515,250
December 24	0	4	\$762,450	\$740,000
November 24	5	14	\$712,450	\$692,500
October 24	20	18	\$599,450	\$599,800
September 24	17	12	\$664,900	\$651,500
August 24	18	14	\$714,900	\$709,250
July 24	7	6	\$627,200	\$625,000

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



## DISCREET & CONVENIENT TEETH STRAIGHTENING



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### COMFORTABLE:



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

### PREDICTABLE RESULTS:



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

### INVISIBLE APPEARANCE:



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



### SHORTER TREATMENT:

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

### REMOVABLE:



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

### IMPROVED ORAL HEALTH:



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



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# CONTENTS

- 8 EXECUTIVE MESSAGE
- 9 STAMPEDE BREAKFAST 2025 - WHAT A SUCCESS!
- 11 ICE CREAM SOCIAL
- 15 MOVIE IN THE PARK
- 21 NEIGHBOUR DAY SHOW 'N SHINE
- 28 BUSINESS CLASSIFIEDS



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

WOODBINE



WOODLANDS



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# 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](mailto: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
Gardening Association Coordinator	Ross Snyder
Woodcreek Seniors Representative	Anne Bundgaard
Community Pantry	Naomi Burkinshaw
Community Betterment	Don Lauweryssen
Event Coordinator	Nicole Matheson
Raffle Coordinator	Leanne Long
Casino Coordinator	Ayesha Shaikh
Tree Canopy Improvement	David Varga
Police Liaison	Joshua Heuberger
Director at Large	Scott Eden
Director at Large	Tom Ward
Director at Large	Katie McLeod
Director at Large	Andre Ortiz
Director at Large	Kathy Thirsk

OTHER CONTACTS	
Communications	Sue Larson/ Erin Lackie
Development Liaison	Linda Mulligan
Youth Events Coordinator	Tara Gladun
Events Coordinator	Cassandra Morano
Stampede Breakfast Coordinator	Carole Davis
Mini Basketball Program	Kat Macaulay
St. Jude School Liaison	Carolyn Grabill
Woodbine School Liaison	Pooja Sharma
Woodlands School Liaison	Pam Ashcroft

### WCA Board Meetings

We are looking for new board members!  
Get involved, make a difference!

Upcoming 2025 Meeting Dates:

- September 9
- November 4

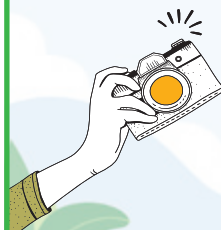
Meetings start at 7:15 pm. Everyone is welcome to attend!



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

Scan to subscribe to our  
NEW monthly newsletter!

### 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).



## Community Office Hours

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

**\*The WCA office will be closed on Mondays in July and August**

### Community Office Staff

Facility Manager Sue Larson  
 Office Administrator Erin Lackie

**Phone:** 403-238-1611  
**Address:** 1991 Woodview Drive SW  
 Calgary, AB T2W 5E5  
**Email:** wca@woodcreekcommunity.ca  
**Website:** www.woodcreekcommunity.ca



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### Mark Your Calendar! Upcoming Events

August 14	Youth Book Club
	Ice Cream Social
August 23	Movie in the Park
August 28	Youth Book Club
September 13	Woodcreek on Wheels
September 27	Garage Sale

## 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**  
**Racquet Membership - \$63 + GST**

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

## Fiction Books for Sale: 50 Cents Each



Stock up on books for summer reading! Our collection features a variety of authors and genres, including:

- Maeve Binchy
- Tom Clancy
- Mary Higgins Clark
- John Grisham
- Fern Michaels
- James Patterson
- Children's literature
- Young Adult novels
- Fantasy genres
- Mystery titles
- Romance stories

Books for Sale at the Woodcreek Community Association during office hours (Tuesday to Friday from 1:00 to 4:00 pm).

All available for just 50 cents each.

## EXECUTIVE MESSAGE



Hello Woodcreek!

We are well into summertime in Calgary, complete with smoking hot sunshine during the day and evening showers. Get out and enjoy it while you can.

Our Stampede Breakfast went really well—around 1,000 people attended. A huge thank you to our organizer Carole, our sponsors, our amazing volunteers and staff. The event wouldn't be possible without them.

The Woodcreek on Wheels event was cancelled due to torrential rain. This has been rescheduled to September 13—hope to see you there!

