

SEPTEMBER 2026

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your WOODCREEK CHRONICLE

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

WCA GARAGE SALE
SEPTEMBER 26



Cover Photo by Colleen Tims



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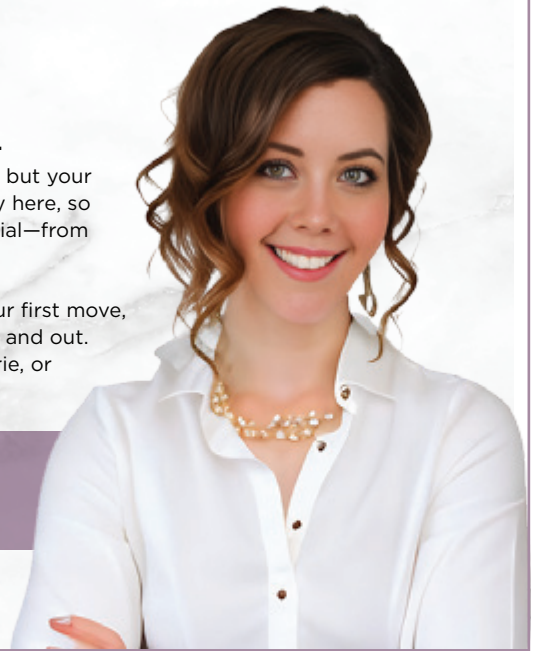
Just a local, helping locals with real estate.

I'm Terrin Daemen — not just your real estate agent, but your neighbour. I live here, work here, and raise my family here, so I truly understand what makes this community special—from the hidden gems to the homes with real potential.

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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

ABSOLUTELY NO HIDDEN COSTS

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

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SUPREME TUB TO SHOWER CONVERSION

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

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- Put your carts away after collection, no later than 7 p.m.
- Store your carts inside a garage or other secure enclosure.

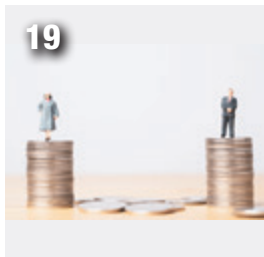
Let's keep your neighbours
and any visiting bears safe.

calgary.ca/bearsmart



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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
Woodcreek Seniors Representative	Anne Bundgaard
Community Pantry	Naomi Burkinshaw
Know Your Neighbour	Don Lauweryssen
Know Your Neighbour	Zrinka Poljicak
Stampede Breakfast Coordinator	Carole Davis
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	Andre Ortiz
Director at Large	Kathy Thirsk

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 2026 Meeting Dates:

- September 15

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



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News to Your Inbox!**

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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

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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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!

Renew or Purchase Your Membership!

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Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1+1/2 cups of rolled oats
- 1 cup of flour
- 1/4 cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.
3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!



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EXECUTIVE MESSAGE



Hello Woodcreek!

It's been a difficult summer to enjoy the outdoors, between the heat and the wildfire smoke. At least one of our

members has experienced significant property damage due to the BC wildfires, and I wouldn't be surprised if there are others. Please stay safe and where you can support those in need.

September brings new beginnings in many ways. Kids are heading back to school, which often affects the timing of buying or selling a home. Many work projects that were delayed over the summer are starting up again as organizations prepare for the fourth quarter. Our tenants are also returning after a summer break, and they will be welcomed back to a refreshed main floor in our hall.

As of August 10, the renovation work is well underway, and we are very pleased with the progress. New flooring has been installed throughout the main floor. The main hall has been painted, and work continues in the remaining areas. New appliances are being installed in the kitchen, and the office has been reorganized. The old boardroom table has been removed to create a more flexible, multi-purpose space. Washroom renovations are also progressing well. While we do not yet have a specific date for the lighting upgrade, it will be happening soon. AV system upgrades are scheduled for early September, and a new smart TV has already been installed in the boardroom.

We are currently reviewing what we learned from our Neighbour Day activities and the feedback submitted through our website. We are considering next steps and making plans for next year. You may notice some changes to our website in the coming months. If you have suggestions or would like to get involved, please email us at knowyourneighbours@woodcreekcommunity.ca.

Good Food Box orders are due by September 7 for pickup on September 16.

Our annual Garage Sale takes place on September 26, from 9:00 am to 2:00 pm, with item drop-offs accepted the day before, September 25, from 4:00 to 7:00 pm. Donated items must be in good working

order. Unfortunately, we cannot accept mattresses, large furniture, major appliances, auto parts, stuffed toys, clothing, large exercise equipment, lawn mowers, or carpets. Proceeds support both the WCA and WCA Seniors programs.

