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	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
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

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
December 24	2	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
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

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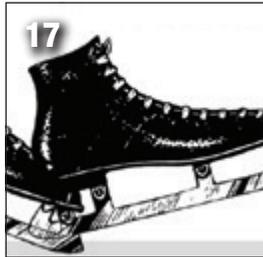


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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WOODBINE



WOODLANDS



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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.

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President	Keith Cartmell
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Director at Large	Kathy Thirsk

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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

Get involved! Make a difference!

Upcoming 2025 Meeting Dates:

- March 4
- May 6
- June 3
- September 9
- November 4

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




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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.

EXECUTIVE MESSAGE



As I write this, we are just heading into our first board meeting since our AGM. I'm looking forward to working with our new and returning directors.

There are several initiatives under way. The community betterment will need a number of volunteers to expand. If you're interested, please contact us at president@woodcreekcommunity.ca.

We have a new book club getting started. They meet at 7:00 pm on the last Wednesday of the month. There is a Punk Rock Skate event on February 22 from 1:00 to 3:00 pm, assuming the ice is still good. The Good Food Box program is continuing, with ordering deadlines of February 17 and March 10, for pickup February 26, and March 19.

The board will meet six times over 2025, on the following dates:

- January 14
- March 4
- May 6
- June 3
- September 9
- November 4

The 2025 AGM will be held on November 25 with a social to follow.

All meetings start at 7:15 pm at our Community Association Hall, 1991 Woodview Dr SW.

As always, community members are welcome to attend all meetings. Please contact the office to be added to the agenda.

Keith and Jen

President and 1st VP

Joke of the Month



Why aren't dogs good dancers?

They have two left feet.

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February 22	Punk Rock Skate
February 26	Book Club
March 4	Board Meeting
April 12	Easter Egg Hunt

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Community Office Hours

Monday to Friday:
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Community Office Staff

Facility Manager Sue Larson
Office Administrator Erin Lackie

Phone: 403-238-1611
Address: 1991 Woodview Drive SW
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- 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
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- Supply & install new Delta vanity tops
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Celebrate Calgary 150 - Life on the Prairies

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

Ancient hunter-gatherers entered Alberta through ice-free corridors. They encountered hot springs, like Cave and Basin National Historic Site.

The earliest habitation sites contain fluted projectile points called arrowheads. Wally's Beach on St. Mary Reservoir contains evidence of point production for hunting.

At Writing-on-Stone Provincial Park, Indigenous peoples carved the Great Plains' greatest concentration of rock art. The shapes, people, and animals show the site's sacredness, where spiritual guidance is sought.

At Head-Smashed-In Buffalo Jump World Heritage Site, herds were steered over a precipice, providing plentiful food and material for daily life.

Calgary was an important stop on the seasonal round following buffalo herds because prairie meets foothills along several river valleys, including the Bow's confluence with Mohkinstsis ("elbow"). There's a buffalo jump at Paskapoo Slopes and stone circles on Nose Hill.

Calgary's region is home to many First Nations. Westward is Tsuut'ina Nation, who share culture and language with the Dene Nation.

Further west lies Stoney Nakoda Nation, comprising the Bearspaw, Chiniki, and Goodstoney. The name "stoney" is from Europeans observing cooking with stones.

East of Calgary is Siksiká ("black foot") Nation, part of the Blackfoot Confederacy. The Blackfoot are linked through historical ties, culture, and language.

South of Lethbridge is Kainai Nation. Part of the Blackfoot Confederacy, it's also known as the Blood Tribe because Cree-speaking foes called them Mihkowiyniw ("blood stained").

Further west is Pi'ikanni Nation, members of the Blackfoot Confederacy with a long history connected to Blackfeet Reservation in Montana.

Calgary is also located in Métis Nation District 5 and 6. Indigenous women and the European men working for fur-trading companies founded the Métis.

Europeans' arrival began on the rivers with French fur traders, les voyageurs. Hudson's Bay Company established fur trading posts and sent explorers in the prairies, like Anthony Henday in 1754. A rival, the North West Company, sent David Thompson to find the Pacific Ocean.