### Other August Highlights:

- **Crafts and Games Thursdays:** Every Thursday from 1:00 to 3:00 pm at the community centre. Open to kids aged 6 to 14. Children aged 6 to 9 must be accompanied by an adult.
- **Youth Summer Book Club:** Join us at the community centre on August 14 and 28 from 2:30 to 3:30 pm. A great way for young readers to connect and share their love of books!
- **Farm Stand Fridays:** Fresh local produce available every Friday from 2:30 to 5:30 pm at the community centre. Come support local growers and enjoy the taste of summer!
- **Ice Cream Social:** Grab your bike/skateboard/scooter etc. and head over to the Woodborough Park Skate Park for a free Ice cream! August 14, 6:00 to 8:00 pm.
- **Movie in the Park:** Join us on August 23 at the community centre. Activities start at 8:00 pm, and the movie—*A Minecraft Movie*—begins at 8:45 pm. Bring your lawn chairs, blankets, and snacks for a fun evening under the stars! Popcorn and drinks will be available to purchase.
- **Woodcreek Seniors' Coffee Mornings:** Join us at the community hall on the first and third Tuesdays of the month (August 5 and 19) from 9:30 to 11:30 am. Come, have a coffee, and see what the group can offer. We welcome all seniors to our group.
- **Board Meeting:** While the next official board meeting is scheduled for September 9, feel free to reach out if you'd like to get involved or have something to add to the agenda.

KPMG is conducting surveys about the effectiveness of the whole Calgary Engagement process. This has been on the minds of Calgarians recently. If you want to give feedback to KPMG, you can get more information and complete a survey here: [engage.calgary.ca/engagementreview](https://engage.calgary.ca/engagementreview). The survey is open until August 22. There was an open house on July 8, which Linda and Keith attended. They were the only people there for two hours, so there was a really good conversation. There is another open house in our hall on August 25 from 5:30 to 8:00 pm. If you have concerns about the process or ideas for improvement, we urge you to attend.

The Good Food box order deadline is August 11 for August 20 pickup, and then September 8 for a September 17 pickup. It's easy to donate a food box to the pantry.

Stay cool, stay connected, and enjoy the rest of your summer!

*Keith and Jen*

President and 1st VP

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## Trees In Our community

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 areas where residents of Woodbine and Woodlands can assist to improve our tree canopy:

1. 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 misshaped bush. You can report trees with suckers or stray branches so the city can direct contractors to improve our neighbourhood.
2. Dead Trees - Please wait to report dead trees until you are sure they are dead to avoid misreporting healthy trees. If a dead tree poses a safety risk, call 3-1-1 instead of using the app or website.
3. Tree Damage - If the tree damage poses a public safety risk, please call 3-1-1 instead of using the app. This approach ensures that the Urban Forestry team is alerted immediately.
4. Concerned about missing trees and if they will be replaced? Please do not submit 3-1-1 service requests for trees that have been removed. The planting team is aware of these trees and will do their best to plant a replacement tree. Please note: it is not always possible to plant in the same location.

## Stampede Breakfast 2025 - What a Success!

A huge thank you to this year's sponsors:

- Woodbine Safeway
- Shoppers Drug Mart - Woodbine
- Gateway Victory Church
- Braeside Auto Pro/Tirecraft
- Hull Services
- Christine Versnick
- Nicole Matheson
- Pur & Simple Buffalo Run
- The Carriage House Inn
- Woodbine Optometry
- Woodlands Dental
- Co-Op Oakridge
- The Apple Lady

Special thanks to The Turbines for entertaining the crowd and getting us up dancing. After many years of supporting our event, this will be The Turbines last year—we will miss them! Hats off to Carole Davis, our amazing coordinator, and the wonderful group of volunteers who arrived early to ensure over 1,000 people were able to enjoy breakfast. A great time was had by all!

See you in 2026!





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## WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors' meetings will resume on August 5, 2025. The Woodcreek Seniors' meetings are scheduled for the first and third Tuesday of each month, and meetings begin at 9:30 am. We are extending an invitation to seniors in the community to attend one of our meetings. Come, meet us, have a coffee, and see what the group can offer. We welcome all seniors to our group.