We look forward to seeing you at these upcoming events!

Keith and Jen

President and First Vice President

Mark Your Calendar! Upcoming Events

September 26

WCA Annual Garage Sale



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Let's have a
conversation



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)
September 7	September 16
September 28	October 7
October 26	November 4

WCA Business Members

- Aria Gardens
- A Cut Above Lawn and Yard Services
- BDO Debt Solutions
- Barron Electric
- Christine Versnick - Realtor
- DB Design Studio
- Financial Fitness Paradigm
- Hailey's Paradise Nails & Spa
- Kathy Thirsk - Realtor
- Lisa Laughton - Realtor
- Mann Bike Cave
- Faith Homecare and Supported Living LTD
- Peter Sydoruk - Mike Holmes Home Inspector
- Play Makers Preschool
- Pür & 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
- Wink Safety Consulting
- Woodbine Chiropractic & Massage
- Woodbine Dental
- Woodbine Optometry
- Woodbine Safeway

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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 Catherine
loadesc@gmail.com

Seniors' Bridge/Cards

Ken Barrie
403-281-5556

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

Vanshaw Academy of Irish Dance

Stephanie Henshaw
vanshawacademy@gmail.com or vanshawirishdance.ca

Woodcreek Gardening Club

Ross Snyder
gardener@woodcreekcommunity.ca

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Woodcreek Parents and Tots



Volunteers Needed



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

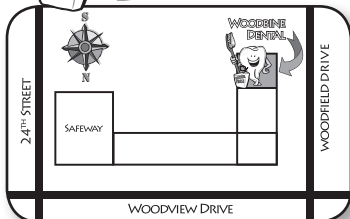
This program is an important part of our community, building friendships between new parents and creating social opportunities for young children.

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

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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 woodcreek.getcommunal.com/volunteer-opportunities

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

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!

WOODCREEK SENIOR MOMENTS

In September, the Woodcreek Seniors' meetings are resuming the usual scheduled dates 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 at 403-238-1611 for a WCA membership.

- September 1: Meeting and activity.
- September 8: Meet for Breakfast at 9:30 am. Location TBA.
- September 15: Meeting and speaker.
- September 26: Woodcreek Community Garage Sale.
- September 29: Lunch Bunch. Location TBA.
- October 6: 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 Include:

- Knitting and Crochet group | Meetings are on Monday. Contact alleszkowicz@gmail.com.
- Bridge Meets on Tuesday | Contact kenbarrie@gmail.com.





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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 woodcreek.getcommunal.com/volunteer-opportunities.

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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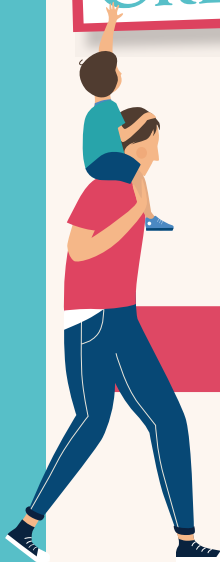
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We look forward to welcoming you.

