

JUNE 2025

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# your WOODCREEK CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



**NEIGHBOUR DAY  
SHOW N' SHINE  
JUNE 21**

*Cover Photo by Keith Cartmell*

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### WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

### WOODBINE COMMUNITY REAL ESTATE ACTIVITY

|              | Properties |      | Median Price |           |
|--------------|------------|------|--------------|-----------|
|              | Listed     | Sold | Listed       | Sold      |
| April 25     | 8          | 5    | \$689,900    | \$676,000 |
| March 25     | 8          | 10   | \$687,500    | \$691,000 |
| February 25  | 10         | 10   | \$544,900    | \$562,500 |
| January 25   | 7          | 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 |
| June 24      | 18         | 18   | \$607,450    | \$610,000 |
| May 24       | 9          | 7    | \$599,900    | \$627,500 |

|              | Properties |      | Median Price |           |
|--------------|------------|------|--------------|-----------|
|              | Listed     | Sold | Listed       | Sold      |
| April 25     | 10         | 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 |
| June 24      | 18         | 16   | \$687,450    | \$680,000 |
| May 24       | 17         | 14   | \$635,000    | \$640,250 |

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

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



# 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)

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

**WOODBINE**



**WOODLANDS**



## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

|   |  |
|---|--|
| <b>9-1-1</b> Emergency (24-Hour)  | <b>403-SENIORS (403-736-4677)</b><br>The Way In  |
| For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency. | Information, advice, and help accessing programs and benefits for older adults.  |
| <b>8-1-1</b> Health Link (24-Hour)  | <b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)   |
| Health advice (including dementia advice) from a registered nurse.  | Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community). |
| <b>3-1-1</b> City of Calgary (24-Hour)  | <b>403-943-1500</b> Access Mental Health   |
| Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .   | Non-urgent advice on navigating the addiction and mental health system.  |
| <b>2-1-1</b> Community Resources (24-Hour)  | <b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)  |
| Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .   | Confidential information and support, or to report a suspected case of elder abuse.                                      |

Telephone language interpretation service available on all lines.

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*

## SUPREME 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 new corner caddy with 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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$17,789*

SALE **\$13,879**  
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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             | 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        |
| 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/<br>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:

- 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](mailto:wca@woodcreekcommunity.ca).



# Community Office Hours

**Monday 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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### A TOWERING LOVE STORY

Canadian giantess Anna Haining Swan (about 2.41 m tall) married "Kentucky Giant" Martin Bates (about 2.36 m tall) on June 17, 1871. Their union proved that even among giants, love rises tallest.



**SAB CONNECTIONS**

# ANNUAL BACKPACK PROGRAM

**A PROGRAM TO HELP STUDENTS IN NEED TO ASSIST THEM WITH BACK-TO-SCHOOL FEES.**



**Give the gift of learning! We need the following school supplies:**

School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies, scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks, and juice boxes.

**DROP-OFF LOCATION:**

**150 Martinbrook Rd NE, Calgary, AB T3J 3E3**

*\*or we can send a volunteer to pick up the items\**

**FOR MORE DETAILS:**

**Email us at [contactsabconnections@gmail.com](mailto:contactsabconnections@gmail.com)**

**or call (403) 708-7924**



Visit our Facebook page:  
[www.facebook.com/sabconnections2025](http://www.facebook.com/sabconnections2025)



# Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



## Mark Your Calendar! Upcoming Events

|           |                    |
|-----------|--------------------|
| June 21   | Woodcreek Car Show |
| June 25   | Book Club          |
| July 5    | Stampede Breakfast |
| July 17   | Youth Book Club    |
| July 31   | Youth Book Club    |
| August 14 | Youth Book Club    |
| August 23 | Movie in the Park  |
| August 28 | Youth Book Club    |



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**403-251-1522**

**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist



## EXECUTIVE MESSAGE



Hello Woodcreek!

We hope your summer weather season is off to a wonderful start.

We are thrilled to announce that we've applied for a grant to make our Show 'n' Shine event on June 21 even more spectacular this year. This event coincides with Neighbour Day, a perfect opportunity to celebrate our vibrant community. Last year, we had a fantastic turnout at one of the block parties, and we hope to see even more this year. Don't forget to capture the moments and share your photos with us; we'd love to feature them in the *Chronicle*.

Our book club has been thriving, with one more meeting scheduled in June before we take a summer break. We'll be back in September, ready to dive into more great reads. Although summer tends to be quieter for our hall tenants, there are still plenty of activities to enjoy. Be sure to check the schedule in the *Chronicle* or on our website to stay updated on what's happening.

