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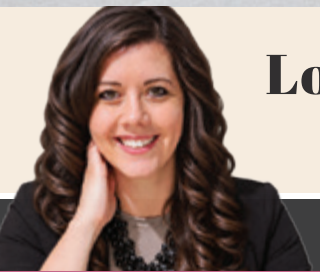
your WOODCREEK CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

PANTRY DRIVE
DECEMBER 7 TO 11



Cover Photo by Ilse Harris



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Great News Media 2026 Readership Survey, 11,104 respondents

make an impact this holiday season



Support Hull Services' *Happy Hullidays* campaign that ensures vulnerable young people and families have a gift to open on Christmas morning.

Donate to our Adopt-a-Family/Youth or Gifts for Kids & Youth programs.

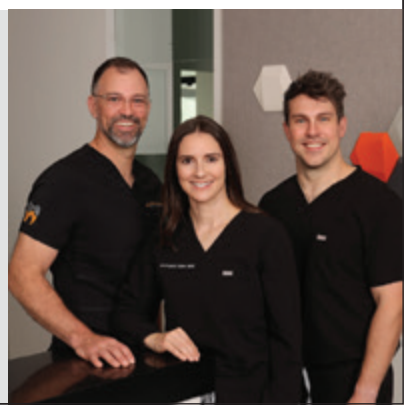
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Woodcreek Community Association
Executive Board of Directors and Other Contacts

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	Zrinka Poljicak
Treasurer	Anne Christopoulos
Secretary	Sue Barter
Past President	Cheryl MacLeod
Woodcreek Seniors Representative	Vacant
Community Pantry	Karen Sokal
Know Your Neighbour	Don Lauweryssen
Know Your Neighbour	Zrinka Poljicak
Stampede Breakfast Coordinator	Vacant
Raffle Coordinator	Leanne Long
Casino Coordinator	Ayesha Shaikh
Tree Canopy Improvement	David Varga
Police Liaison	Vacant
Director at Large	Tom Ward
Director at Large	Andre Ortiz



OTHER CONTACTS	
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 2027 Meeting Dates:

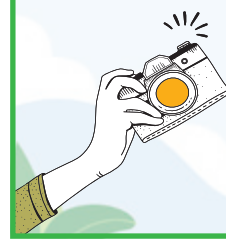
- January 5
- March 2
- May 2
- June 15

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

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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.

EXECUTIVE MESSAGE

Hello Woodcreek!

We wish you and yours the very best of the festive season.

We recently completed our Annual General Meeting, and your team of directors will be settling in to plan for the coming year. We have already set the Board meeting schedule for 2027, and meeting dates will be posted on our website and published in future editions of the *Chronicle*.

As we reflect on 2026, we would like to thank the many volunteers, staff, and residents who contributed their time and energy to our community throughout the year. Your support helps make Woodcreek a welcoming and vibrant place to live.

We were deeply disappointed to cancel our Skate with Santa event due to the water restrictions that prevented the creation of outdoor skating rinks. While we know many families were looking forward to the event, we appreciate everyone's understanding.

Beginning January 1, 2027, the full-day rental rate for our Main Hall will increase to $795 plus GST and cleaning fee. This follows the significant renovations and improvements completed in 2026 and brings our pricing more in line with comparable community facilities. The adjustment will help ensure we can continue to maintain and invest in the facility while providing a high-quality venue for community events, celebrations, and gatherings. Any bookings confirmed before January 1 will be honoured at the current rate.

The Main Hall continues to be one of the area's most popular event venues and is often booked well in advance. If you are considering an event, we encourage you to contact the office soon to secure your preferred date. We also continue to offer attractive hourly rental options.

We are also pleased to share that our former boardroom has been renovated into a flexible multi-purpose meeting space. The room features mobile tables that can be configured for a variety of uses, a smart TV for presentations and meetings, and comfortable space for workshops, meetings, and small gatherings. The room is now available for booking at our current conference room rental rate.

Summary of the Board Meeting

- Approved the 2027 budget, which remains largely consistent with 2026.
- Continued exploring grant opportunities for the Know Your Neighbour program and for replacing banquet chairs in the Main Hall.
- Received the City's lifecycle report. Management and staff are reviewing the findings and developing plans for future facility improvements.
- Our Police Community Resource Officer provided an overview of recent activity in the community.

Overall, Woodcreek remains a safe neighbourhood, with many significant incidents appearing to be targeted rather than random in nature. We were also disappointed to see incidents of vandalism involving political signs during the recent referendum campaign. Respectful disagreement is an important part of living in a democratic society, and we encourage residents to express their views while respecting the rights of others to do the same.