Peter Fidler of HBC reached the Rocky Mountains in 1792 and developed maps with information from Siksiká Chief Old Swan.

These interactions between First Nations, Métis, and fur traders changed our region. Visit CHI's website for more details.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XK3NB7?WS=SearchResults>. "Cave and Basin swimming pool, Banff, Alberta.", 1931, (CU1227965) by Devereux, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



https://commons.wikimedia.org/wiki/File:Writing_on_stone990.jpg. Áísinaí'pi National Historic Site of Canada - rock carvings, 2011. Photo by Matthias Süßen, via Creative Commons Attribution-Share Alike 3.0 Unported license.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OTODFM>. "Head Smashed In Buffalo Jump, West of Fort Macleod, Alberta.", 1912-08-24, (CU1115706) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Doctor Oliver Cromwell Edwards, centre.

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[https://commons.wikimedia.org/wiki/File:Calgary_stampede_2016_\(28129873101\).jpg](https://commons.wikimedia.org/wiki/File:Calgary_stampede_2016_(28129873101).jpg). Elbow River Camp at the Calgary Stampede, 9 July 2016. Photo by jasonwoodhead23, via Creative Commons Attribution 2.0 Generic license.



[https://commons.wikimedia.org/wiki/File:Chiniki_cultural_centre_Alberta_Canada_\(39289733291\).jpg](https://commons.wikimedia.org/wiki/File:Chiniki_cultural_centre_Alberta_Canada_(39289733291).jpg). Chiniki Cultural Centre, 2017. Photo by davebloggs007, via Creative Commons Attribution 2.0 Generic license.



https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OOXEJR?W_S=SearchResults. "Metis family, southern Alberta.", 1890, (CU187384) by Mather, T. H. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



[https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_\(28288283940\).jpg](https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_(28288283940).jpg). Peter Fidler statue, Elk Point, Alberta, 2016. Photo by Jonathan Koch, via Creative Commons Attribution 2.0 Generic license.

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Queen B's Grammy Reign

With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

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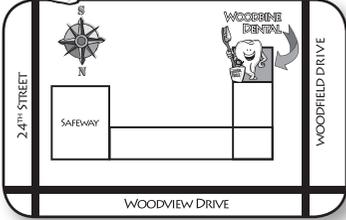
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Christine Tao
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Therapeutic Yoga for Hips, Shoulders, and Back

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

Visit our website for more information.

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



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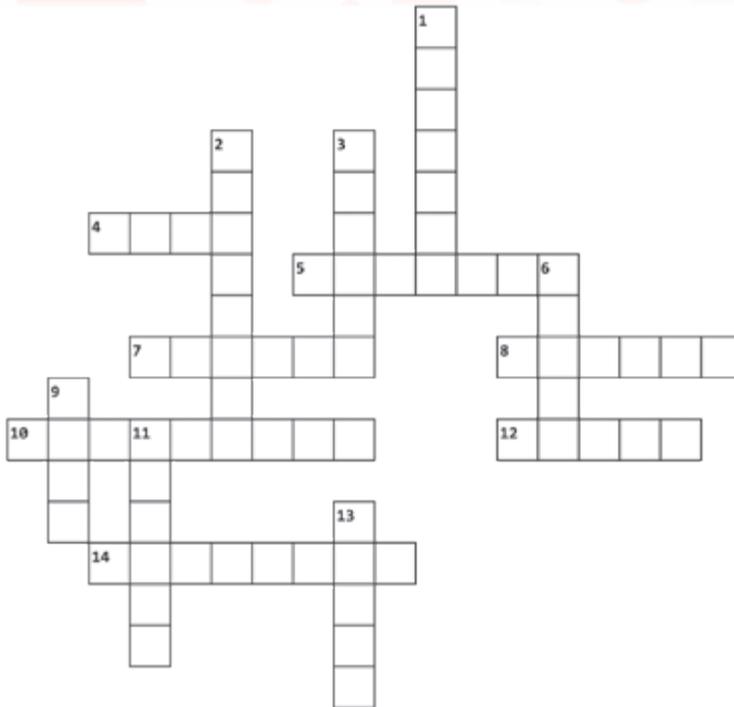
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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