We're excited to bring you more delightful events like popsicles or ice cream in the park. Keep an eye on our CA website or newsletter for details on these fun gatherings.

We are pleased to share that we received a grant to wrap our trashcans and are currently applying for a matching grant. While we're not sure when the wraps will be applied, we'll keep you posted. A big shoutout to Bud for his excellent work on this project. Additionally, we have two utility box wraps in progress, adding more colour and creativity to our community.

Don't forget, Good Food Box orders are due June 2 for pickup on June 11, and July 14 for pickup on July 23. These boxes are a fantastic way to get fresh, healthy food at a great price.

Mark your calendars for our Stampede Breakfast on July 5. It's a wonderful way to kick off the festivities, and we'd love for you to join us. If you're interested in volunteering, please contact the office.

We are also looking forward to our Volunteer Appreciation Night in June. It's our way of saying thank you to all the amazing volunteers who make our community so special. Speaking of volunteers, a heartfelt thank you to everyone who helped make the Community Cleanup on May 24 a great success. Your efforts truly make a difference.

Lastly, don't miss out on our 50/50 raffle, with the draw date set for June 25. Proceeds will go towards purchasing a new sweeper for the Woodborough Park Rink, ensuring it remains a fantastic place for everyone to enjoy.

Thank you for being a part of our wonderful community. We look forward to seeing you at these events and celebrating together.

*Keith and Jen*

President and 1st VP



## Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Why Buy a Membership to the Woodcreek Community Association?

## Community

Membership fees are invested into delivering quality programs and supports the operational needs of our community centre and its grounds in Woodlands and Woodbine.

## Feel Connected and Informed

Helps you meet others in your community, as well as keeps you informed about important activities and community news.

## Events

Attend community events such as dances, children's parties, family skates, Stampede Breakfast, and a growing list of events and activities, either free or at a discount.

## Enjoy Sport Facilities

A variety of sport facilities are available year-round, including basketball, skateboarding, tennis, pickleball, outdoor lit rinks for public skating, hockey, and lacrosse.

## Voting

Membership allows you to vote on community issues at the Annual General Meeting. (Not available for Non-Resident Memberships).

## Receive Support

The community association provides representation and input for Woodcreek residents with the City of Calgary and/or community planning.

## Facility Rentals

The community centre offers fantastic hall and meeting space for public programs and activities, meetings, and family events and gatherings. Members receive a 10% discount for bookings.

## Free Services

Join with your neighbours and participate in community initiatives such as our Community Cleanup Day, Seniors Groups, and Gardening Club.

**Support your community, purchase a WCA membership today!**

# Longest Day

**Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!**



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# Easter Egg Hunt 2025

Our Easter Event was a huge success again this year! Around 100 kids and their parents came out to enjoy the egg hunts, face painting, crafts, and games. The whole facility was abuzz with activity! We would like to thank Tara and the families from Play Makers Playschool for all their hard work, our Easter Bunny, local realtor Kathy Thirsk, Ryan Gladun from Link Insurance Fish Creek, Terrin Daemen, local realtor, and all the amazing volunteers who made this event a great success!



Calgary  Starting mid July!

**Weekly farm stands**  
Support local [calgary.ca/localfood](http://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!

## 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](http://www.yoga4community.com)

### **Vanshaw Academy of Irish Dance**

Stephanie Henshaw  
[vanshawacademy@gmail.com](mailto:vanshawacademy@gmail.com) or [vanshawirishdance.ca](http://vanshawirishdance.ca)

### **Woodcreek Gardening Association**

Ross Snyder  
[gardener@woodcreekcommunity.ca](mailto:gardener@woodcreekcommunity.ca)

### **Zumba Dance Fitness**

Rita Olsen  
403-401-0090  
Outdoors

Visit our website for more information.





# MOVIE IN THE PARK



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

**SATURDAY, AUGUST 23**

kids activities start at 8:00 pm

1991 Woodview Drive

movie starts at 8:45 pm

Brought to you FREE by your community Realtor,  
Christine Versnick EXP Realty  
in partnership with  
Woodcreek Community Association



Popcorn and water 50¢ each - proceeds will go to the Woodcreek Community Pantry

**PLEASE RSVP to: [cversnick21@gmail.com](mailto:cversnick21@gmail.com)**

Popcorn donated by Cineplex Theatre Chinook

# Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



**Woodcreek**  
Community Association  
Serving the Communities of Woodbine and Woodlands

# 50/50 RAFFLE

**Ticket prices:**

1 for \$10

4 for \$20

20 for \$50

100 for \$100

**DRAW DATE**  
**WEDNESDAY**  
**JUNE**  
**25**

**CASH**  
**PRIZE!**



Find our draw on [rafflebox.ca](http://rafflebox.ca) or  
contact the office for help  
purchasing tickets:

