WOODCREE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

CRAFT SALE NOVEMBER 8

WCA AGM NOVEMBER 25





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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price		
	Listed	Sold	Listed	Sold	
September 25	10	4	\$642,450	\$629,500	
August 25	5	6	\$414,950	\$408,200	
July 25	8	10	\$609,450	\$609,000	
June 25	12	6	\$569,900	\$559,950	
May 25	7	6	\$692,450	\$687,500	
April 25	7	5	\$689,900	\$676,000	
March 25	8	10	\$687,500	\$691,000	
February 25	10	10	\$544,900	\$562,500	
January 25	6	2	\$364,950	\$394,950	
December 24	1	4	\$607,450	\$594,000	
November 24	7	6	\$654,450	\$645,000	
October 24	5	7	\$534,900	\$525,000	

To view more detailed information that comprises the above MLS averages, please visit wood.mycalgary.com

WOODBINE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Mediar	Median Price		
	Listed	Sold	Listed	Sold		
September 25	10	9	\$625,000	\$617,500		
August 25	10	9	\$749,900	\$710,000		
July 25	7	5	\$714,999	\$697,500		
June 25	17	14	\$662,450	\$645,000		
May 25	13	12	\$654,900	\$649,950		
April 25	8	14	\$702,000	\$708,050		
March 25	21	7	\$725,000	\$745,000		
February 25	3	4	\$520,000	\$540,000		
January 25	4	2	\$516,450	\$515,250		
December 24	0	4	\$762,450	\$740,000		
November 24	5	14	\$712,450	\$692,500		
October 24	20	18	\$599,450	\$599,800		

To view more detailed information that comprises the above MLS averages, please visit wdbn.mycalgary.com



We have two ways for people to give this holiday season: Gifts for Kids & Youth, and **Adopt-A-Family or Young Adult.**

Donate to our Happy Hullidays campaign today!







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

WOODBINE









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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Woodcreek Community Association Executive Board of Directors and Other Contacts

Representatives can be reached through the WCA Office at 403-238-1611 or wca@woodcreekcommunity.ca.

BOARD POSITION	
President	Keith Cartmell
First Vice-President	Jennifer Hogg
Second Vice-President	Vacant
Treasurer	Anne Christopoulos
Secretary	Sue Barter
Past President	Cheryl MacLeod
Gardening Association Coordinator	Ross Snyder
Woodcreek Seniors Representative	Anne Bundgaard
Community Pantry	Naomi Burkinshaw
Community Betterment	Don Lauweryssen
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
Director at Large	Nicole Matheson

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

WCA Board Meetings

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

Upcoming 2025 Meeting Dates:

November 4

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







Community Office Hours

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

Community Office Staff

Facility Manager Sue Larson Office Administrator Erin Lackie

Phone: 403-238-1611

Address: 1991 Woodview Drive SW

Calgary, ABT2W 5E5

Email: wca@woodcreekcommunity.ca Website: www.woodcreekcommunitv.ca

Used Paperbacks

November 8

November 23

November 25

November 26

December 13

To raise funds for their activities, the seniors have a rapidly growing book collection of gently used novels for 50 cents each.



Donations of gently used fiction paperbacks would be appreciated.

Mark Your Calendar! Upcoming Events

Craft Sale

Rook Club

AGM and Social

Skate with Santa

Cookie Swap and Tea Party

Please drop off books during office hours, Monday to Friday from 1:00 to 4:00 pm.

*Please note – we do not accept non-fiction books.

Renew or Purchase Your Membership!

Single - \$15 + GSTFamily - \$25 + GST

Single Senior (over 60) - \$10 + GST Senior Family (both over 60) - \$15 + GST

Business - \$20 + GST

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

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FOR THE SOLUTION



EXECUTIVE MESSAGE





Dear Woodcreek Neighbours,

November brings a season of reflection, gratitude, and community connection. As we prepare for winter, we're reminded of the warmth and generosity that make Woodcreek such a special place to live. We're excited to share a few upcoming events and opportunities to get involved in our community.

We invite you to join us for our Annual General Meeting (AGM) and Community Social on Tuesday, November 25 at 7:15 pm at the Woodcreek Community Centre. The AGM is a chance to

hear updates from the board, learn about upcoming initiatives, and discover ways to get involved. Following the meeting, we'll enjoy refreshments and conversation at our Community Social. We are currently looking for new board members—if you're interested in helping shape the future of our community, please contact the office for details. Your voice matters, and we encourage all residents to attend.