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Community Association
Serving the Communities of Woodbine and Woodlands

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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)
February 17	February 26
March 10	March 19
March 31	April 9

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How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



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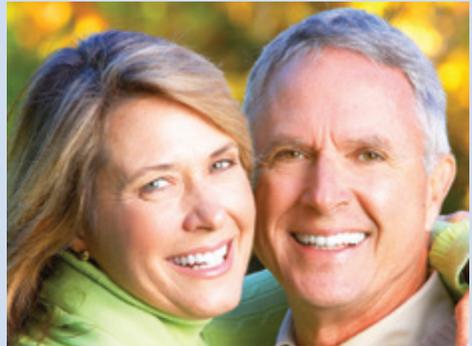
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Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

February Snow

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

February snow can't miss your falling
Always sure to drift my way
Cling to pant legs, holding tightly
Begging me to come and play

Slide upon a long toboggan
Skate across a pond of ice
Downhill ski on powdered mountain
Friendly little snowball fight

February snow I know you're lonely
This time of year I feel it too
Maybe we should get together
Wintertime is over soon

Glide along the trails cross country
Snowshoe thru the meadows white
Snowmen build in brightest sunshine
Angels make on moonlit night



Woodcreek Book Club

Join the Woodcreek Book Club and meet fellow members of the Woodcreek community! We'll be hosting in-person book club meetups on the last Wednesday of each month at the Woodcreek Community Association Hall to discuss the book of the month.

Our February book pick is *Beautiful World, Where Are You* by Sally Rooney.

Our monthly book club dates will be on Wednesdays, February 26, March 26, April 30, May 28, and June 25. Attend some or all - we'd love to have you!

Register for the February Book Club Meet-Up:

Date: Wednesday, February 26, 2025

Time: 7:00 pm

Where: 1991 Woodview Drive SW, Calgary

Cost: Free

Register at woodcreekcommunity.ca

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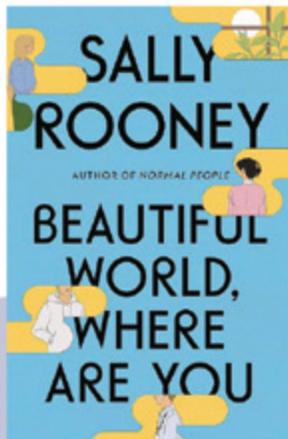
WOODCREEK BOOK CLUB

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Join us on the last Wednesday of each month to discuss the book of the month & meet new people in the community!

OUR FEBRUARY BOOK PICK:

Beautiful World, Where Are You
by Sally Rooney



REGISTER AT:

www.woodcreekcommunity.ca

COST:

Free for WCA members & non-members.

Contact wca@woodcreekcommunity.ca or (403)238-1611 for more info.



Carolyn's Corner: Cut Above the Rest - Expert Pruning Strategies for Large Trees

by TJ Yurko

Tree care is a holistic practice that is part art, part science, and all about the intricate balance between nature versus nurture. Pruning achieves this balance by improving tree health, aesthetics, and safety. By understanding how to achieve this balance, you can keep your trees standing tall for many years to come.

Big Trees, Big Responsibility

Pruning techniques vary based on a tree's age, size, and species. Young tree pruning focuses on developing a strong framework by creating good structure. As trees grow and mature, pruning shifts toward maintaining health and safety. Tree size proportionately affects pruning complexity, with larger trees requiring know-how of chainsaws, ropes, climbing, rigging, and aerial lifts. Tree species also influences pruning response and compartmentalization. Therefore, researching and personalizing a maintenance plan for your tree ultimately helps promote its long-term health and vitality.