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

- August 5 - Meeting and Bingo
- August 12 - Meet for breakfast at 9:30 am. Location TBA
- August 19 - Meeting and Speaker
- August 21 - Bus trip to Bragg Creek
- September 27 - Annual Community Garage Sale
- September 30 - Lunch Bunch. Location TBA

For further information, please contact Anne, Chairperson, at 403-238-1611 or email [akbund954@gmail.com](mailto:akbund954@gmail.com), or Sandy, Vice-Chair at [woodcreekseniors826@gmail.com](mailto:woodcreekseniors826@gmail.com).

### Other Weekly Senior Programs Are:

- **Knitting and Crochet Group** - Meets on Monday at 1:00 pm. For further information, contact [missuskeating@gmail.com](mailto:missuskeating@gmail.com).
- **Bridge** - Meets on Tuesday at 1:00 pm. For further information, contact [kenbarrie@gmail.com](mailto:kenbarrie@gmail.com).



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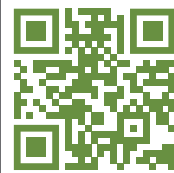
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[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



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



# ICE CREAM *Social*

Thursday, August 14  
6 - 8 PM

**Woodborough Skate Park**

36 Woodborough Road SW

Bring your skateboards,  
scooters, rollerblades or bikes!

RSVP: [www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)  
(Click Event Registration)



# Lake Windermere

by Garth Paul Ukrainetz

Through the Valley of Columbia  
Ribbon blue flows from her hair  
To her west the Purcell Mountains  
On her eastside Rockies flair

Lovely lake, a charming daughter  
Princess Windermere her name  
Children playing, laughing water  
Cooling heatwave summer game

Golden sunrise, glowing sunset  
Alpine peaks tiara high  
Fair her mirror of the valley  
Gazing midnight starry sky

Gentle waves from glistened water  
Holding sunshine near and dear  
Captivating is the feeling  
Princess true, Lake Windermere

## Participating Businesses

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

A Cut Above Lawn and Yard Services  
Accent Tile & Stone LTD  
Barron Electric  
CottageCare Calgary South  
DB Design Studio  
Faith Homecare and Supported Living  
Financial Fitness Paradigm  
Hailey's Paradise Nails & Spa - NEW LOCATION  
Kathy Thirsk - Realtor  
Lisa Laughton - Realtor  
Mann Bike Cave  
Play Makers Preschool  
Pur & Simple - Buffalo Run  
Shoppers Drug Mart – Woodbine  
SPA AQUA PRIMA  
Sylvan Learning of Mid-South Calgary  
Terrin Daemen - Realtor  
The Canadian Eatery  
Vanshaw Academy of Irish Dance  
Woodbine Chiropractic & Massage  
Woodbine Dental  
Woodbine Optometry  
Woodbine Safeway  
Woodlands Medical Clinic

**9 PM**  
**ROUTINE**

CALGARY  
POLICE  
SERVICE

### ☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



# Join the Youth Summer Book Club!

**Between the ages of 12-17?  
Do you enjoy reading? This club is for you!**

*Join Our Non-Traditional Youth Book Club!*

*No assigned reading. No pressure. Bring  
whatever you're currently reading and join  
other teens in fun, relaxed discussions about  
your favorite characters,  
plot twists, and storylines this summer!*



**Intrested? Come join us on  
Thursday, August 14 & 28  
from 2:30 to 3:30pm at the  
Woodcreek Community Association!**



# Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

### Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

### Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



# MOVIE IN THE PARK

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



**SATURDAY, AUGUST 23**

1991 Woodview Drive

kids activities start at 8:00 pm

movie starts at 8:45 pm

★ **A MINECRAFT MOVIE** ★

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Popcorn and water 50¢ each - proceeds will  
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**PLEASE RSVP to: [cversnick21@gmail.com](mailto:cversnick21@gmail.com)**

## 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  
Jade Howkins  
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

### **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  
Outdoors

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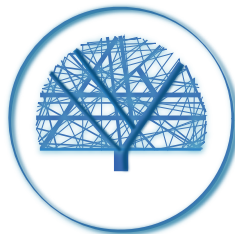
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Code	Treatment Description	ADA&C Fee Guide Pricing	Willow Park Dental's Pricing
01103	New Patient Exam	\$137.65	<b>\$137.65</b>
02144	4 Bitewing X-Rays	\$105.38	<b>\$105.38</b>
02113	3 PA X-Rays	\$81.35	<b>\$81.35</b>
02601	Panoramic X-Ray	\$106.61	<b>\$106.61</b>
11113	3 Units Scaling	\$250.53	<b>\$250.53</b>
11101	Polishing	\$74.40	<b>\$74.40</b>
12112	Fluoride Treatment	\$36.05	<b>\$36.05</b>

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Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.



