

SEPTEMBER 2025

DELIVERED MONTHLY TO 6,400 HOUSEHOLDS

your **WOODCREEK** CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



WOODCREEK ON WHEELS
SEPTEMBER 13

GARAGE SALE
SEPTEMBER 27

Cover Photo by Keith Cartmell



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- Tax Freeze
- Get Back To Basics

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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
July 25	10	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
August 24	9	9	\$599,900	\$590,000

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
July 25	11	5	\$714,999	\$697,500
June 25	19	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
August 24	18	14	\$714,900	\$709,250

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



DISCREET & CONVENIENT TEETH STRAIGHTENING



*"Your Oral Health
Is Our Priority"*

COMFORTABLE:



Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.

PREDICTABLE RESULTS:



Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.

INVISIBLE APPEARANCE:



Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.

REMOVABLE:



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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• All services provided by a general dentist

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

WOODBINE

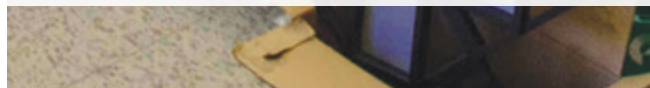


WOODLANDS



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Woodcreek Community Association

Executive Board of Directors and Other Contacts

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

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
Event Coordinator	Vacant
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:

- 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.



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

September 9	Board Meeting
September 13	Woodcreek on Wheels
September 27	Garage Sale
November 8	Craft Sale
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!

As summer winds down and the kids head back to school, we kindly remind everyone to drive cautiously through our school and playground zones. Let's keep our community safe for everyone!



Our community hall is once again full of life! Regular tenants have returned, and we're hosting a wide variety of programs including fitness classes, yoga, karate, knitting, dance, and more. Be sure to check out our website, the *Woodcreek Chronicle*, or our social media pages for full listings.

If you're looking to rent space, please note that demand is high—contact our office well in advance to secure your booking.

September Events

- **September 13, 11:00 am to 2:00 pm: Show 'n Shine**
- Rescheduled. Come enjoy classic cars and a free BBQ for the first 500 guests!
- **September 27, 9:00 am to 2:00 pm: Annual Garage Sale** - A great opportunity to find treasures and connect with neighbours.
- **September 29: Good Food Box Order Deadline** - Pickup will be on October 8. Affordable, fresh produce for all!

Community Pantry Needs You!

Our Woodcreek Pantry is a vital resource for many in our neighbourhood—but it can only continue with the help of dedicated volunteers. Without enough support, we may be forced to close this important service.

Volunteering is also a great way for students to earn school volunteer hours. We will gladly provide confirmation and reference letters for your contributions.

If you can lend a hand, please sign up through the volunteer link in our e-newsletter, on our website, or on our Facebook page. Every hour makes a difference!

Get Involved in Your Community

As we prepare for our Annual General Meeting on November 25, we are seeking a 2nd Vice President and other board members. This is a fantastic opportunity to get involved, meet your neighbours, and help shape the future of Woodcreek.

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

Warm regards,

Keith and Jen

President and 1st Vice President

Woodcreek Community Association



Cartoon Month

Yabba Dabba Doo! September seems to have been a lucky month for the animation studio Hanna-Barbera. Many of their iconic cartoons premiered in September, including *The Flintstones* (1960), *The Jetsons* (1962), *Scooby-Doo, Where Are You!* (1969), and their production of *The Smurfs* (1981).

GAMES & PUZZLES

Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".



SCAN THE QR
CODE FOR THE
ANSWERS!



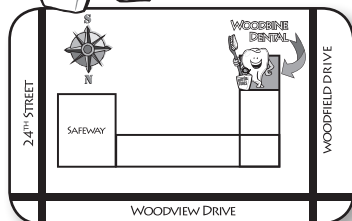
WORD OF THE MONTH

RIGMAROLE: NOUN (RIG-MUH-ROHL)
Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.

NEW PATIENTS WELCOME WE CAN HELP YOU AT:

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NEW PATIENTS
AND
THEIR FAMILIES**

WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors' meetings resumed on August 5, 2025. 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.

- September 27 - Annual Community Garage Sale
- September 30 - Lunch Bunch at the Blackfoot Inn
- October 7 - Meeting and Bingo

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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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, September 9 at 7:15 pm. We hope to see you there!