On Saturday, November 8, we'll be hosting our annual Craft Sale. This is a great opportunity to support local artisans and kick off your holiday shopping. Admission is free, and donations to the Woodcreek Community Pantry are appreciated. Doors open at 9:00 am, so come early for the best selection!

We're also excited to host a Holiday Cookie Swap and Tea Party on Saturday, November 23 from 2:00 to 4:00 pm. Bring 36 homemade cookies to swap and share and enjoy a cozy afternoon of tea and conversation with neighbours. The cost is \$5 for members, and the event will be held at the community centre.

Our Good Food Box program continues to offer fresh produce at affordable prices. Next orders are due by December 1, with pickup scheduled for December 10. Boxes can also be purchased for donation to the Woodcreek Community Pantry, helping support neighbours in need. For more information, visit woodcreekcommunity.ca.

A heartfelt thank you to everyone who donated to our Thanksgiving Hampers—thanks to your generosity, we were able to support 26 community families this year. We're especially grateful to Kathy Thirsk who donated turkeys, which ensured every family received a full holiday meal. We're pleased to share that we will be offering the hampers again for Christmas, and details will be available soon.

We also extend our sincere thanks to all the volunteers who helped make our Halloween Party and Food Drive a success. Your time, energy, and enthusiasm continue to make Woodcreek a welcoming and vibrant place for everyone.

We look forward to seeing you at the AGM, Cookie Swap, and other November events. Let's continue to build a connected, caring, and engaged community together.

Warm regards,

Keith and Ien

President and 1st Vice-President

Woodcreek Community Association

Doggy Inspiration

Did you know that Chewbacca from Star Wars was inspired by George Lucas' dog! His loyal Alaskan Malamute, Indiana, not only shaped Chewie but also gave his name to another icon - Indiana Jones. Proof that man's best friend can also be Hollywood's best muse!



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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

- 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

SALE \$13,879 Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and iob 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

- · 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

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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.

- November 4 Meeting and Game. Game TBA
- November 8 Woodcreek Craft Sale
- November 18 Meeting and Speaker
- December 2 Meeting and Bingo
- December 9 Christmas Luncheon Carriage House Inn

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 Angela at alleskowicz@gmail.com.
- **Bridge** Meets on Tuesday at 1:00 pm. For further information, contactt kenbarrie@gmail.com.



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

Barron Electric

DB Design Studio

Faith Homecare and Supported Living

Financial Fitness Paradigm

Kathy Thirsk - Realtor

Lisa Laughton - Realtor

Mann Bike Cave

Shoppers Drug Mart – Woodbine

Sylvan Learning of Mid-South Calgary

Terrin Daemen - Realtor

The Canadian Eatery

Vanshaw Academy of Irish Dance

Wink Safety Consulting

Woodbine Chiropractic & Massage

Woodbine Dental

Woodbine Optometry

Woodbine Safeway

Woodlands Medical Clinic

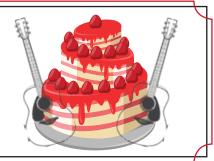


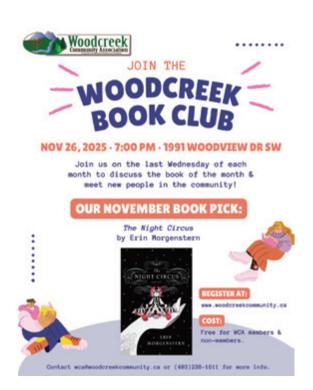




Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.





Woodcreek Book Club

Meet fellow Woodcreek community members as we come together in-person to discuss our book of the month. Our meetups will be held at the Woodcreek Community Association on the last Wednesday of every month. New members welcome!

Our upcoming monthly book club date will be on Wednesday, November 26. December meeting is TBD. Attend some or all, we'd love to have you!

These are our upcoming book club reads:

- November 2025: The Night Circus by Erin Morgenstern
- December 2025: *People We Meet on Vacation* by Emily Henry

Register for the Woodcreek Book Club!

Dates: Wednesday, November 26. December meeting TBD.

