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AUGUST 27

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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

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Know Your Neighbour	Zrinka Poljicak
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Communications	Cassandra Morano/ Erin Lackie
Development Liaison	Linda Mulligan
Youth Events Coordinator	Tara Gladun
Events Coordinator	Cassandra Morano
Gardening Club Coordinator	Ross Snyder
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 2026 Meeting Dates:

- September 15

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



**Get the Latest Woodcreek
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Scan to subscribe to our
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Cover Photo



Do you have a photo that would make a great cover for the *Woodcreek Chronicle*? Email it to wca@woodcreekcommunity.ca.



Summer Office Hours

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

Community Office Staff

Office and Operations Manager **Erin Lackie**

Program and Events Manager **Cassandra Morano**

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

August 6, 12, 20	Drop-In Crafts and Games
August 27	Ice Cream Social
September 25	WCA Annual Garage Sale

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
Racquet - \$65 + GST

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

Book Club

Thank you to everyone who attended the Woodcreek Book Club for the 2025 to 2026 year. We will be taking a break from July through September and will resume meeting in October 2026. A registration link for the 2026 to 2027 year will be sent out in August for new and returning book club members who would like to join us in the upcoming year. Have a great summer!

BIG HISTORY, LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.



Calgary



Starting mid July!



Weekly farm stands

Support local calgary.ca/localfood

Fridays 2:30-5:30pm

Woodlands: Woodcreek Community Association
1991 Woodview Dr SW

In partnership with The City of Calgary and WCA,
Tetzlaff Family Farm is running a farm stand in our community.
Get some fresh produce grown less than 40km from home!

EXECUTIVE MESSAGE



Hello Woodcreek!

Summer is in full swing, and it's been wonderful to see so many neighbours coming together in our community.

Our Woodcreek on Wheels event and Stampede Breakfast were tremendous successes! Thank you to all of our sponsors, volunteers, and staff whose hard work made these events possible. We also want to thank everyone who attended and helped create such a welcoming community atmosphere.

We're excited to share that there were at least four Neighbour Day picnics and barbecue gatherings organized by residents throughout Woodcreek. Some of these neighbourhood traditions have been bringing people together for years. We were pleased to support these events and look forward to encouraging even more Know Your Neighbour activities in the future. Building strong connections makes our community stronger, safer, and more enjoyable for everyone.

Our 50/50 Raffle was another great success, generating \$6,060. The Woodcreek Community Association's share of the proceeds will be directed toward future community beautification projects. Thank you to everyone who participated and supported these efforts.

Don't forget about our drop-in crafts and games program, running every Thursday from 1:00 to 3:00 pm at the hall through August 20. This free program is available to Community Association members and is a great opportunity for families to connect, create, and have fun.

Mark your calendars for our Ice Cream Social on August 27 near the Woodborough tennis courts. Come enjoy a sweet treat, play some games, and spend time getting to know your neighbours.

A reminder that Good Food Box orders are due August 10 for the August 19 pickup and September 7 for the September 16 pickup. If hall renovations make the boardroom unavailable, pickups will take place under a tent outside the hall.

Speaking of renovations, thank you for your patience as improvements continue at the Community Hall. These upgrades will help us better serve residents and community programs for years to come, and we look forward to sharing updates as the project progresses. In the meantime, our hall is a work zone, and we can't accommodate unexpected visitors.

As summer begins to wind down, please remember that students return to school on August 31 this year, before the Labour Day long weekend. With increased traffic around schools and playgrounds, we ask everyone to slow down, stay alert, and watch for children walking and cycling in the neighbourhood.

Be sure to visit our website and follow our social media channels for the latest news, program details, volunteer opportunities, and event announcements.

Thank you for helping make Woodcreek such a vibrant and connected community. We look forward to seeing you at our upcoming events!

Keith and Jen

President and 1st VP



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Good Food Box

The Good Food Box Program is a program under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

Each Good Food Box contains a combination of fruits and vegetables. The content varies monthly, due to seasonal availability.