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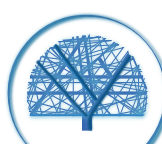
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All services performed  
by a general dentist



## 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.

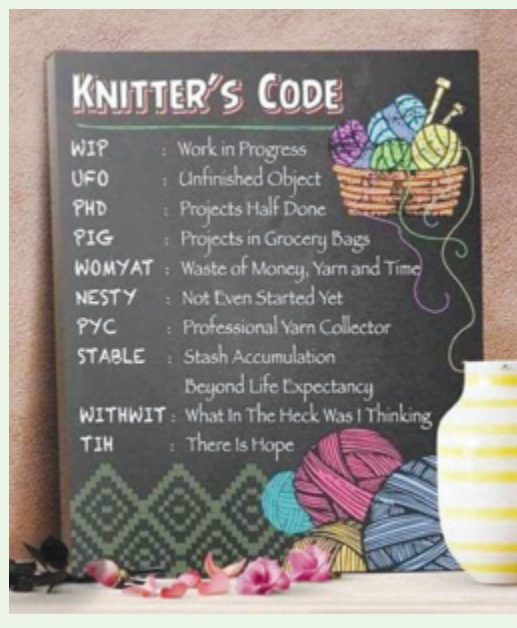
Orders are placed monthly through the Woodcreek Community Association office and can be made in person, over the phone, or online. Payment is due at the time of ordering and no refunds can be issued. If you would like to donate a Good Food Box to our community pantry, please select 'donate a box' when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

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
August 11	August 20
September 8	September 17
September 29	October 8

## Knitting Group

Come join us with your own knitting/crochet skills and enjoy time spent with like-minded people. To join, we only require your enthusiasm and a Woodcreek Membership. The Knitting Group meets on Mondays between 1:00 and 3:00 pm at the Woodcreek Community Centre in the Board Room.

We continue to look for unused knitting and crochet yarn and wool. Donations can be left at the WCA office, Monday to Friday between 1:00 and 4:00 pm. Please do not leave donation bags outside the WCA door.



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# GARDENING CLUB



THIRD SATURDAY OF THE MONTH  
10:00 AM - NOON



*Whether you're a seasoned gardener or just starting out, we invite you to join us for good conversation and friendship through gardening!*

For more information email Ross at [gardener@woodcreekcommunity.ca](mailto:gardener@woodcreekcommunity.ca)

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# Weekly farm stands

Support local [calgary.ca/localfood](https://calgary.ca/localfood)

**Fridays 2:30-5:30pm**

Woodlands: Woodcreek Community Association  
1991 Woodview Dr SW

In partnership with The City of Calgary and WCA,  
**Tetzlaff Family Farm** is running a farm stand in our community.  
Get some fresh produce grown less than 40km from home!



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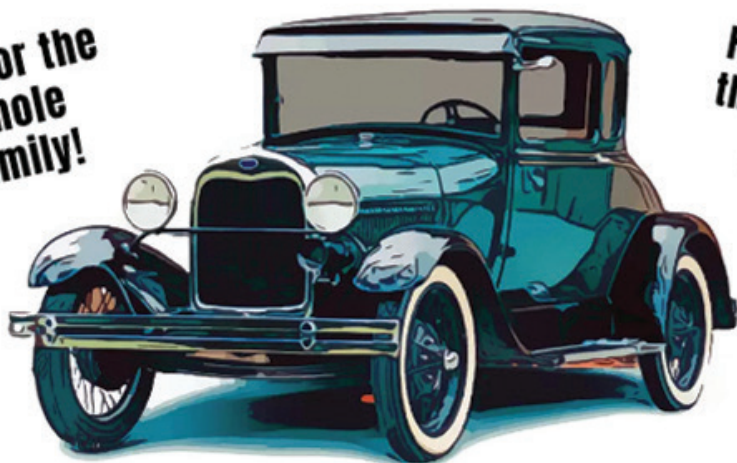
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Funding received from The City of Calgary Arts and Culture Microgrant

**1991 Woodview Dr. SW | [wca@woodcreekcommunity.ca](mailto:wca@woodcreekcommunity.ca)**

### Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the

home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

#### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

#### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

#### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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### HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.