Time: 7:00 to 8:00 pm

Location: WCA (1991 Woodview Drive SW)

Cost: Free

Members will need to register at www.woodcreekcommunity.ca.



Now Accepting New Patients

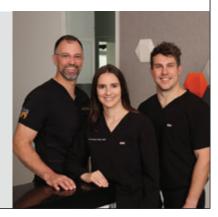
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YOUR CITY OF CALGARY

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Join Our Board



Looking to make a real difference in your neighbourhood? Join the Woodcreek Community Association Board of Directors! It's a rewarding way to build strong community connections, share your ideas, and help shape the future of our community. By volunteering your time and

talents you'll be part of making Woodcreek an even better place to live, work, and play!

Interested? Email Keith at president@ woodcreekcommunity.ca to learn more about what's involved.

Our next board meeting is scheduled for Tuesday, November 4 at 7:15 pm. We hope to see you there!







GAMES & PUZZLES

Guess the 2000s Movie!

- 1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
- In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
- 3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
- Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
- Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
- 6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.









Hey, Kids! and Parents, too! Join us for a

skate with santa

Saturday, December 13, 2025 Woodcreek Community Centre 1:00 to 3:00 pm

FREE for all ages!

Bring weather appropriate skates.
(Ice skates if it's cold enough, inline skates if not.)

FREE picture with Santa (digital file) Hot chocolate & cookies provided.

To volunteer for this event, please call the office at (403)238-1611 or email wca@woodcreekcommunity.ca.

Sponsored in part by Gateway Victory Church.

Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.
She paid for both her and her friend in a
magnanimous gesture.



Woodcreek Community Craft Sale

November 8, 2025

The annual Woodcreek Community Craft Sale is on November 8 from 9:00 am to 3:00 pm. The following is a list of the vendors by their preferred name and crafts.

WCA Seniors Knitting	$Knitted\ and\ crocheted\ items-scarves, toques, Afghans, toys, children\ clothing, and\ more$
WCA Seniors Baking	Variety of baked items and Christmas baking
Mulberry Preserves	Homemade jams, jellies, salsa, pickles, and antipasto
Farmstead on Red AB	Freeze dried candy, dried fruit and veggies
Glassbydesignstudio.com	Stained glass
Gloria	Handmade greeting cards
Clara Beau Bags	Handbags and wallets made from upholstery fabric
Feather Fox Finery	Jewelry/jewelry boxes, keychains, hair clips, resin crafts, ornaments
With Love by Shelley	Bead and wire handmade jewelry
Dianna Handmade	Sterling, copper, brass, semi-precious jewelry
Gracie	Winter wreaths, suncatchers, glass beaded spiders, purse charms, resin coasters
Mother Nature's Creatures	Wire wrapped gemstone trees, crystal and gemstone angel, butterflies, Xmas ornaments
Country Crafts	Hand painted tole, and decorative art on different surfaces (Mainly wood)
Angela Possak	Hooked rugs, original designs, pillows, coasters
Kseniia Kashpun	Watercolour, acrylic, and oil paintings
Linda Fox	Flax therapy bags, and fairy light bottles
Cherry Creations	Recycled costume jewelry, pincushions, hand painted Xmas cards, bookmarks
Button Up	Fabric buttons for clothing, jewelry, bookmarks, and magnets. Paper buttons for backpacks and jackets
Nicole Ogilvie	Handsewn items: vinyl pouches, pyramid pouches, playing card holders, and pencil cases
Greg Dahl	Cutting boards, wooden vases, back scratchers, rolling pins, shoehorns, etc.
Plotnikoff Woodworking	Indoor wood trees, wood crates, trays, and wood ornaments
Designs by Debbie & Jay	Wreaths, light boxes, fidget toys, garden markers, 3D printed items
Hillcrest Naturals	Handcrafted natural body products, soaps and lotions, creams, lip balm, gift sets
Magical Creations	Wreaths, Xmas ornaments, tumblers, coffee mugs
Cindy Hogle, Betty Reid	Mixed media, personalized items, hair bows, machine embroidery, vinyl decals



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 scouter tammie 401@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

Erin Brown any-calgarysilverbirch@girlguides.ca

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

Alva

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 scoutertammie 401@gmail.com