Pricing and Sizes

- Small: \$35 for 15 to 20lbs
- Medium: \$40 for 25 to 30lbs
- Large: \$45 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)
August 10	August 19
September 7	September 16
September 28	October 7
October 26	November 4

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- Play Makers Preschool
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- Shoppers Drug Mart - Woodbine
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- Sylvan Learning of Mid-South Calgary
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f
 Any help is appreciated ♥





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THUR, AUG 27, 2026
6:00 PM - 8:00 PM

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Drop-in Crafts and Games

Drop in on Thursday afternoons at the WCA for weekly crafts and games! For children ages six to fourteen years. Kids ages six to nine must be accompanied by an adult. This drop-in program is free with a WCA membership.

Drop-ins will be on Thursdays, beginning July 23 until August 20 from 1:00 to 3:00 pm.

No registration needed, drop-ins welcome. More information at woodcreek.getcommunal.com/parent_programs/4027.



Woodcreek Parents and Tots

Volunteers Needed




Woodcreek Parents and Tots is in need of a new program lead/s!

This program is an important part of our community, building friendships between new parents and creating social opportunities for young children.

The volunteer role involves setup and takedown of toys for sessions from **September to June**, as well as general oversight of the program with support from the Woodcreek Community Association. The program has historically been run on Monday mornings, but this can be changed.

Please help us keep this program active.

Contact jade.howkins@outlook.com to hear more



DROP-IN THURSDAYS

Craft & Games

NEW ACTIVITY EACH WEEK

**EVERY THURSDAY
BEGINS JULY 23, 2026
1:00 PM - 3:00 PM**

WOODCREEK COMMUNITY ASSOCIATION
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FOR KIDS AGES 6 - 14 YEARS OLD*

***AGES 6 - 9 MUST BE ACCOMPANIED BY AN ADULT**

FREE WITH A WCA MEMBERSHIP

REGISTRATION:

NO REGISTRATION NEEDED. DROP-INS WELCOME

MORE INFO AT

[HTTPS://WOODCREEK.GETCOMMUNAL.COM/PARENT_PROGRAMS/4027](https://woodcreek.getcommunal.com/parent_programs/4027)



Utility Box Art Project

The Woodcreek Community Association would like to thank the City of Calgary and the Calgary Arts Development (CADA) for partnering with us on the Utility Arts Project as part of our continuous efforts to beautify the community by installing public art within the Woodcreek community.

With its initial planning stages beginning in the spring of 2025, the project has come to fruition in early June 2026, with work concluding last July. The project has transformed two utility boxes in Woodcreek into vibrant works of public art that will be enjoyed by Woodcreek residents and visitors for years to come.

A heartfelt thank you to our artists, Ethel Dalida and Alexis Prince, for sharing their creativity and talent by adding colour and vibrancy to the community, capturing the unique essence of Woodcreek through their art.

Ethel Dalida's *Live Free* artwork celebrates the vibrant energy and interconnectedness of the community. It highlights Woodcreek's outdoor vitality and captures how its residents live: in motion, in nature, and in community. Alexis Prince's *Along the Path*, inspired by the community's trees and walking paths, reflects on how these social arteries act as a gateway for shared stories and experiences that connect neighbours throughout Woodcreek.

Live Free and *Along the Path* can be viewed on the utility boxes located at Woodlands (corner of Woodpark Blvd and Woodview Dr) and at Woodbine (corner of 24 St and Woodview Dr), respectively.

We are grateful to everyone who helped make this collaboration possible and we are excited for the lasting impact the Utility Arts Project will have on our community.



Live Free by Ethel Dalida



Along the Path by Alexis Prince

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.

Stampede Thank You

Yahoo! We have another successful Stampede Breakfast under our cowboy belt! Thank you to all our guests, volunteers, and sponsors who attended and supported our 2026 Stampede Breakfast.

Thank you to this year's Stampede Breakfast sponsors and community partners:

- Alex Ding - RE/MAX First
- Apple Lady
- Braeside Automotive
- Calgary Co-op Oakridge
- The Canadian Eatery
- Christine Versnick - First Place Realty
- Gateway Victory Church
- Hair by Emad
- Hull Services
- Pür & Simple Buffalo Run
- Real Canadian Superstore
- Scotiabank Woodbine
- Woodbine Optometry
- Woodbine Safeway
- Woodbine Shoppers Drug Mart
- Woodlands Dental

A special thanks to Jason Andrew Griffith and his band for this year's live entertainment. Thank you to Calgary Stampede Promotions Committee and Harry the Horse for greeting our guests and welcoming them with the staple Western hospitality and recognizing Woodcreek's Stampede Spirit. Lastly, thank you to our Stampede coordinator, Carole Davis, and our wonderful group of volunteers for leading the charge in serving over 1,200 residents and ensuring everyone had a great time.