403-238-1611

[wca@woodcreekcommunity.ca](mailto:wca@woodcreekcommunity.ca)

**Funds raised will go towards purchasing a new  
sweeper for our Woodborough Park Rink!**



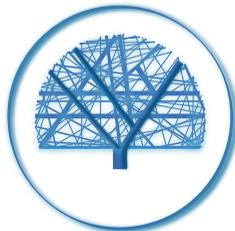
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|       |                       |                         | SAME FEE                     |
|-------|-----------------------|-------------------------|------------------------------|
| Code  | Treatment Description | ADA&C Fee Guide Pricing | Willow 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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# services



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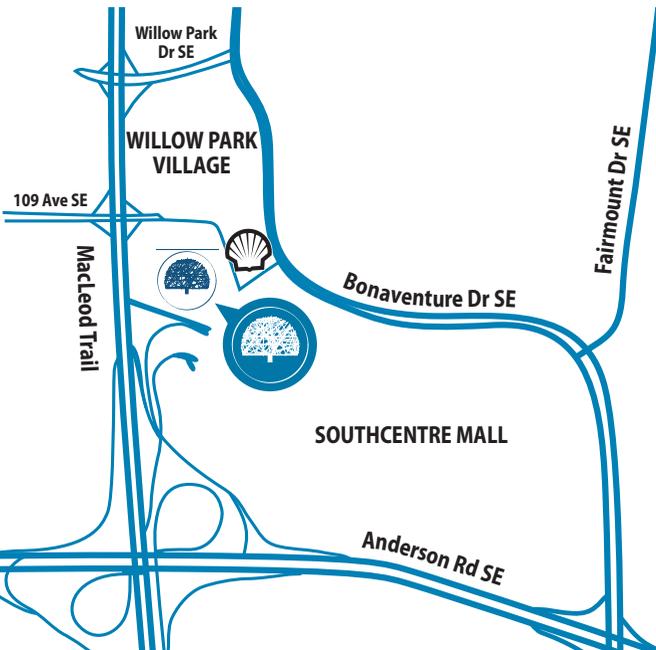


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**E info@willowparkdental.com**

**W www.willowparkdental.com**



All services performed by a general dentist

# WCA Tennis/Pickleball News

## 2025 Season Began May 1

Courts are located at 36 Woodborough Road SW.

WCA has four outdoor dedicated pickleball courts and two tennis courts with markings for four pickleball courts. Courts can be booked seven days in advance by logging into your account.

### Membership and Fees

A current Woodcreek membership and Racquet membership are required for each adult (18+). Your membership includes online bookings and access to pickleball drop-in sessions. Members can book a court seven days in advance. Please list all members that will be playing on the court. The 2025 drop-in schedule is posted on our website. Please sign up online for drop-in sessions.

### Guidelines for Woodcreek Racquet Members

Please review the guidelines you agreed to when purchasing your membership. We ask all members to respect the rules of the court booking system, the conditions of the facility, and all players using the courts. This facility is for fun, social, and recreational use, and we encourage all members to reflect on our community values.



## 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!*



Interested? Come join us on Thursday  
July 17, 31, August 14 & 28  
from 2:30 to 3:30pm at the  
Woodcreek Community Association!

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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 [woodcreekcrafsale@gmail.com](mailto:woodcreekcrafsale@gmail.com) for the application form and further information.



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## Woodcreek on Wheels

Our second annual "Woodcreek on Wheels" Show & Shine is to be held on Saturday, June 21 from 11:00 am to 2:00 pm.

In support of this event, we are looking for community members or friends who have vintage, rare, or unusual vehicles that they would like to show off and share knowledge of. Vehicles will be showcased in the community hall parking lot where there are roughly 25 stalls available, anticipating room between for walking through. To ensure success, we ask that you register your vehicles. Registration can be done online at [www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca) under 'Event Registration' or by contacting the WCA office.

For questions and for volunteer opportunities, please contact Ruth at [hepburnr@shaw.ca](mailto:hepburnr@shaw.ca), Dianna at [adamsdianna825@gmail.com](mailto:adamsdianna825@gmail.com) or 403-804-9379, or the WCA office.



