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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
December 23	0	2	\$394,950	\$394,700

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
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
December 23	5	4	\$582,500	\$560,000

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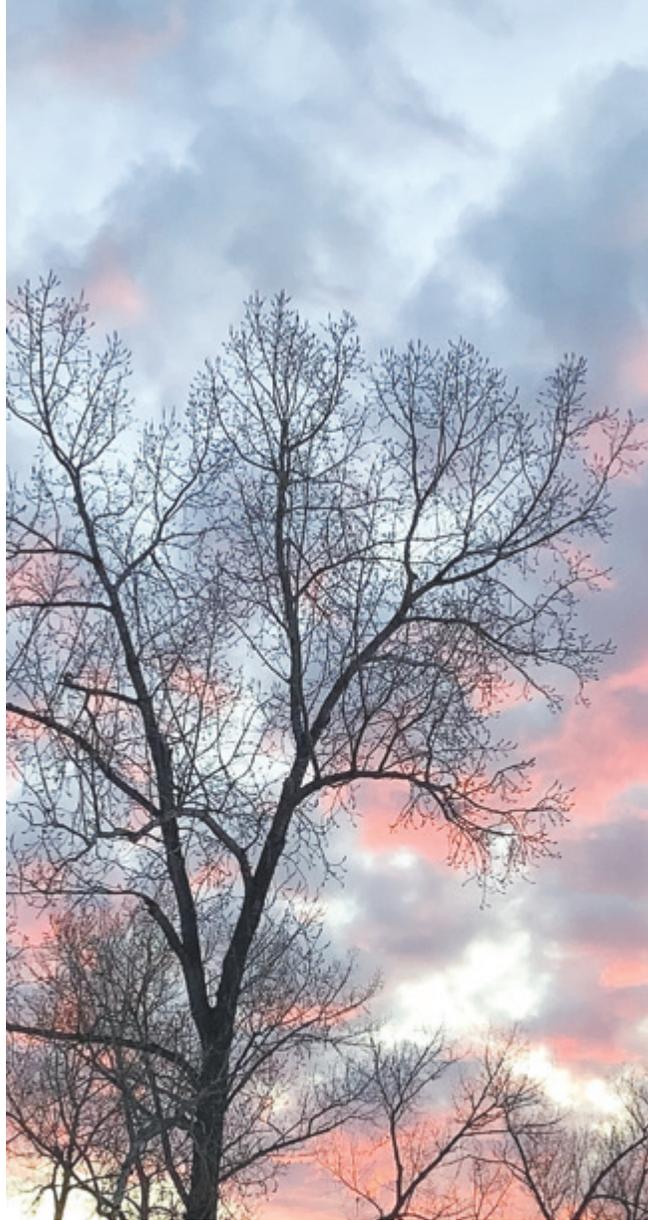
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WOODBINE



WOODLANDS



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.

BOARD POSITION	
President	Keith Cartmell
First Vice-President	Jennifer Hogg
Second Vice-President	Simone Bourque
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
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
Director at Large	Joshua Heuberger

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

Get involved! Make a difference!

Upcoming 2025 Meeting Dates:

- January 14
- March 4
- May 6
- June 3
- 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.

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: \$15,679

SALE **\$11,679**
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
- Tile 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

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Community Office Hours

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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



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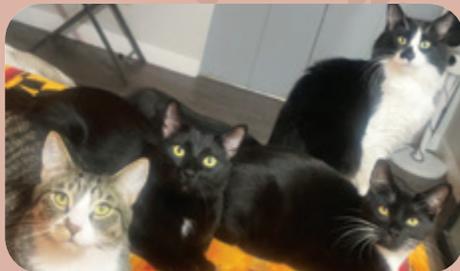
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Luka, Kiba, Shinji, and Von, *Shawnessy*

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EXECUTIVE MESSAGE



Hello Woodcreek, welcome to January.

Our AGM at the end of November went well. I'd like to thank our outgoing board members for their contributions, Andrew Clarke and Stephanie Lengsfeld. I'd also like to introduce you to our new board members.

- Simone Bourque is our 2nd VP.
- Ayesha Shaikh is our Casino Coordinator.
- Josh Heuberger and Kathy Thirsk are new directors.
- Scott Eden (a former president), Tom Ward, and Andre Ortiz returned as directors.