See y'all in 2027!



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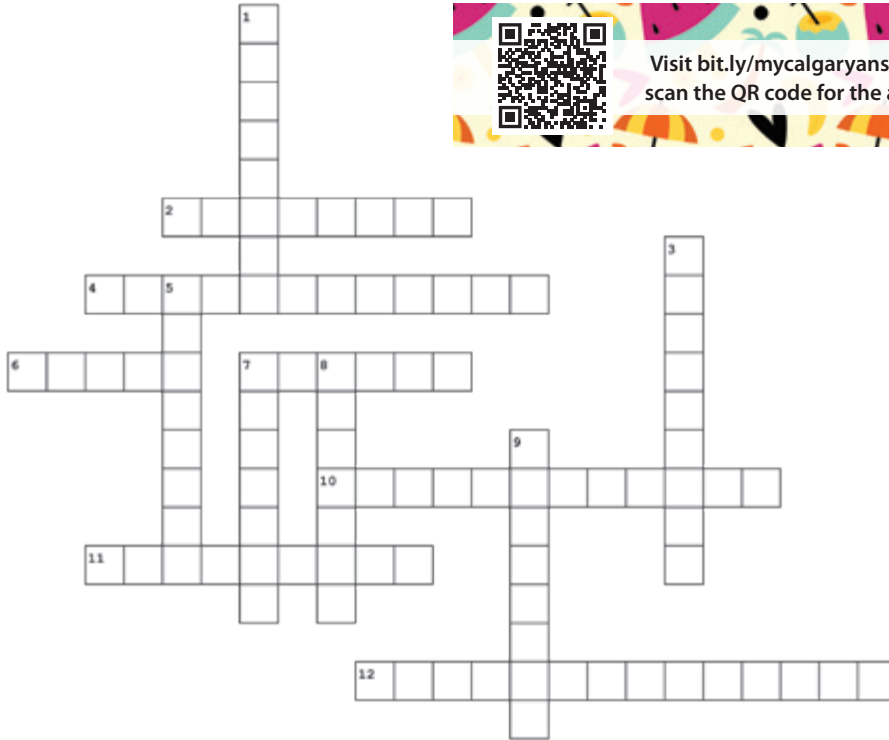
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August Crossword



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



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day.



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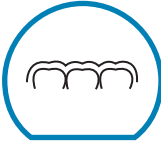
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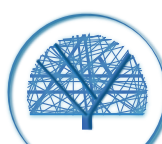
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WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors group are planning to resume their twice monthly meetings in September 2026. If you are interested in joining the Seniors' group, please contact the Woodcreek Community Association at 403-238-1611 for a WCA membership.

In August, we have scheduled two activities which do not require meeting at the Centre. Email notifications will be sent to members in early August and will include instructions if attendance is desired.

- August 11: Meet for Breakfast at 9:30 am at Ricky's, Avenida.
- August 25: Lunch Bunch at Gold Bistro at 11:30 am.
- September 1: Meeting. Tentative depending on the Centre's renovations.

For further information, please contact Anne, Chairperson, at 403-238-1611 or via email at akbund954@gmail.com; or contact Sandy, Vice-Chair, at woodcreekseniors826@gmail.com.

For other weekly Senior programs:

- Knitting and Crochet group: Contact alleszkowicz@gmail.com.
- Bridge: Contact kenbarrie@gmail.com.



Let's Canvas

the Situation

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.



Annual Garage Sale

Our annual Garage Sale will be on Saturday, September 26, from 9:00 am to 2:00 pm at the WCA. Cash only.

Support the WCA by donating items to our garage sale. Drop off your donations on Friday, September 25 from 4:00 to 7:00 pm. Items donated outside of this time will not be accepted.