# WOODCREEK ON WHEELS SHOW N' SHINE

**SAT. JUNE 21 - 11 AM TO 2 PM**

**BBQ + FACE PAINTING + GIANT GAMES**

*Fun for the  
whole family!*



**Come celebrate 'Neighbour Day' with us!**

**Donations to our Community Pantry appreciated**

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



## 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<br>(1:00 to 5:00 pm) |
|------------------|----------------------------------|
| June 2           | June 11                          |
| July 14          | July 23                          |
| August 11        | August 20                        |

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# STAMPEDE BREAKFAST

Saturday, July 5th

9:00 - 11:00 am

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Free Pancakes & Sausage

Live Music by The Turbines

Sponsored By:

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The Carriage House

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The Apple Lady



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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.  
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# Respect For Our Pantry



Our Community Pantry is used by many people. While we appreciate the donations of unopened food and toiletry items, there has been an influx of used household items, books, and garbage left inside the pantry.

Please stop leaving these items in the pantry. There are garbage bins nearby to put empty cups and garbage into, a blue donation bin for clothes at the end of the parking lot, and the WCA office accepts books.

When you put non-food donations and garbage in the pantry you put the pantry at risk of being shut down permanently. We know you want to pass on items to people who may need it, but this isn't the space for that.

As a community pantry we work hard to reduce barriers to food access and treat people with dignity and respect, and all we ask for in return is the same respect for the pantry space.

Thank you!

## BRAIN GAMES SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 | 3 |   | 5 | 9 |   |   |
|   | 6 | 3 |   | 9 |   | 5 | 4 |   |
| 5 |   |   |   |   |   |   |   | 1 |
|   |   |   | 1 |   | 2 |   |   |   |
|   |   | 6 |   |   |   | 2 |   |   |
|   |   |   | 9 |   | 6 |   |   |   |
| 4 |   |   |   |   |   |   |   | 6 |
|   | 9 | 1 |   | 3 |   | 8 | 5 |   |
|   |   | 2 | 7 |   | 9 | 1 |   |   |

SCAN THE QR CODE FOR THE SOLUTION



# WCA Seniors 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.



## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.



# 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.



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**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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## Participating Businesses

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

- June 3 - Meeting and a game
- June 10 - Meet for breakfast at 9:30 am. Location TBA
- June 17 - Meeting and entertainment. TBD
- No meetings in July - Meetings resume on August 5

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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*Saturday, June 21<sup>st</sup>*  
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# GRANDPARENT SCAM ALERT



## WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

## BAIL FACTS:

- Police, lawyers, judges or jail do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY  
POLICE  
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

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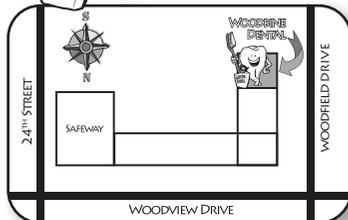
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**MANN BIKE CAVE:** Welcome to 2025 and a new season of bicycle services at Mann Bike Cave. Full comprehensive tune-ups will remain at last year's prices for the spring and summer season. Please phone or text me at 403-620-3036 or check out mannbikecave.com.

**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 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.

*continued on next page*

# BUSINESS CLASSIFIEDS

## continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**FLO'S VOCAL ARTS STUDIO:** Singing lessons. Contemporary vocal performance coaching. Specializing in working with singer-instrumentalists. Summer sessions available. Also register now for the September to June term. Experiential opportunities. For ages 7 to 77+. Over forty-five years of professional experience. Member of Calgary Musicians Association. Florence Shustack, BScOT. 403-397-6737. FB: @Flo's Vocal Arts Studio. florencesinger@shaw.ca. www.vocal-arts-studio.com.

**WANT YOUR WINDOWS CLEANED THE RIGHT WAY?** We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.

**STEVENS PROJECTS:** Providing a neighborhood mechanical service. Light-duty welding and machining. Sharpening of knives, lawnmower blades, axes, hatchets, metal working drill bits, etc. Reasonable rates. Call or text Gord at: 780-831-8005.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

**HOME RENOVATIONS:** Kitchens, bath, and basement development. We are a smaller, family-owned-and-operated company residing in Woodlands with 30 years' industry experience. Fully licensed and insured. Visit us at vibredel.com or reach out to Bruce at 403-861-1994 for a free estimate on your upcoming renovation.

## YOUR CITY OF CALGARY

### Celebrate Neighbour Day!

by The City of Calgary



Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay).

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This ad is not intended to solicit properties already under contract or listed on MLS



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*Coronation Month*

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!



**Dr. Ernest Olamide Ayeni**  
 FAMILY PHYSICIAN

MBBS 2012  
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 MRCCGP - Membership of the Royal College of General Practitioners  
 LMCC - Licentiate of the Medical Council of Canada  
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