Seniors' Bridge/Cards

Ken Barrie 403-281-5556

55+ Fitness - Move & Groove

Nancy Ehle 403-238-1611

Seniors' Group

Chairperson – Anne Bundgaard 403-238-1611

Seniors' Knitting Group

Sandy Keating 403-238-1611

Southwest Seniors

Dancing and live music George Flood flood.george6@gmail.com

Step Classes

Margarita Fox 403-612-0365

Tai Chi

Christine Tao 403-238-1611

Therapeutic Yoga for Hips, Shoulders, and Back

Rosemarie Bartschak

403-607-5806 or www.yoga4community.com

Vanshaw Academy of Irish Dance

Stephanie Henshaw vanshawacademy@gmail.com or vanshawirishdance.ca

Woodcreek Gardening Association

Ross Snyder gardener@woodcreekcommunity.ca

Zumba Dance Fitness

Rita Olsen 403-401-0090 Outdoors

Visit our website for more information.





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)
December 1	December 10
January 19	January 28
February 16	February 25

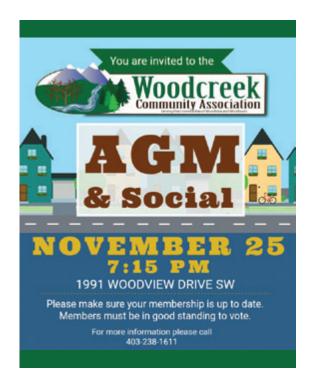
Knitting Group

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.









Cookie Swap and Tea Party

You're invited to the Woodcreek Community Association's first Holiday Cookie Swap and Tea Party! What better way to get into the holiday season than by joining us for hot drinks, activities, and a cookie exchange alongside fellow community members.

Participants must bring 36 homemade cookies to swap with other participants, an ingredient or recipe card, and a container to bring home all their goodies in. Tickets sales are limited, so make sure to snag a spot to join in on the fun! Tickets will include cookies, drinks, and activity supplies.

Event Details

Date: Sunday, November 23

Time: 2:00 to 4:00 pm

Location: Woodcreek Community Association (1991

Woodview Drive SW)

Register at www.woodcreekcommunity.ca. Limited

tickets available.

Ticket price: \$5 for WCA members. \$10 for WCA non-

members.

For more information, contact events@woodcreekcommunity.ca or 403-238-1611.





Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

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famlit@canlearnsociety.ca (403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

Woodcreek Community Garage Sale

Woodcreek Community Association (WCA) and the WCA Seniors held our fifth Woodcreek Community Garage Sale on September 27, 2025. Volunteers for the event included a number of the Woodcreek Seniors group, Scouts, and WCA members. On September 26 between 4:00 and 7:00 pm, the community centre was opened to receive donations from the community. As in previous years, community donations completely filled the main hall, and many "outdoor" items were displayed outside the main west entrance. The sale provided bargains for customers and aided in the recycling of many reusable items.

As in previous years, the Woodcreek Scouts 401 provided the concession service with drinks, snacks, and the ever-popular pizza. This year, they added delicious jam preserves as part of their sales. When the event closed at 2:00 pm, they assisted with the packing of unsold items, loading of the Cerebral Palsy truck, and clean up of the hall. They certainly were proficient in all of their activities and readily pitched in to help with the needed "tasks". Many thanks and we look forward to working with them again at the Woodcreek Craft sale on November 8, 2025.

We are pleased to report that our sale was well attended and produced many sales. All the sale's proceeds go to the WCA and WCA Seniors to assist in funding activities. In short, the proceeds stay in the community! The unsold items were donated to the Cerebral Palsy organization who arrived after the sale closure for pick up of the items.

Special thanks are due to all of the volunteers for the sale. A large thank you also goes to the community for their continued support, donations, and great turnout. Our 2026 Garage Sale has been tentatively scheduled for September 26, 2026.





Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobi and Cherokee, Douglasdale

To have your pet featured, email news@mycalgary.com

Woodbine Pianist Earns International Honour In Los Angeles: Seven-Year-Old Wins Second Place at Golden Classical Music Awards

by Silvia Fernandez

A seven-year-old pianist from Calgary's Woodbine community has won second place at the Golden Classical Music Awards in Los Angeles, performing at the iconic Walt Disney Concert Hall in late June.