BRAIN GAMES

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

SUDOKU

SCAN THE QR CODE FOR THE SOLUTION





Woodcreek MINI BASKETBALL

★ ★ SEASON STARTS SEPT.10 ★ ★

FREE + INCLUSIVE volunteer-run basketball program for kids **ages 8+** living in the communities of **Woodbine + Woodlands**. Kids will learn fundamental **basketball skills**, **fair play** and **leadership** in a **fun** and **safe** environment.

REGISTER:



La La La...

In September 2001, Kylie Minogue released "Can't Get You Out of My Head" - and the world couldn't! The hypnotic pop song topped charts in over 40 countries and became the biggest smash hit of her career. La la la... you'll be humming it all day now.



What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



Participating Businesses

We thank the following businesses for their ongoing support of our community. See website for more information.

A Cut Above Lawn and Yard Services
Accent Tile & Stone LTD
Barron Electric
CottageCare Calgary South
DB Design Studio
Faith Homecare and Supported Living
Financial Fitness Paradigm
Hailey's Paradise Nails & Spa - NEW LOCATION
Kathy Thirsk - Realtor
Lisa Laughton - Realtor
Mann Bike Cave
Play Makers Preschool
Pur & Simple - Buffalo Run
Shoppers Drug Mart – Woodbine
SPA AQUA PRIMA
Sylvan Learning of Mid-South Calgary
Terrin Daemen - Realtor
The Canadian Eatery
Vanshaw Academy of Irish Dance
Woodbine Chiropractic & Massage
Woodbine Dental
Woodbine Optometry
Woodbine Safeway
Woodlands Medical Clinic

9 PM
ROUTINE

CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

KEEP STUDENTS SAFE

IT'S EVERYONE'S RESPONSIBILITY



Crosswalks

Don't stop or park within five metres of a crosswalk. It reduces visibility of people using them to cross.



Restricted Zones

Do not park or stop in an area marked with "No Stopping" signs. Obey time-restricted zones.



Bus Zones

Do not stop or park in a designated bus zone, even if it appears clear.



U-Turns

Do not make u-turns in school intersections or crosswalks. Go around the block if necessary.



Double Parking

Do not stop next to parked cars and leave your vehicle idling to "quickly" run inside.



Jaywalking

Never walk out from between parked vehicles. Always use the marked crosswalks.



Scan to view safe driving tips

Too crowded? Nowhere to park?

For the safety of your child and others, ensure you follow the rules of the road and adhere to all street signs and road markings. Be considerate of other drivers, pedestrians and residents of the community and take time to find a suitable parking spot. You may have to park further away from the school and walk with your child to ensure they arrive safely.



THE CITY OF CALGARY

Presents This Certificate To :

Woodcreek Community Association

For collecting the following weight in waste

16,950 KG

Congratulations on your successful cleanup on Saturday, May 24, 2025.

A big thank you to the Community Association and residents for your commitment to keeping our communities healthy, safe and vibrant.





In partnership
with



NEIGHBOUR DAY SHOW 'N SHINE

WOODCREEK ON WHEELS

SATURDAY SEPT. 13, 11 AM TO 2 PM

VEHICLE REGISTRATION AT 10:30 - LIMITED SPACES AVAILABLE
PRE-REGISTER YOUR VEHICLE ONLINE AT WOODCREEKCOMMUNITY.CA

*Fun for the
whole
family!*



*Free BBQ for
the first 500
people!*

FREE BBQ + GIANT GAMES + FACE PAINTING

Come celebrate our rescheduled 'Neighbour Day'!

Funding received from The City of Calgary Arts and Culture Microgrant

1991 Woodview Dr. SW | wca@woodcreekcommunity.ca

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

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
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

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.

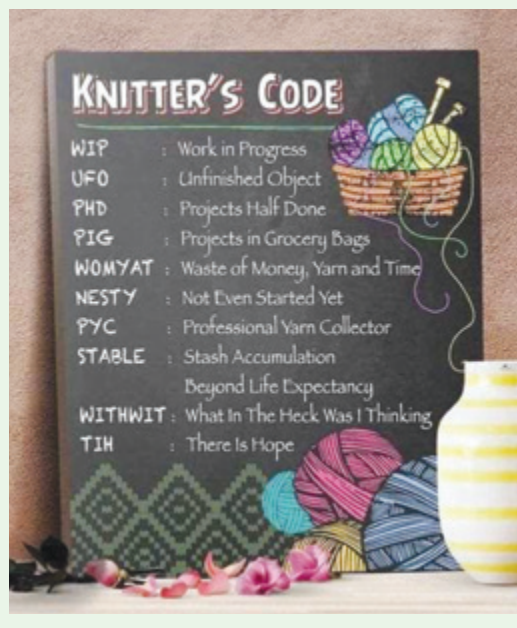
Orders are placed monthly through the Woodcreek Community Association office and can be made in person, over the phone, or online. Payment is due at the time of ordering and no refunds can be issued. If you would like to donate a Good Food Box to our community pantry, please select 'donate a box' when ordering.

Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
September 8	September 17
September 29	October 8
October 27	November 5

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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Samaritan Club of Calgary

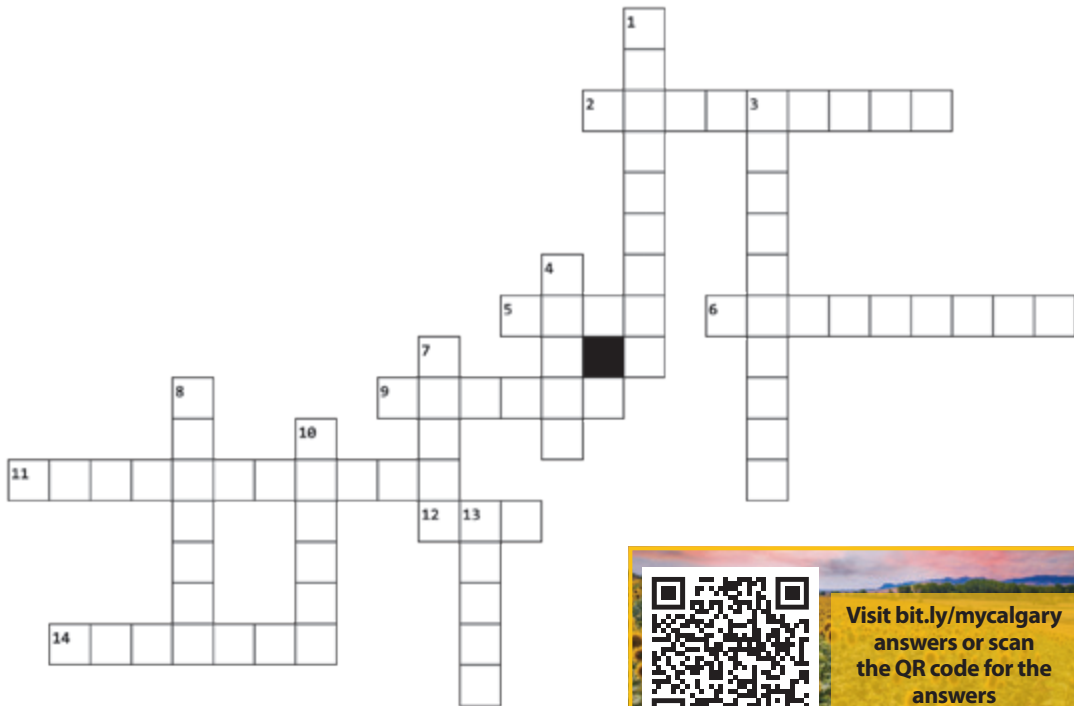
Semi-Annual Super Thrift Sale

Saturday, September 27
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

All proceeds will benefit
Calgarians in need (Cash Only)

For More Information:
samaritanclub.ca

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



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



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Calgary



23-0028016 ADV-19641

Don't invite bears for a midnight snack.

Here are some tips to prevent attracting bears to your carts:

- Don't put carts out overnight.
- Set your carts out no earlier than 5 a.m., and no later than 7 a.m. on collection day.
- Put your carts away after collection, no later than 7 p.m.
- Store your carts inside a garage or other secure enclosure.

Let's keep your neighbours
and any visiting bears safe.

calgary.ca/bearsmart



PROTECTING FAMILIES

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DO YOU HAVE A PERSONAL DIRECTIVE?

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Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



Annual Garage



Saturday, September 27

9:00 AM - 2:00 PM

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1991 Woodview Dr. SW**

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Contact Anne at 403-238-1611 or akbund954@gmail.com for more information

**All profits will go to the Woodcreek Community Association and
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The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

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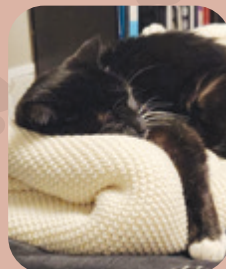
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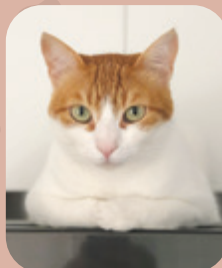
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Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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