Dates for the 2025 board meetings are listed elsewhere in the *Chronicle*. We're looking forward to another active year!

In casino news, we received \$84,862 from our recent casino. Thank you to all the volunteers that made it a success. Our next one is scheduled for the second Quarter of 2026. The community association is in excellent financial condition. We will continue to work with the City in light of the recent changes to municipal grant funding, but we may need to pay for some repairs and renovations ourselves.

The postal strike is still going as I write this, so some of you probably didn't receive the December *Chronicle*, and who knows when you're actually reading this one. We have publication deadlines, but other than that, we have no control over when the *Chronicle* is printed, or when it gets delivered. What we do have control over is our e-version of the *Chronicle*. You can view a copy of it on our website, woodcreekcommunity.ca, and you can sign up to get it emailed to you. This is a great way to stay informed about what is going on in your community.

We are moving forward with our Community Betterment program. We've had one meeting already and are looking for more volunteers to act as points of contact for their immediate neighbours. If you'd like to get involved, or just find out more information, we will be hosting a meeting on January 15 at 7:15 pm in room 11 at the community hall.

The Good Food box program is continuing, with ordering deadlines of January 20, February 17, and March 10, for pickup January 29, February 26, and March 19.

Keith and Jen

Mark Your Calendar! Upcoming Events

January 14	Board Meeting
January 25	Moonlight Skate
January 29	Book Club
February 22	Punk Rock Skate



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How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

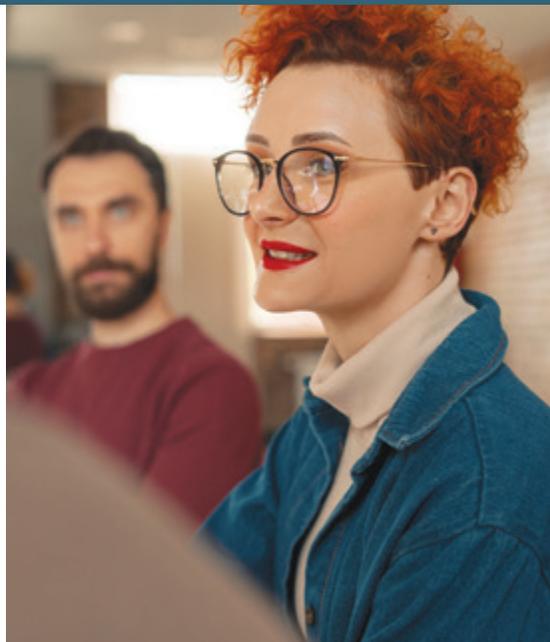
6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.





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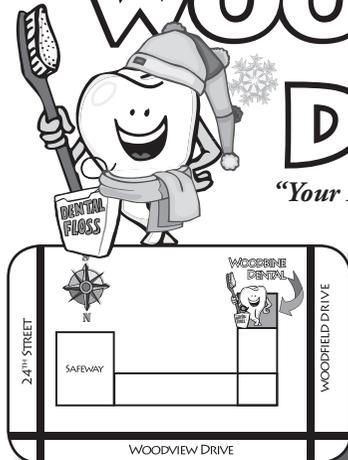
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Woodbine Playground Updates

This summer we completed an initial round of engagement to shape the direction of two playgrounds in the community of Woodbine. Based on the feedback we collected from community members and interest holders; we have developed a new plan of action to upgrade and enhance these parks and playgrounds.

Learn more about the feedback we have gathered so far within the 'What We Heard Report' by visiting engage.calgary.ca/PLWBN or scanning the QR code.

The playground at 49 Woodmark Cr SW (WBN427) will remain as-is and will not be changed.

The playground at 12 Woodglen Close SW (WBN325) has reached the end of its lifecycle and the equipment will be removed and replaced with new playground equipment.

We heard from you that swings and slides are important, and we will work to incorporate this feedback into the new playground design.

The playground at 40 Woodglen RD SW (WBD426) is at the end of its lifecycle and is open for engagement. This site will be reimagined to better serve the community. What elements and amenities would you like to see within this reimagined space?

Play features such as games tables, ball toss, or tether ball, or defined areas to gather such as picnic tables or other seating options?