Anastasia Shymko began piano lessons only two years ago, yet her dedication and love of music have already carried her to the international stage. Representing Canada, she competed in the eight-and-under category, which featured 35 participants from six countries: the United States, Canada, China, South Korea, Indonesia, and Thailand. She was one of only five Canadians to participate across all categories in 2025.

At the competition, Anastasia impressed judges with her energy and musicality, earning recognition as one of the brightest young talents in her age group. She continues her studies with her teacher, Ruslana, who describes her as a natural performer with a strong enthusiasm for music.

For her mother, Tetiana Shymko, the achievement has been both exciting and humbling. "It's incredible to see how much she has accomplished in such a short time," she said. "We are so proud of her."

While Anastasia's success is a personal milestone, it also resonates with her community. Having a young musician from Woodbine achieve recognition on an international

stage highlights the role of music in inspiring children, bringing people together, and showcasing local talent abroad.

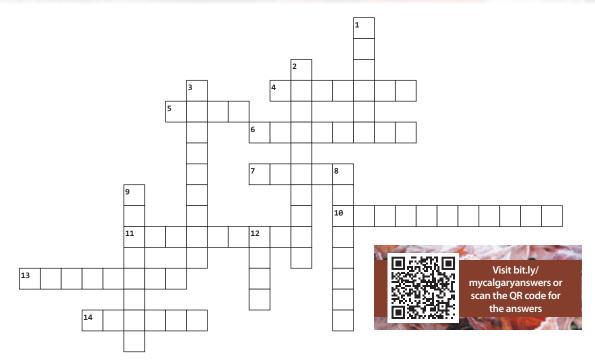
Her second-place finish at the Golden Classical Music Awards marks just the beginning of her musical journey. Anastasia is already preparing for her next international competition, scheduled to take place in Japan in 2026, a step that promises to further expand her horizons and showcase her talent on another world stage.



From left to right: Music teacher Prof. Ruslana Mychajlyszyn, Anastasia Shymko, 7, with her second-place award and trophy and her mom, Tetiana Shymko.



November Crossword



Across

- 4. In November 1896, the hydroelectric powerplant at ______Falls started operating.
- 5. "Novem" is the Latin word for what number?
- The sci-fi novel, ______ Park, by Michael Crichton was published in November 1990.
- 7. World ______ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
- On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharoah.
- 11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
- 13. On November 30, 1982, Michael Jackson released his hit album "."
- 14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

- 1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
- Jacques Plante became the first NHL goalie to wear a protective face mask on November 1, 1959.
- 3. Canadian Music Hall of Fame inductee Gordon

 _____ was born on November 17, 1938, in Orillia,
 Ontario.
- 8. Stars of the romantic film *The* ______, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
- On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
- 12. One of the most complete early human ancestor skeletons (Australopithecus afarensis), nicknamed ______, was discovered in Ethiopia on November 24, 1974.

MENTAL HEALTH MOMENT

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- Pause Before Helping: If your child asks for help, wait a few minutes. Encourage them to try first.
- Make Things Just a Bit Harder: Give challenges that require effort—like board games, chores, or puzzles.
- Encourage Real-World Play: Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- Embrace Boredom: Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- Create Screen-Free Zones: Mealtimes, bedtime routines, and family outings can be tech-free moments.
- Model Healthy Habits: Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- Build Community: Rely on neighbours, friends, and extended family. Kids need more than just parents they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- · Build confidence.
- Develop focus and endurance.
- · Learn how to handle frustration.
- · Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

• Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes
Cook Time: 25 minutes
Bake Time: 35 minutes

Servings: 4 Ingredients:

• 4 red and yellow bell peppers

• 1 lb. lean ground beef

• 2 tbsp. olive or canola oil

• 1 tsp. minced garlic

• 1/2 cup chopped yellow onion

• 1 tsp. minced ginger

• 2 bay leaves

• 1 cinnamon stick

¼ tsp. ground cloves

• 1/2 tsp. salt

• 1/2 tsp. black pepper

• 2 cups cooked long grain rice

 $\bullet \ 2 \ cups \ shredded \ mozzarella \ or \ cheddar \ cheese \\$

Directions:

- 1. Preheat oven to 425 degrees Fahrenheit.
- 2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
- 3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.





- 3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
- 4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
- Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
- 6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
- Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



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