Community Pantry Food Drive

Help us fill the pantry this holiday season by donating non-perishable food items and other pantry essentials. Donations can be dropped off at the community centre Monday to Wednesday, December 7, 8, and 9, from 1:00 to 4:00 pm, and Thursday and Friday, December 10 and 11 from 10:00 am to 4:00 pm. Thank you for helping ensure our neighbours have access to the support they need.

As we look ahead to 2027, we wish all Woodcreek residents a joyful holiday season and a happy, healthy New Year. We look forward to seeing you at community events and programs in the year ahead.

Keith and Jen

President and First Vice President

Mark Your Calendar! Upcoming Events

December 7 to 11	Pantry Food Drive



Community Office Hours

Monday 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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Join the 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.

WCA Business Members

- A Cut Above Lawn and Yard Services
- A Second Time
- Aria Gardens
- BDO Debt Solutions
- Barron Electric
- Christine Versnick – Realtor
- DB Design Studio
- Faith Homecare and Supported Living
- Financial Fitness Paradigm
- Kathy Thirsk - Realtor
- Mann Bike Cave
- Peter Sydoruk – Mike Holmes Home Inspector
- Play Makers Preschool
- Pür and Simple – Buffalo Run
- Shoppers Drug Mart – Woodbine
- Southcentre Family Medical Clinic
- Sylvan Learning of Mid-South Calgary
- Terrin Daemen – Realtor
- TipTop Plumbing
- Vanshaw Academy of Irish Dance
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Woodcreek Seniors had successful Baked Goods Tables at the Woodcreek Craft Sale on November 7, 2026. This event, Woodcreek Garage Sale, and the sale of books, are the main sources of fundraising for our group. We thank the community and others for their continued support in making our group possible.

The Woodcreek Seniors' meetings are scheduled on 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 (403-238-1611) for a WCA membership.

- December 1, 2026 – Last meeting in 2026, and Family Feud game.
- December 8, 2026 – Christmas Luncheon at Carriage House Inn
- January 12, 2027 – Meet for Breakfast. Location TBA
- January 19, 2027 – Meeting and activity TBA

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

Knitting and Crochet Group
Mondays from 1:00 to 3:00 pm in the Boardroom.
Contact alleszkowicz@gmail.com.

Bridge Meets
Tuesdays from 1:00 to 4:00 pm in the Main Hall.
Contact kenbarrie@gmail.com.



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Woodcreek Community Association

PANTRY FOOD DRIVE

DECEMBER 7-11, 2026

Help stock our Community Pantry! Donate non-perishable food items, hygiene products, and fresh produce during our food drive.

ITEMS MOST NEEDED

- Canned foods: soup, fruit, corn mushroom, beans, meat & fish
- Ramen noodles, mac n' cheese boxes, rice, pasta
- Cereal, pancake mix, peanut butter, honey, jams & syrups
- Coffee & tea
- Dry beans & lentils
- Condiments, spices, cooking oils, sauces,
- Laundry detergent, toilet paper, paper towel, soap, shampoo, toothpaste, toothbrush, deodorant
- Baby items: food, formula, diapers, & wipes

DONATE FRESH PRODUCE

Purchase an extra **GOOD FOOD BOX** to donate.
Learn more and order at www.woodcreekcommunity.ca.

DROP-OFF DATES:
Mon-Wed, Dec. 7, 8, & 9: 1pm - 4pm
Thur & Fri, Dec. 10 & 11: 10am - 4pm

DROP-OFF ALL DONATIONS TO THE WCA OFFICE
1991 Woodview Dr SW



wca@woodcreekcommunity.ca | 403-238-1611

PROGRAMS AT WCA

Adult Fitness - Move and Groove
Nancy Ehle
403-238-1611

Adult French Classes
Helene Giradot
heleneg.bonjour@gmail.com

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

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
wca@woodcreekcommunity.ca or 403-238-1611
Volonteer needed to run program

Play Makers: A Preschool Program
Tara Gladun
admin@playmakerscalgary.com

Scouts
Scouter Catherine
loadesc@gmail.com

Seniors' Bridge/Cards
Ken Barrie
403-467-5038

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

The Dance Compound
info@thedancecompound.com
403-768-3359

Therapeutic Yoga for Hips, Shoulders, and Back
Rosemarie Bartschak
403-607-5806

Vanshaw Academy of Irish Dance
Stephanie Henshaw
vanshawacademy@gmail.com or
vanshawirishdance.ca

Woodcreek Gardening Club
Pam Barg
gardener@woodcreekcommunity.ca



Why Do the Holidays Bring Up So Much Emotion?

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

Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.



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.

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Order By 4:00 pm	Pickup Date (1:00 to 5:00 pm)
January 18	January 27
February 15	February 24
March 8	March 17



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WOODBINE ***WOODLANDS***

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