CREEKSTONE

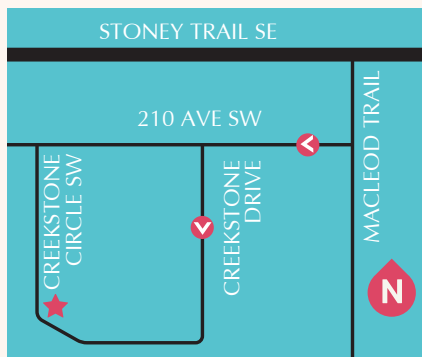
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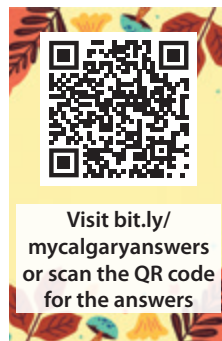
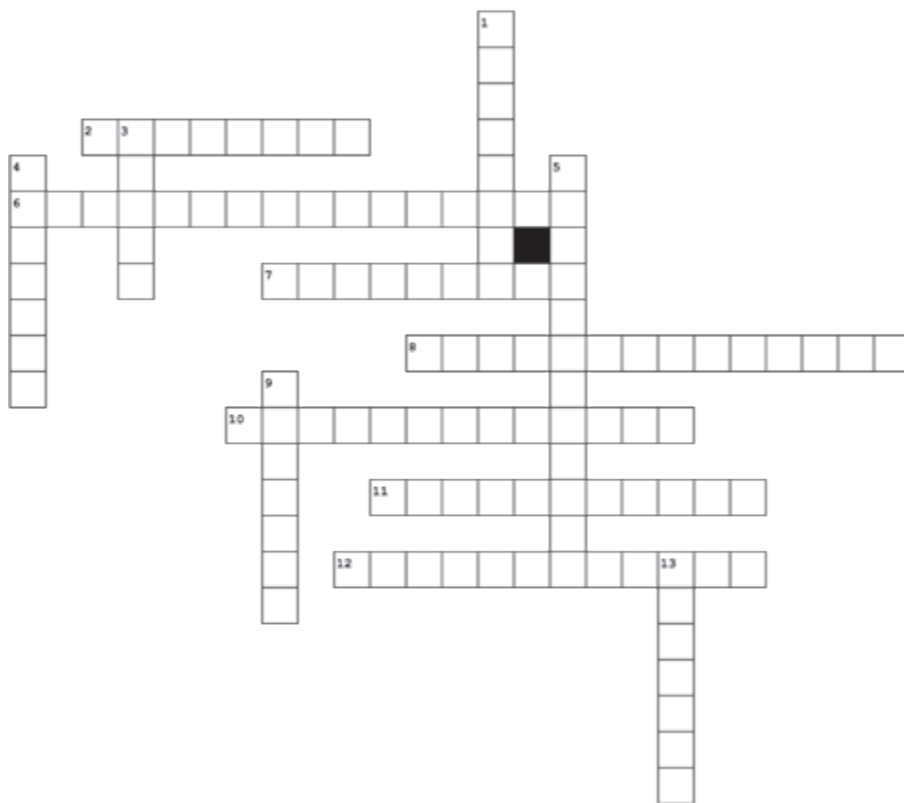
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September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



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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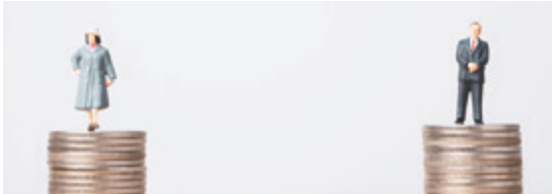
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🌐 westpeaksdentalsuite.ca



Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



Divorce does not just break your heart. It also breaks up your investment portfolio. According to Alberta law, investments that were acquired during a marriage are defined as family-owned property. This means that, after most divorces in Alberta, each spouse is entitled to 50% of any investments that were purchased during the marriage. There are two important points to remember about this 50/50 splitting rule:

- It applies regardless of which spouse purchased the investments.
- It applies to the initial investment purchase, plus any growth in the investment that occurred during the marriage.

The following scenario of a fictional couple demonstrates how this works: The Johnsons were married in 1990. They did not live together until after the marriage started. Unfortunately, things did not work out, and they separated in May 2026. Shortly after their 1990 wedding, Mr. Johnson bought \$100,000 in shares in the popular fast food chain McDonald's. These shares were bought in his own personal name. His wife, Mrs. Johnson, was not listed as a shareholder. On the date when this couple separated, the McDonald's shares grew in value from \$100,000 to \$4 million dollars. In this scenario, as part of their divorce, Mrs. Johnson would be entitled to 50% (\$2 million) of the total \$4 million in McDonald's shares.

50/50 Applies to RRSP Investments

Even if Mr. Johnson had purchased the McDonald's shares within an RRSP, his wife would still be entitled to 50% of the value. While RRSPs protect your investments from being taxed while they grow over the years, RRSPs do not protect you from the consequences of divorce.

If the \$4 million in McDonald's shares were held in Mr. Johnson's RRSP, he would likely be required to transfer \$2 million of these shares into Mrs. Johnson's RRSP account as part of the divorce proceedings.

50/50 Does Not Apply to Investments Before Marriage

The 50-50 split rule does not apply to investments made by one spouse before the relationship began. For example, let's say Mr. Johnson bought \$100,000 in McDonald's shares in 1989, the year before he married Mrs. Johnson. In this scenario, the original \$100,000 investment would belong exclusively to Mr. Johnson alone after the couple separated/divorced. However, Mrs. Johnson would still be permitted to share in any growth in value of the McDonald's shares which occurred after the day they were married. In other words, of the total \$4 million, Mr. Johnson would get \$4.1 million and Mrs. Johnson would get \$3.9 million to account for the initial \$100,000 investment made by Mr. Johnson before their marriage, which belongs exclusively to Mr. Johnson.