Please note that the information we gather in this process is not to be considered a vote, but rather helps us better understand and meet the needs of the community as we work to create balanced greenspaces.



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Judo

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Seniors' Bridge/Cards

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403-281-5556

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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

Storytime Family Yoga

Tara and Tracy
www.playmakerscalgary.com/yoga

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
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Puppet Master



What do Yoda, Cookie Monster, and Miss Piggy have in common?

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a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.

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 January book pick is *The Most Wonderful Crime of the Year* by Ally Carter and our February book pick is *Beautiful World, Where Are You* by Sally Rooney.

Our monthly book club dates will be on Wednesdays, January 29, February 26, March 26, April 30, May 28, and June 25. Attend some or all - we'd love to have you!

Register for the January Book Club Meet-Up:

Date: Wednesday, January 29, 2025

Time: 7:00 pm

Where: 1991 Woodview Drive SW, Calgary

Cost: Free

Register here: forms.gle/TsBoigQrtMYpNCF47



WEST PEAKS DENTAL SUITE

Dr. Crystal Cobb is Joining the West Peaks Dental Team!

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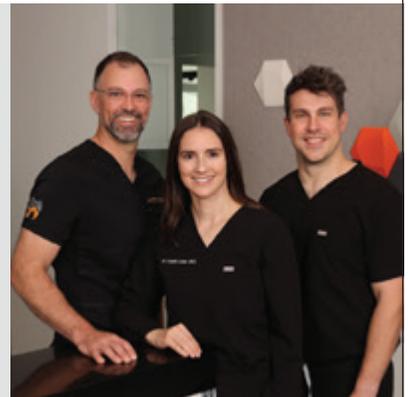
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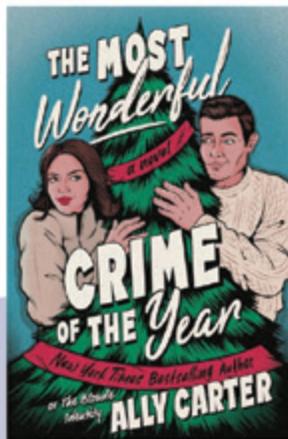
WOODCREEK BOOK CLUB

JAN 29, 2025 · 7:00 PM · 1991 WOODVIEW DR SW

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

OUR JANUARY BOOK PICK:

The Most Wonderful Crime of the Year
by Ally Carter



**SCAN THE CODE &
REGISTER TO JOIN :**



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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
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- 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)
January 20	January 29
February 17	February 26
March 10	March 19



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www.summitplumbing.ca

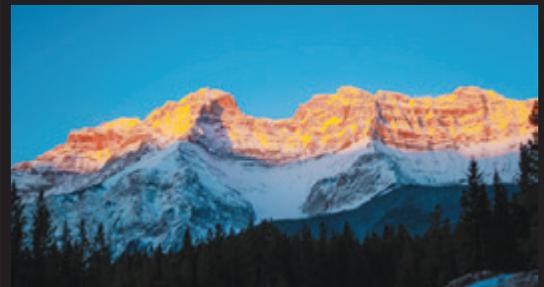
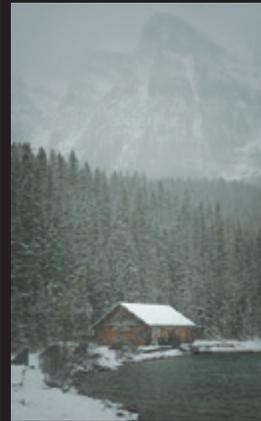
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by Jirapan Nilmanee (Mik)



WOODCREEK SENIOR MOMENTS

Woodcreek Seniors held their annual Christmas Luncheon on December 10, 2024, at the Carriage House Inn. The 46 in attendance enjoyed the buffet and activities. Three guests were in attendance – Dan McLean Ward 13 Councilor; Patrick Poilievre, Community Liasson with Councilor McLean; and Marlene Danylenko, WCA staff. Councilor McLean presented his donated gift certificates for four local restaurants.