# Annual Garage



**Saturday, September 27**

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

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

**Drop off donations only Friday September 26 between 4:00 - 7:00 pm**  
**Please ensure all donations are in good working order**

**\*\*Please NO mattresses, large furniture, large appliances, auto parts, stuffed toys, 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!**

# The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



**In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:**

**Call the employer's call centre (or visit their stores, branches, dealerships, etc.)**

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

## Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

## Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.



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# Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

## How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

## Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

## Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: [krs.ahs.ca/patients/evaluatingohi](https://krs.ahs.ca/patients/evaluatingohi).

# Calling All



The Woodcreek Community Association (WCA) is now accepting applications for the 15th Annual Fall Craft Sale on Saturday, November 8, 2025. Sale hours are 9:00 am to 3:00pm. We're looking for a variety of vendors with handmade and unique crafts for the sale.

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

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



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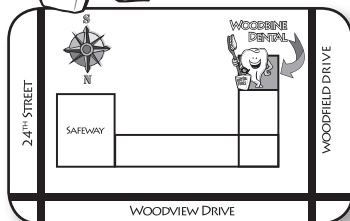
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**MANN BIKE CAVE:** Welcome to 2025 and a new season of bicycle services at Mann Bike Cave. Full comprehensive tune-ups will remain at last year's prices for the spring and summer season. Please phone or text me at 403-620-3036 or check out [mannbikecave.com](http://mannbikecave.com).

**SNOW REMOVAL:** 9 years of reliable residential snow removal service. We clear your snow once a day, as many days necessary, each month from October to April for a flat monthly rate. Prices start at \$120 per month. Please contact John for a quote today. 403-667-7929 or [Lawnjohnsyc@gmail.com](mailto:Lawnjohnsyc@gmail.com). Licensed and Insured.

**MAKO WATERPOLO IS LOOKING TO GROW!** Join our fun, safe, and exciting club! Our certified coaches teach swim safety while building skills, confidence and teamwork. Great atmosphere, a fast-paced season and unbeatable value. No experience needed — just a love for water and fun! Boys and Girls teams, ages 6-17. Registration opens in August! [www.makowaterpolo.com](http://www.makowaterpolo.com).

**MUSTIQUE PAINTING LTD:** Are you looking for a committed top-quality painter who is professional and offers fair and reasonable prices? Well, look no further! Contact 587-225-2225 or [mustiquepainting@gmail.com](mailto:mustiquepainting@gmail.com) for your free estimate. Customer satisfaction guaranteed! Don't settle for less than the best, you won't regret it, call now.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. [www.perfectionpruning.com](http://www.perfectionpruning.com).

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*continued on next page*

# BUSINESS CLASSIFIEDS

## continued

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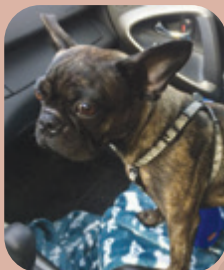


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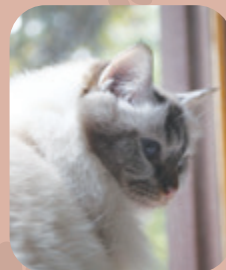
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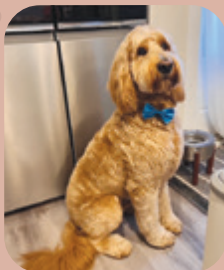
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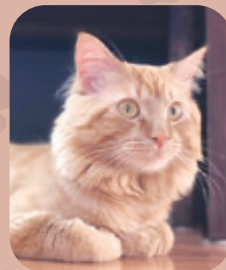
Bugsy, Dalhousie



Ella, Mount Royal



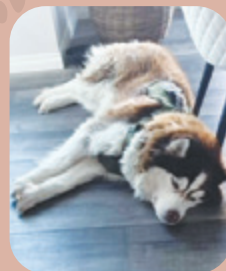
Mac, Evanston



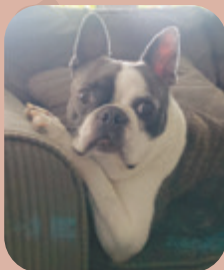
Mango, Evanston



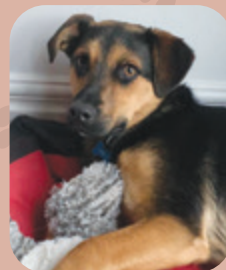
Mick and Turd,  
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