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When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are

approaches that can help. Evidence-based treatment often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.

- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.



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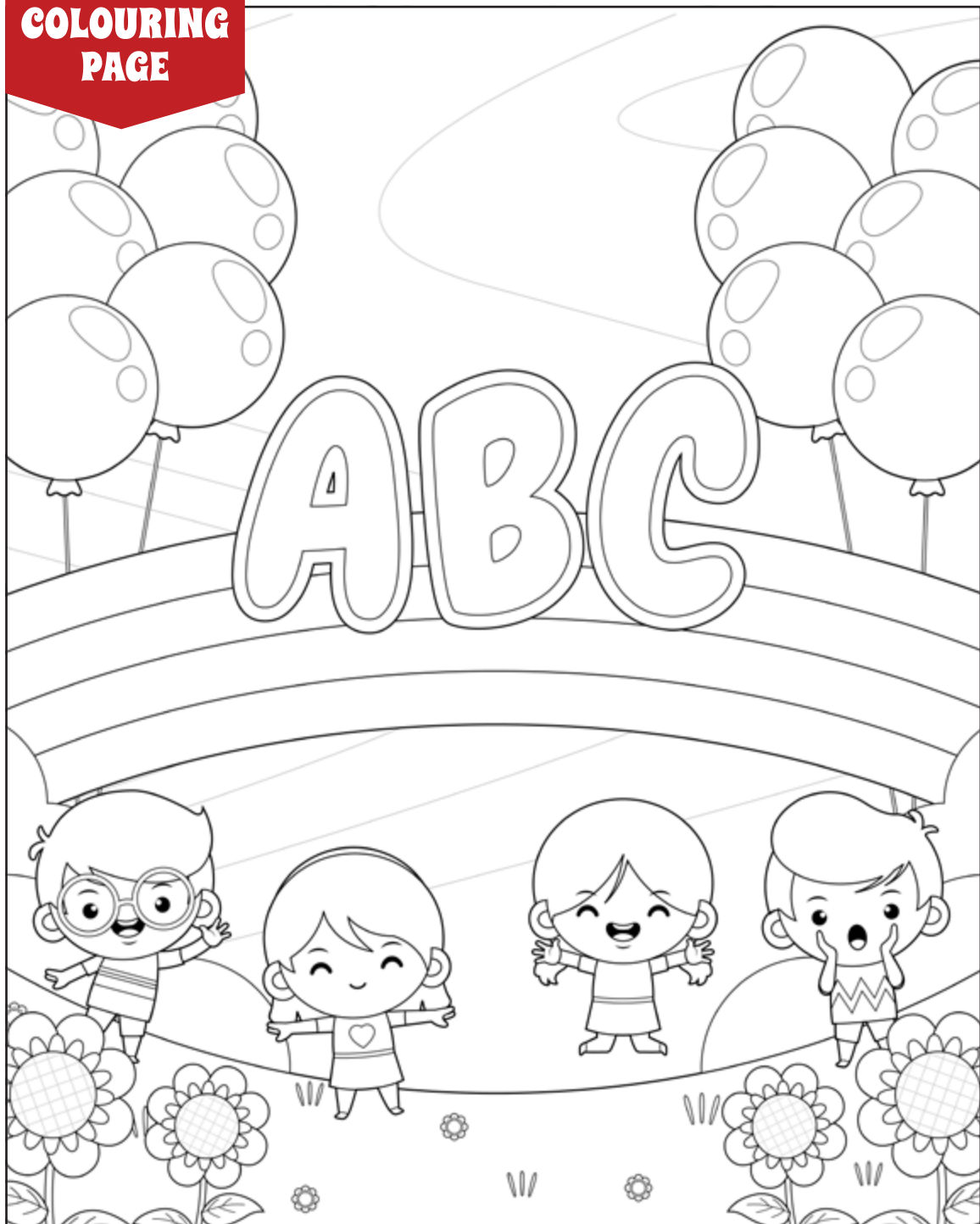
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Back to School: A Little Less Perfect, A Little More Predictable

Hello from Hull Services! We wanted to take a moment to reconnect with our neighbours in Woodlands and Woodbine and are grateful for the opportunity to once again be part of this community conversation. You may have also had the opportunity to meet our new Executive Director, Gwen Cham, at a recent Community Association meeting. Gwen is looking forward to building strong connections with our neighbours and continuing Hull's long-standing commitment to being a positive member of the community.