The Woodcreek Knitting group donated two afghans for the fundraising raffle. The other raffle items were a birch back scratcher from a craft sale vendor, a tree box of Belgian chocolates, and a Ghirdelli gift set with hot chocolate and cups. Gift certificates were awarded to three members in appreciation for their contributions during the year – Gloria Hughes, and Al and Anne Kostynuik. The knitting group made a presentation of \$450 to the Seniors group, and \$450 to the Woodcreek Scouts. Thanks to all members who have volunteered and supported the group in the past year.

Special thanks go to the following community members and businesses for their donations for the door prizes at the luncheon: Dan McLean Ward 13 Councilor; Nagwan Al-Guneid, MLA Calgary Glenmore; Carriage House; Shoppers Drug Mart; Oakridge Co-op; Woodbine Safeway; Tim Horton's – Woodbine and Braeside; and Canadian Eatery. The Woodcreek Seniors greatly appreciate the continued support from these donors.

The Woodcreek Seniors' meetings are resuming on January 21, 2025. Then, the meeting schedule returns to 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.

- January 21, 2025 - Meeting
- February 4, 2025 - Meeting

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 Monday at 1:00 pm. Resumes January 13, 2025. Contact missuskeating@gmail.com.
- **Bridge** - Meets on Tuesday at 1:00 pm. Meetings resume on January 7, 2025. Contact kenbarrie@gmail.com.



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Proposed Crossing Visibility Improvements – Woodfield Road at Woodpark Boulevard SW

After analyzing some visibility issues with the crossings at the intersection of Woodfield Road at Woodpark Boulevard SW (especially for pedestrians crossing Woodpark Boulevard SW), the City Mobility Department has proposed the following improvements to help make the crossings at this intersection safer for pedestrians:

Curb extensions on the south leg that would shorten the crossing distance for pedestrians. This will also involve moving the pedestrian sign on the newly installed curbs to improve the visibility. These curbs will also prohibit parking too close to the crosswalk.

On the west side, only one curb has been used on either side of the crosswalk to allow vehicles to stop in front of the mailbox while making sure that they can't park too close to the crosswalk.

Curb extension on the SE corner will include a portion of the southmost lane of Woodpark Bv that would force right turn movements from Woodfield Road to the northernmost lane. This curb extension has multiple benefits such as: reduced crossing distance for the pedestrians for both E-W and N-S directions, reduced turning speed of vehicles, and increased sightlines resulting in the increased visibility of pedestrians.

As there is a bus stop east of this intersection, turning templates must be checked as part of the design to make sure that bus operations will not be negatively impacted.



Before implementing the above improvements, the Mobility Department wanted to share these plans with the community to gauge support for these proposed changes as the changes will result in a partial lane closure for vehicles headed East on Woodpark Boulevard (South lane will be closed for a short stretch at the West end of Woodpark Boulevard).

Please feel free to share any feedback you have on these proposed changes with the Ward 13 Office by email at clward13@calgary.ca and we will be sure to share this feedback with the City Mobility Department to ensure this feedback is taken under consideration before any changes are implemented.

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
- 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
- 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

COMMUNITY BETTERMENT

Dear Woodcreek Neighbours,

Thank you for your interest in making Woodbine and Woodlands a better place to live! This is how positive change happens. People with ideas and motivation get together to make things happen.

Our next Community Betterment (CB) meeting is scheduled for:

Wednesday, January 15, 2025, at 7:15 pm

Woodcreek Community Association - Room 11

1991 Woodview Drive SW

Please spread the word to interested neighbours. We will also be advertising on the Woodcreek Community Association (WCA) website and via Facebook. We are hoping to exceed our attendance number from the first meeting.

At its core, our CB Initiative is about helping people get to know and build trust with their neighbours. As familiarity and trust increases amongst neighbours, the next step in the CB evolution is sharing contact information and establishing a group communication platform. See CB Initiative Backgrounder.

At the first CB meeting on October 21, we heard other ideas as well. For those interested in enhancing the tree canopy along our medians and boulevards, David Varga, a fellow WCA board member is leading our tree planting efforts with the City of Calgary. Feel free to reach out directly to David if that is an area of interest. We will also make time at the next meeting to address other exciting CB areas of interest such as median, boulevard, park, and green space maintenance, enhancement, clean ups, etc., and are looking for leaders to take this on in parallel to the tree work David is leading.

This second CB meeting will be more formally structured than the first meeting in anticipation of larger attendance and the desire for tangible takeaways and a coordinated action plan.

