

OCTOBER 2025

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your **WOODCREEK** CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

KIDS HALLOWEEN PARTY

OCTOBER 26

CRAFT SALE

NOVEMBER 8

Cover Photo by Keith Cartmell

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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
August 25	6	6	\$414,950	\$408,200
July 25	9	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
September 24	11	8	\$547,500	\$545,000

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

WOODBINE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
August 25	10	9	\$749,900	\$710,000
July 25	10	5	\$714,999	\$697,500
June 25	18	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
September 24	17	12	\$664,900	\$651,500

To view more detailed information that comprises the above
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Prices and terms are subject to change without notice. See our website for more information. E&OE.

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

WOODBINE



WOODLANDS



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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!




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.



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, AB T2W 5E5
Email: wca@woodcreekcommunity.ca
Website: www.woodcreekcommunity.ca



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Mark Your Calendar! Upcoming Events

October 26	Kids Halloween Party
October 29	Book Club
November 8	Craft Sale
November 23	Cookie Swap and Tea Party
November 25	AGM

Renew or Purchase Your Membership!

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

Single Senior (over 60) - \$10 + GST
Senior Family (both over 60) - \$15 + GST
Business - \$20 + GST

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

Fiction Books for Sale: 50 Cents Each



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

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

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

All available for just 50 cents each.

EXECUTIVE MESSAGE



Hello Woodcreek Neighbours,

October brings crisp air, colourful leaves, and a full calendar of community events. We're excited to share what's happening in our neighbourhood this month and invite you to take part in the activities that make Woodcreek such a vibrant and welcoming place.



Our annual Kids Halloween Party will be held on Sunday, October 26 at the community centre. This is always a favourite event for families, with costumes, games, and treats for all ages.

We hope to see lots of little ghosts, superheroes, and pumpkins enjoying the festivities!

Don't forget to vote in the upcoming Municipal Election on Monday, October 20. Your voice matters in shaping our city's future. For information on where and how to vote, visit calgary.ca/election.

We're also hosting a Community Pantry Food Drive from October 7 to 9. Please consider donating non-perishable food items to help support neighbours in need. Donations can be dropped off at the community centre during office hours. Every contribution makes a difference.

Our community beautification project is nearly complete! You may have noticed the colourful new garbage can wraps around the neighbourhood—19 have been

installed in parks and along walking paths. These designs help brighten our public spaces and promote community pride. Thank you to everyone who helped bring this project to life, and especially to Bud Stuart for spearheading this project over the past two years.

The Good Food Box Program continues to offer fresh produce at affordable prices. For October, please order by October 27, with pickup scheduled for November 5. This is a great way to support healthy eating while saving money. Details are available on our website.

Looking ahead, mark your calendars for our Craft Sale on Saturday, November 8. This annual event is a wonderful opportunity to support local artisans and get a head start on your holiday shopping. Come browse handmade goods and enjoy the community atmosphere.

For more information on all events and programs, please visit woodcreekcommunity.ca. Thank you for being part of what makes Woodcreek such a special place to live.

Warm regards,

Keith and Jen

President and 1st Vice President

Woodcreek Community Association



SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



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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.

- October 7 - Meeting and "Canada Game"
- October 14 - Meet for breakfast at 9:30 am. Location TBA
- October 21 - Meeting and Entertainment
- November 4 - Meeting and Game. Game TBA
- November 8 - Woodcreek Craft Sale

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, contact kenbarrie@gmail.com.





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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!



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KIDS HALLOWEEN PARTY

GAMES

**HAUNTED
HOUSE**

**CRAFTS &
TREATS**

**OCTOBER 26, 2025
5:00 PM - 7:00 PM
1991 WOODVIEW DR SW**

**BRING A FLASHLIGHT &
A BAG FOR GOODIES!**

MEMBERS: FREE
NON-MEMBERS: \$5 PER CHILD

**REGISTER BY OCT 22 AT
WWW.WOODCREEKCOMMUNITY.CA**

FOR MORE INFO, CONTACT
EVENTS@WOODCREEKCOMMUNITY.CA OR 403-238-1611





HELP STOCK OUR PANTRY!

Drop items off to the WCA office on Oct. 7, 8 & 9, from 1-4 pm - 1991 Woodview Dr.

ITEMS MOST NEEDED:
 Canned Food - Soup, Fruit, Mushrooms, Corn, Beans, Meat/Fish, Ramen Noodles, KD, Rice, Pasta, Cereal, Peanut Butter, Dry Lentils/Beans, Condiments/Spices, Coffee/Tea, Cooking Oils, Sauces, Syrup, Jam, Honey, Pancake Mix, Baby Food, Toddler Snacks, Diapers/Wipes, Laundry Detergent, Toilet Paper, Paper Towel, Soap, Shampoo, Toothpaste/Toothbrush, Deoderant.



DONATE FRESH PRODUCE BY PURCHASING AN EXTRA GOOD FOOD BOX FOR THE PANTRY

1991 WOODVIEW DRIVE SW | WCA@WOODCREEKCOMMUNITY.CA | 403-238-1811

YOUR CITY OF CALGARY

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the “Where Do I Vote?” tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.




BRAIN GAMES

SUDOKU

6								
			1				8	9
	7			6				
				9	1	3		
		4	3				1	
			4					6
		1		4	8			
	2						1	3
		9	6					

SCAN THE QR CODE FOR THE SOLUTION



Woodcreek Book Club

The Woodcreek Book Club is back for the fall! 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 dates will be on Wednesdays, October 29 and November 26. December meeting is TBD. Attend some or all, we'd love to have you!

These are our upcoming book club reads:

- October 2025: *The Thursday Murder Club* by Richard Osman
- November 2025: *The Night Circus* by Erin Morgenstern
- December 2025: *People We Meet on Vacation* by Emily Henry

Register for the Woodcreek Book Club!

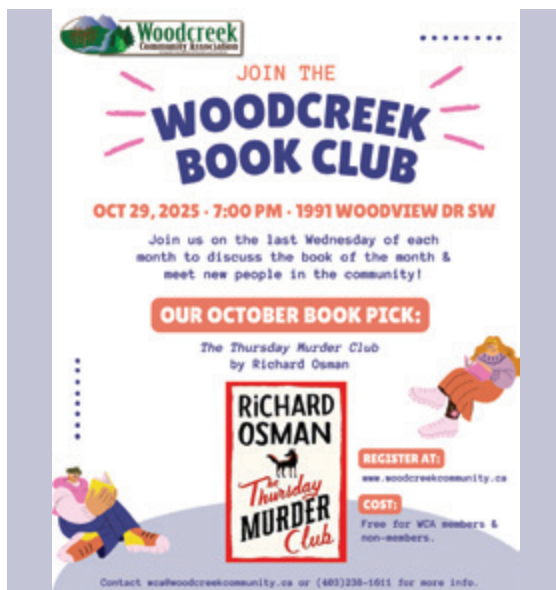
Dates: Wednesdays, October 29 and November 26.
December meeting TBD.

Time: 7:00 to 8:00 pm

Location: WCA (1991 Woodview Drive SW)

Cost: Free

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



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

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Terrin Daemen - Realtor

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Vanshaw Academy of Irish Dance

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THE ROCKET

On October 19, 1957, hockey history was made. Montreal Canadiens star Maurice "Rocket" Richard became the first player in NHL history to score 500 goals. He reached the milestone on home turf at the Montreal Forum, cementing his legacy as one of hockey's greatest legends.



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, shoe horns, 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



Woodcreek
Community Association
Serving the Communities of Woodbine and Woodlands

CRAFT SALE

Saturday

**CONCESSION
RUN BY THE
401 SCOUTS**

**FREE
DRAWS!**

**November 8, 2025
9:00 - 3:00 pm**

WOODCREEK COMMUNITY CENTRE MAIN HALL

1991 WOODVIEW DRIVE SW

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ADMISSION IS FREE!

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PROGRAMS AT WCA

Ballroom and Latin Dance Classes for Adults and Children

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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

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

Alya
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Move N Mingle

Alberta Health Services
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Parents and Tots

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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

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)
October 27	November 5
December 1	December 10

Knitting Group

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

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






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Rhubarb Rhythm

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you 

can be the reason young people and families experience the magic of opening a present on Christmas morning!

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 *Happy Holidays!* 

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ELLIOT WEINSTEIN FOR WARD 13



Calgary's Future Announces Official Endorsement for Ward 13: Elliot Weinstein

Elliot Weinstein is a Family-Focused Leader

Calgary City Council candidate Elliot Weinstein holds an MBA from the University of Calgary, specializing in Energy and Sustainability, and worked for five years as a project manager with Golder Associates. In 2018, he founded The Beach YYC, an indoor beach volleyball and recreation facility. Elliot has previous political experience from running federally in the 2023 Calgary Heritage by-election.

As a small business owner, Elliot knows what it means to take risks, create opportunities, and to build something meaningful for his community. He wants to use his experience to bring new energy and new ideas to city council. Elliot understands the needs of his rapidly growing ward are affordable housing, transportation, and safety.

Here's why Elliot Weinstein is the right choice

Elliot Weinstein is entrepreneurial with a focus on family and community needs. He's not in it just to play politics. He will be an involved leader who takes the concerns of residents and the job of a city councillor seriously, making him the best choice for Ward 13.

Here's why we're endorsing Elliot Weinstein

- **Relatable leader:** Family and sports focus
- **Small business owner:** Founded The Beach YYC
- **Knowledgeable:** Former project manager with an MBA

"I'm here to help build safer streets and better transit, and to help address our housing crisis. For my children, your children, and everyone."

— **Elliot Weinstein, Calgary City Council Candidate
for Ward 13**



If you want to hear more about where Elliot Weinstein stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire

Photo Corner

Submitted by Debra Shaw



GAMES & PUZZLES

Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



SCAN THE QR
CODE FOR THE
ANSWERS!

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.



The Woodcreek Community
Association invites you to its

Holiday Cookie Swap & Tea Party



JOIN US FOR HOT DRINKS, ACTIVITIES,
& A COOKIE EXCHANGE

Sunday, November 23, 2025 from 2:00 PM to 4:00 PM
1991 Woodview Drive SW, Calgary

Please bring 36 homemade cookies to share & a container.
Members: \$5 + GST | Non-members: \$10 + GST

Register at www.woodcreekcommunity.ca
Limited tickets available. Tickets unavailable at the door.
Contact events@woodcreekcommunity.ca or (403)238-1611 for more info.



How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

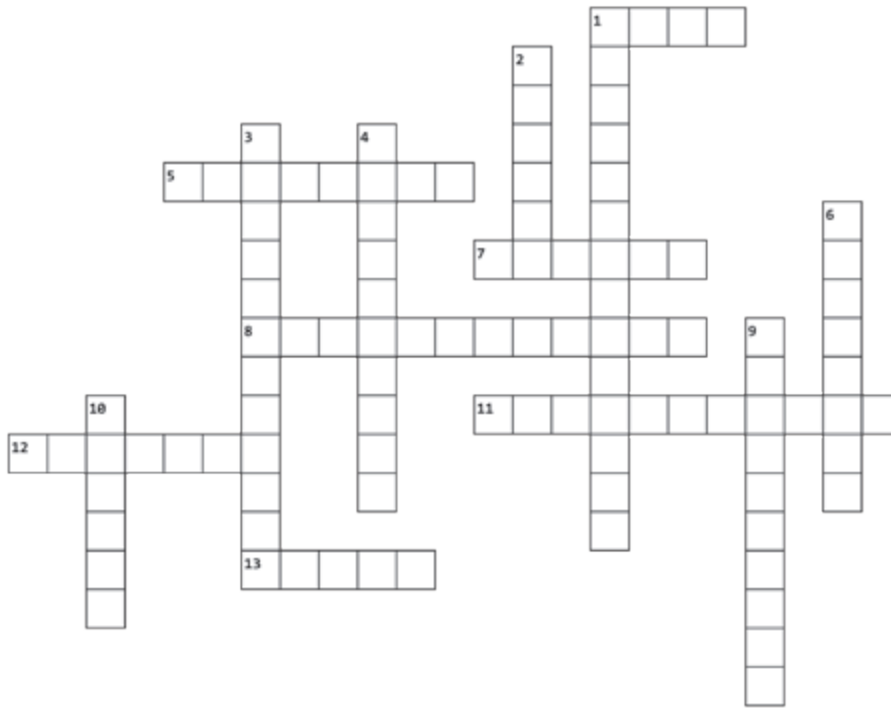
- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

October Crossword



Visit bit.ly/mycalgary
answers or
scan the QR
code for the
answers

Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



Small Acts, Big Impact: How 4-H Builds Community Spirit

by Lori Nielsen, Manager, 4-H Intro Clubs

When you think about preparing kids for the future, what skills come to mind? Public speaking? Teamwork? Maybe learning to cook or manage money? At 4-H, all of those matter—but so does something bigger: the value of giving back.



Community service has always been a cornerstone of 4-H. Members don't just build skills for themselves; they learn how their actions can make a difference for others. Research from 4-H Canada shows that youth in 4-H are nearly three times more likely to volunteer in their communities compared

to the average Canadian teen. That sense of connection and responsibility is something families notice long after the program ends.

Here in Calgary, 4-H Intro Clubs give kids ages nine to 15 a chance to experience this first-hand through short, six-week programs. Alongside science projects, food experiments, and leadership games, every club includes a service activity—something as simple as making cards for seniors or helping with a local cleanup. The goal is to show that community spirit isn't about age, money, or time—it's about taking small steps that add up.

Try This at Home: Community Service in Ten Minutes

Here's a quick family activity you can try tonight:

1. Grab some paper, markers, and envelopes.
2. Have each family member write a short "thank you" note to someone in your community—maybe a teacher, neighbour, or coach.
3. Deliver the notes together on a family walk.



It's a simple way to remind kids that kindness counts—and that even small gestures can brighten someone's day.

If your family is looking for more, Calgary's Intro Clubs are starting again mid-November with both a daytime club for homeschoolers and an evening club for busy families. These programs meet once a week for six weeks and let kids explore hands-on projects, teamwork, and leadership—without needing a farm or animals. It's an easy way to discover what 4-H is really about: life skills, friendships, and confidence that lasts.

For more information, contact introclubs@4hab.com.



WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.

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 jails 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.



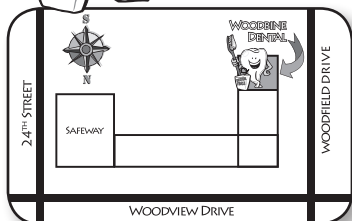
Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

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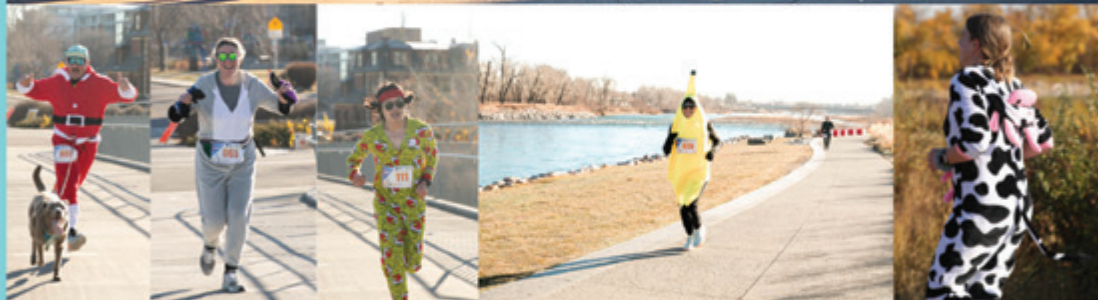
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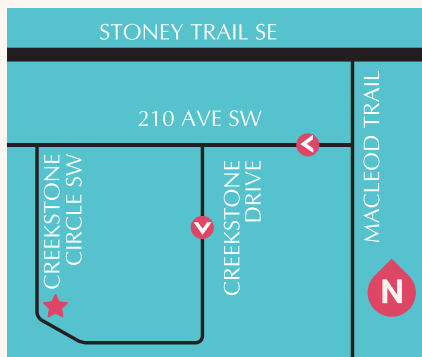
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install 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

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- 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
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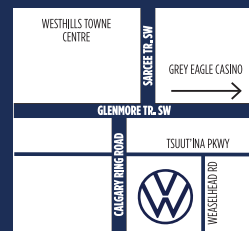
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