For nearly 65 years, Hull Services has supported children, youth, and families facing mental health challenges and complex needs. From our campus in Woodlands, we provide a wide range of programs and services that help young people build skills, strengthen relationships, and move toward brighter futures. Every day, our team works alongside children, youth, families, caregivers, schools, and community partners to create opportunities for healing, growth, and belonging. We value being part of this community and look forward to sharing stories, resources, and practical tips through future editions of Hull's updates.

As families prepare for the return to school, our clinical team wanted to share a simple reminder: perfection isn't the goal.

Every September, parents decide that this is THE year. The lunches will be balanced. The bedtime routine will be flawless. There will be no forgotten library books and certainly no more frantic searches for a left shoe at 8:12 am.

By September 9, reality has usually won.

The good news? Your child doesn't actually need the perfect back-to-school transition. They need a predictable one.

A week or two before school starts, begin nudging bedtimes a little earlier. Dig the backpack out of whatever mysterious corner of the house it migrated to. Let your child wear their new shoes before the first day; blisters are a terrible way to make an introduction.



One of the best things you can do is keep the first couple of weeks as predictable as possible. Resist the urge to fill every afternoon with activities or celebrations. A little extra routine at home gives children one less thing to adapt to while everything else is changing. Remember, school isn't just academically demanding, it's socially and emotionally demanding too. New teachers, new routines, and a whole lot more self-control can be a lot for a developing nervous system.

If your child comes home tired, cranky, or dissolves into tears because you cut their toast "wrong," don't be too quick to assume something has gone terribly wrong. Sometimes it's simply the cost of a nervous system that's been working overtime all day. Home is where children finally feel safe enough to let all of that effort go.

So lower the pressure where you can. Expect a little wobble. Add a little extra connection. The sharpened pencils matter, but feeling safe, understood, and welcomed back into the rhythm of school matters even more.

If you're looking for additional support, counselling and psychoeducational assessment services are available to the public through Hull Services' Pathways to Prevention program. Learn more or book an appointment at PathwaysToPrevention.ca.

We'd also love to stay connected. To receive updates, stories, and resources from Hull Services, subscribe to our newsletter at hullservices.ca. We're always interested in hearing what matters most to our neighbours, so if there are topics you'd like to learn more about, please email us at communications@hullservices.ca.

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Fall Migration is Underway: How to Help Southern Alberta's Travelling Birds

by the Calgary Wildlife Rehabilitation Society



As summer starts to cool with the dawn of fall, one of nature's most remarkable journeys is underway across Southern Alberta. Countless birds begin migrating south, travelling hundreds or even thousands of kilometres to reach warmer wintering grounds. For many species, September marks the peak of this seasonal movement, making it one of the best times to observe birds, and one of the most important times to help mitigate human-related risks.

During migration, birds rely on favourable weather and places where they can rest and refuel. They navigate using natural cues such as the sun and stars, known landmarks, and the Earth's magnetic field to complete their journeys. Along the way, they stop in wetlands, grasslands, parks, and urban green spaces throughout Alberta before continuing south.

While migration is a natural process, urban areas can present unexpected hazards. One of the greatest human-related threats is window collisions. Birds do

not recognise glass as a solid barrier. Instead, they often see reflections of trees or open sky, or they mistake transparent glass for open space. During migration, when many birds move through unfamiliar urban areas, such collisions become much more common. Research estimates tens of millions of birds die each year in Canada after striking windows, with most collisions occurring at homes and low-rise buildings rather than skyscrapers.

Fortunately, small changes at home can make a significant difference.

One of the most effective ways to reduce collisions is to make windows more visible to birds. Applying patterns, decals, tape, or specialised films to the outside of glass helps birds recognise it as a barrier. For the greatest effectiveness, the markings should cover the entire window, with gaps no larger than 5 centimetres. While they cover a large area, these covers are unobtrusive and don't block the view from a window.

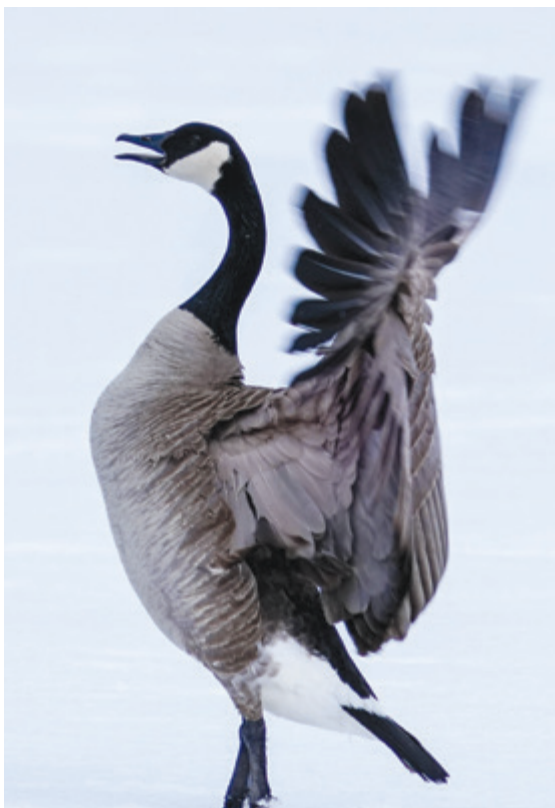
Reducing unnecessary outdoor lighting at night can also help migrating birds. Many songbirds migrate after dark and use the moon and stars for navigation. Bright artificial lighting can disorient them, drawing birds into urban areas where the risk of collisions with buildings and windows increases. Turning off unnecessary exterior lights or closing blinds after dark during migration season can help reduce this risk.

Although food is important during migration, Calgary Wildlife does not recommend putting out bird feeders. Feeders bring many birds together around shared food and surfaces, where contaminated seed, water, saliva, and droppings can increase the spread of disease. This is especially concerning during migration, when local birds mix with visitors travelling long distances, and infections may be carried between populations.

A bird bath can provide water without concentrating birds around a food source, but it still requires careful maintenance. Replace the water daily or every other day, scrub the basin regularly and place it away from untreated reflective windows. Planting native flowers, shrubs, and trees is an even better way to support migrating birds by providing natural food, shelter, and resting places without drawing large numbers of birds to a single feeder.

Position any bird baths either within one metre of windows or away to help reduce the likelihood of high-speed collisions. Research has also shown that landscaping and vegetation placed directly in front of reflective windows can unintentionally increase the risk of collisions. Rather than removing valuable habitat, take special care of nearby glass and try to make the glass visible to birds using effective collision-prevention treatment.

Fall migration offers a chance to witness an extraordinary natural event happening right above our communities. Whether you notice flocks of geese overhead, hear the calls of migrating songbirds, or spot unfamiliar visitors in your neighbourhood, these travellers are making an incredible journey that depends on safe places to rest along the way. Small choices at home can make a meaningful difference for birds travelling hundreds or even thousands of kilometres.



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Glover's Silkmoth— *Hyalophora gloveri*

by Kristina Quapp

The Glover's silkmoth belongs to the giant silk moth family, Saturniidae. These moths are quite large with a wingspan ranging from 80 to 100 mm, making it one of the largest moth species native to North America. It's commonly found in the Rocky Mountain states, western parts of the northern Great Plains, and Canadian prairie provinces.



Glover's silkmoth starts life as an egg for about one to two weeks. After hatching, the larva grows into a plump, yellow-green caterpillar, notable for its colourful red and yellow bumps that are tipped with small black spikes. In this stage, they can reach up to three to four inches in length. Their primary focus during these six to eight weeks of life is eating. These green critters must gather massive amounts of protein and energy to fuel their metamorphosis, often increasing their body mass thousands of times! Their primary diet includes trees and shrubs such as willows, chokecherry, silverberry, wild roses, and buffalo berry.

Once fully grown, the caterpillar spins a tight, silk cocoon on the twigs of its host plant. It remains in this stage for winter, and into the following spring, lasting about ten months in total. The Glover's silkmoth will emerge in early to mid-summer. Unlike its caterpillar counterpart, once the moth metamorphosizes it does



not eat. Nor does it have a functioning mouth! These adult silkmoths only live for one to two weeks, with their sole purpose being to find a mate and lay eggs. While the population status of this moth is stable, given its short lifespan they aren't commonly seen. Though, spotting a moth is widely considered a sign of good luck and positive transformation! So, keep your eyes peeled as the warm weather begins to taper in and around Calgary.

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