Please don't hesitate to reach out by email or telephone to discuss your ideas, suggestions, and any questions you may have prior to the January 15 meeting. Please RSVP no later than January 8.

Cheers,

Don Lauweryssen

WCA Board Member

403-710-8485

Community Betterment Initiative Backgrounder

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

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

What is Community Betterment? Actions and activities that makes living in your home, on your street, in Woodcreek feel better, more enjoyable, cleaner, tidier, more beautiful, and safer.

Examples of Community Betterment Activities:

- Building trust by taking time to get to know your neighbours and sharing contact information. Making it acceptable and normal for neighbours to be able to ask for help when needed.
- Open communication channels via email, Facebook, WhatsApp, cell numbers, or whatever system works best for neighbours on your street.
- Establishing communication groups via email, Facebook, or WhatsApp Groups restricted to people living on your street or cul-de-sac. This normally requires one or two volunteers to be the group monitor(s)/block captain(s).
- Share information in a communication group that makes living on your street better and safer including best practices about crime prevention and reporting. Share "eyes on the street" information, not just about crime but new or unusual things to be aware of.
- Organize neighbourhood activities such as a Neighbour Day BBQ and games, Christmas and Halloween related events, Park and Playground cleanup work bees, etc.

Communication Platform: WCA is contemplating establishing a Community Betterment Facebook Group that is closely monitored and restricted to confirmed

residents of the 7,000 homes in Woodcreek (Woodbine-Woodlands). Communication on this platform would be for broader community betterment information sharing. Street and cul-de-sac level micro-group platforms will be determined by each micro group and could be whatever works best for folks living in that defined area.

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

Exclusions: Commercial or political discussions, and/or any topics that could be considered potentially hurtful or controversial will not be allowed on Community Betterment Communication Platforms.

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Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth

- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

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Landlord and Tenant Law – Tenancy Termination and the RTDRS

by Charmaine Coutinho

This article will focus only on leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. This piece is to help our community become more familiar with a few RTA topics at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

Notice to End a Tenancy

If the parties pre-determine a duration for the lease (a fixed term tenancy), neither party can end the lease prematurely without the other's consent. Fixed term tenancies end naturally at the end of the contract duration, unless both parties express an intention to continue as either a periodic tenancy or with a fresh lease establishing a new fixed term tenancy.

The notice periods outlined in the RTA can only end periodic tenancies, and by the landlord only in specific circumstances. The landlord can terminate the lease if the landlord, a buyer, or a relative of either plans to move into the unit. In such a circumstance, the landlord is required to give three full months notice to end a monthly tenancy, or one full week to end a weekly tenancy. If the landlord intends to demolish or do significant renovations that require the rental unit to be vacated or intends to convert the rental unit into a condo unit, the landlord must give the tenant one year's notice!

Conversely, a tenant can always give notice (without offering reasons) to end a periodic tenancy. A tenant needs to give one full month's notice to end a monthly tenancy, and one full week to end a weekly tenancy.

Tenants can also be evicted with much less notice if they fail to pay rent, endanger the landlord or others in the rental premises, or damage property in the rental premises. The notice period is also significantly abbreviated for unauthorized tenants/guests.



Residential Tenancy Dispute Resolution Service (RTDRS)