Making the Cut

Proper pruning technique is key. Improper pruning cuts cause stress, decline, and even death, so don't bark up the wrong tree with bad pruning habits. Instead, follow these guidelines for proper pruning cuts every time:

- Define pruning objectives.
- Preserve the tree's natural shape.
- Remove dead, damaged, and diseased branches.
- Reduce overextending branches.
- Avoid removing > 25% of the canopy.
- Avoid pruning oversized branches (> 4" diameter).
- Apply the three-cut method for larger branches.
- Make the final cut just outside of the branch collar.
- Use clean, disinfected tools.



Safety First

Safety is paramount when pruning large trees, so use basic safety considerations to prevent accidents and injury:

- Follow ANSI Z133 Safety Requirements.
- Wear CSA-approved personal protective equipment and fall-protection systems.
- Inspect and maintain equipment regularly.
- Ensure work area is clear of hazards.

Pruning is a skilled task that requires exceptional knowledge and precision. When in doubt, consult with a professional arborist to ensure your trees receive the best care possible.



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 Woodlands Medical Clinic

WOODCREEK SENIOR MOMENTS

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.

- February 4, 2025 - Meeting. Bingo
- February 18, 2025 - Meeting. Entertainment TBA
- March 4, 2025 - Meeting. Fun game TBA

For further information, please contact Anne, Chairperson, at 403-238-1611 or email akbund954@gmail.com, or Sandy, Vice-Chair at 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.
- **Bridge** - Meets on Tuesday at 1:00 pm. For further information, contact kenbarrie@gmail.com.

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	1					6		
		3						4
4		5		1	9			
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Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	• Light, pale white	• Always burns, never tans
High	• White, fair	• Usually burns, tans with difficulty
Medium	• Medium, white to olive	• Sometimes mild burn, gradually tans to olive
Medium	• Olive, moderate brown	• Rarely burns, tans with ease to moderate brown
Low	• Brown, dark brown	• Very rarely burns, tans very easily
Low	• Black, very dark brown to black	• Almost never sunburn, tans very easily



Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting <https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/>.

Learn more about skin cancer screening and skin self-exam:

- <https://www.canadianskincancerfoundation.com/early-detection/skin-check/>
- <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=skc1179>



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GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



Help Shape the Future of Calgary's Transit: MAX Purple East Extension Functional Planning Study

by *The City of Calgary*

We're excited to expand the MAX Purple bus rapid transit (BRT) further east, improving transit for communities along 17 Avenue SE and connecting to Belvedere. This extension will create a faster, easier, and more reliable way to travel.

What Is Changing?

The MAX Purple East Extension will enhance your daily commute with:

- Faster, more reliable service with dedicated bus lanes and signal priority.
- Better connections between communities like Inglewood, International Avenue, and East Hills.

- Plans for future growth, with potential service extensions reaching Chestermere and other key destinations.

Get Involved - We Want Your Feedback

Your input is crucial to creating a transit solution that meets the needs of you and your community.

Here is how you can participate:

- Online feedback: Share your thoughts at engage.calgary.ca/MaxPurple from February 10 to March 3.
- Pop-up events: Join us for in-person consultations at local events near the 17 Avenue corridor.
- Stay Connected: Sign up for our newsletter for project updates.

Your feedback will directly shape the future of the MAX Purple East Extension. Don't miss this exciting opportunity to be part of Calgary's evolving transit network.

For more information visit engage.calgary.ca/MaxPurple or email engage@calgary.ca.

Together, we can create a better, more connected Calgary.



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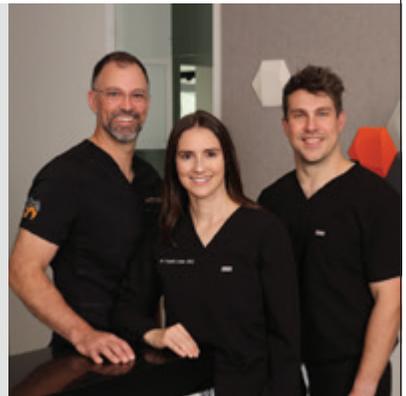
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