Volunteers are needed on Friday, September 25 for donation sorting and receiving and on Saturday, September 26 for pack-up. Volunteers must be able to lift and carry. Register at www.woodcreek.getcommunal.com/volunteer-opportunities/1832.

For more event information, contact events@woodcreekcommunity.ca. All Garage Sale proceeds will directly go in support of the WCA and the WCA Seniors.



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GARAGE SALE

SATURDAY, SEP 26 | 9 AM - 2 PM

**WOODCREEK COMMUNITY CENTRE
1991 WOODVIEW DR SW**



GARAGE SALE DONATION DROP-OFF DAY:

Friday, Sep 25 from 4PM to 7PM only

ACCEPTED ITEMS: Donated items must be in good, working order.

ITEMS NOT ACCEPTED: Mattresses, large furniture, large appliances, auto parts, stuffed toys, car seats, clothing, large exercise equipments, lawn mowers, and carpets.

VOLUNTEERS NEEDED

Volunteers needed for donation receiving and pack-up. Must be able to lift and carry. Learn more and register at <https://woodcreek.getcommunal.com/volunteer-opportunities/1832>.

All Garage Sale proceeds go to the WCA and WCA Seniors.

FRIENDS *of* Fish Creek

The Listen Garden at Bow Valley Ranch

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Ranch Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at [@fishcreekpp](https://www.facebook.com/fishcreekpp) to learn more about summer day camp and all our exciting programs.





The Woodcreek Community Association (WCA) is now accepting applications for the 16th Annual Fall Craft Sale on Saturday, November 7, 2026. Sale hours are 9:00 am to 3:00pm. We're looking for a variety of vendors with handmade and unique crafts for the sale.

The WCA Board of Directors has designated four "donation tables" at the sale. These tables donate their proceeds to charity and local organizations. The craft categories for the four tables are Baked Goods, and Knitting/Crocheting. Table allotment for these two crafts is filled, and additional applications will not be confirmed for the sale.

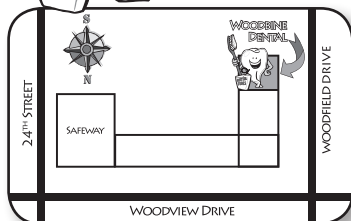
If you are interested, please email Anne at woodcreekcraftsale@gmail.com for the application form and further information.

FYI the upper level of The Woodcreek Community Center will be closed from July 20th to mid-August for renovations. WCA office hours will be affected.



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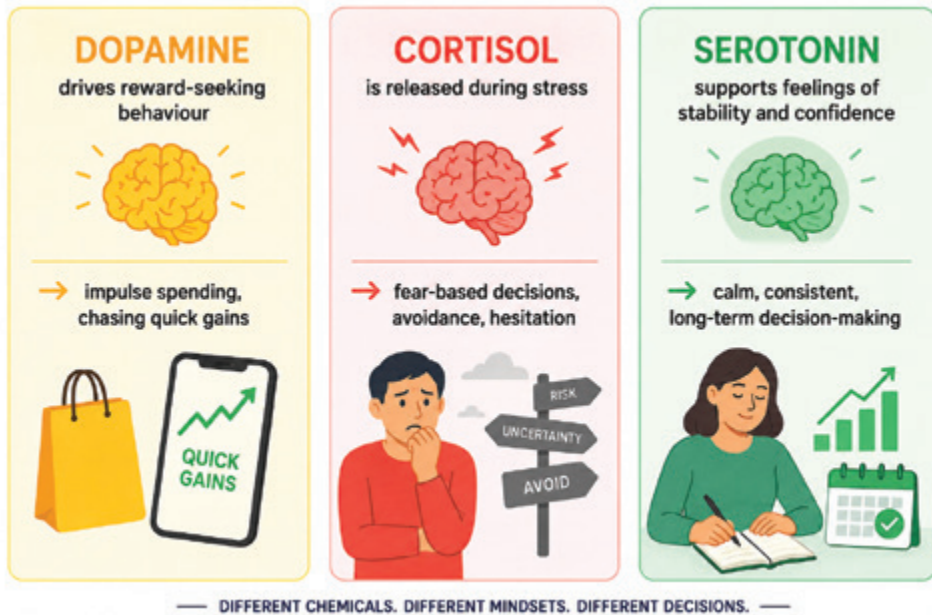
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The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and

provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: "I deserve this" spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that's neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don't dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it's emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn't to remove emotion, it's to make better decisions alongside it.

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SCAN ME

September Starts in August: Five Simple Steps to Make Fall Feel Less Chaotic

by Shayla Moulton



September has a way of sneaking up on us. One minute you're enjoying long summer evenings, and the next you're juggling school schedules, work deadlines, extracurricular activities, appointments, and holiday planning.

The secret to a less hectic fall isn't becoming more organized overnight—it's taking care of a few key tasks before September arrives. Spending just a little time preparing now can save you hours of stress later.

Here are five simple steps to help make the transition into fall feel much more manageable.

1. Book Your Fall Appointments Before Everyone Else Does

As soon as September arrives, appointment calendars fill up quickly. Instead of scrambling to find availability, use August to book routine appointments for yourself and your family.

Think about:

- Dental checkups
- Annual physicals
- Eye exams
- Specialist appointments you've been putting off
- Vehicle maintenance before winter

Even if the appointment isn't until October or November, having it booked means one less thing to remember during an already busy season.

2. Create One Master Calendar

Before September begins, gather every commitment in one place. Add school calendars, extracurricular

activities, work commitments, birthdays, medical appointments, and travel plans. Looking at the entire season at once makes it much easier to spot scheduling conflicts before they become stressful surprises. Whether you prefer a digital calendar or a paper planner, the important thing is to have one reliable calendar that everyone in your household can refer to.

3. Check Your Passport Before You Need It

Many Calgary professionals start thinking about warm-weather getaways once temperatures drop, but passport renewals can take time. Take a few minutes to check the expiry dates on everyone's passports now. Many countries require your passport to be valid for at least six months beyond your travel date, so even a passport that hasn't technically expired could cause problems. It's a simple task that can prevent unnecessary stress if a fall or winter trip comes together.

4. Schedule a Weekly Life Admin Hour

Life admin has a habit of piling up when we're busy. Instead of trying to squeeze in small tasks whenever you remember them, block one hour each week to handle things like paying bills, completing school forms, booking appointments, renewing memberships, organizing paperwork, or running errands. Treat it like any other appointment. A consistent routine keeps little jobs from becoming overwhelming.

5. Prepare Your Home for Fall

A little home maintenance now can save you time, money, and frustration once the weather turns colder. Take an hour to tackle a few seasonal tasks, such as:

- Replacing your furnace filter,
- Testing smoke and carbon monoxide detectors,
- Cleaning out your gutters,
- Putting away summer furniture and garden tools,
- Checking weather stripping around doors and windows,
- Restocking your winter emergency kit for your home and vehicle.

None of these jobs take long on their own, but together they can help your home and your family be ready for the months ahead. September doesn't have to feel like a whirlwind. By taking care of a few important tasks in August, you'll spend less time reacting to last-minute surprises and more time enjoying the season ahead. Sometimes, a little preparation today is the best gift you can give your future self!

From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care

by ACTION Centre, Cumming School of Medicine, University of Calgary



As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada.

The idea behind the research is straightforward. A growing body of evidence suggests that time spent in natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers—anyone touched by cancer or healthcare

providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.

This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

Canadians 18 and older are welcome to participate in our online survey.

What you've been through has value beyond your own story. Share it with us and help build something better for the people who come after you.

Please access our survey here: www.action-centre.ca/ncorestudy.



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August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



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Images by Syed Adeel Hussain



Black and White Bow



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Sunrise at the Hill

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INGREDIENTS

1 cup warm water	1 cup fresh lemon juice (5–6 lemons)
3 cups cold water	$\frac{3}{4}$ cup granulated sugar
Ice	8–10 fresh mint leaves

DIRECTIONS

Stir the sugar into the warm water until completely dissolved. Combine the lemon juice, sugar mixture, and cold water in a large pitcher. Lightly muddle the mint leaves and add them to the pitcher. Chill for at least 30 minutes. Serve over ice and garnish with fresh lemon slices and fresh mint.

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