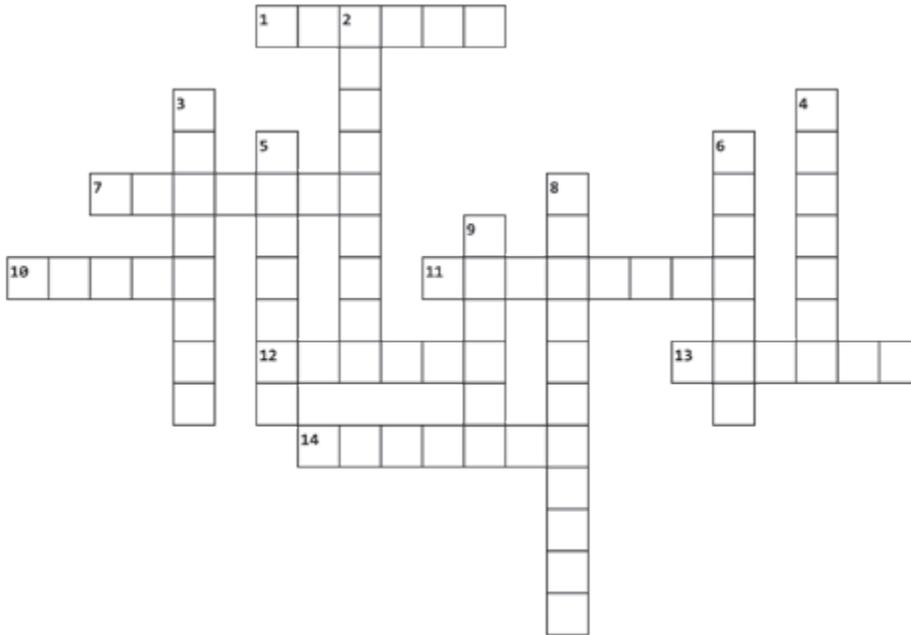
The RTDRS is set up as a mini court that primarily hears cases based on the RTA. Landlords can apply to seek reimbursement of financial losses or costs, eviction, or re-possession of the rental unit. Tenants can apply to seek the return of a security deposit, termination of tenancy, compensation, or an abatement/reduction of rent. However, the RTDRS does not have an automatic enforcement mechanism, so practical collection of money or enforcement of an order is still up to the applicant.

Before filing in the RTDRS, an applicant should consider whether they have met their obligations under the RTA; if not, the other side may counter-claim. Next, applicants should consider what evidence (and perhaps witnesses) they can bring to support their claim.

There is a filing fee to apply to the RTDRS, but this can be waived by various organizations around the city that serve vulnerable clients. Lawyers do not typically attend the RTDRS; it is informal and intended to be accessible to members of the public without the assistance of a lawyer.

I hope that this brief helps community members to understand their rights and obligations in the context of a lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.



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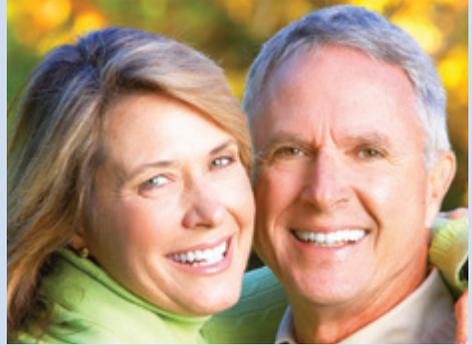
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A Heartfelt Thank You to Our Wonderful Community

Our 5th year of Santa Letters was a huge success! Despite the postal strike, we created over 350 magical letters for children in our community and beyond.

Thank you to everyone who sent gifts, stamps, and support, and to my amazing helpers and family. Your kindness made this tradition, started during the pandemic, a heartwarming highlight of the season.

Wishing you a 2025 filled with joy and special moments.

With gratitude,

Lynda Holloway-Kisil & the Santa Letters Team



**Lynda
Holloway-Kisil**

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GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



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Protect Your Household Water Lines and Meter from Freezing

by the City of Calgary

Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



Property Assessment Notices Are Out!

by the City of Calgary



The 2025 Property Assessment notices are out. When you receive your notice, check the property details and review your property value. Your property assessment reflects the market value of your property on July 1, 2024, and the characteristics and physical condition of the property on December 31, 2024.

To help you review your property assessment we offer general resources on calgary.ca/assessment and property specific tools through the secure logon feature of Assessment Search at calgary.ca/assessmentsearch. By logging onto your property specific account on Assessment Search, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details. It's important you keep your information current, as incorrect property details may result in assessments that do not accurately reflect the value of your property.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

New to Assessment Search? Visit calgary.ca/about-assessment-search to learn how to set up your account.

We offer a property tax calculator at calgary.ca/assessment to help you estimate your 2025 Property Taxes and find out where your tax dollars go.

If you have questions about your 2025 property assessment, please contact us during the 2025 Customer Review Period which runs from January 2 to March 11, 2025. Your property is used to calculate your annual property tax bill, which is mailed in the spring.



DISCREET & CONVENIENT TEETH STRAIGHTENING



*"Your Oral Health
Is Our Priority"*



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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New Year*
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NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE