

JULY 2025

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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



STAMPEDE BREAKFAST

JULY 5

POPSICLES IN THE PARK

JULY 23

Cover Photo by Sean Drysdale



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WOODLANDS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
May 25	9	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	7	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
July 24	15	14	\$634,900	\$637,500
June 24	18	18	\$607,450	\$610,000

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
May 25	15	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
July 24	7	6	\$627,200	\$625,000
June 24	18	16	\$687,450	\$680,000

To view more detailed information that comprises the above
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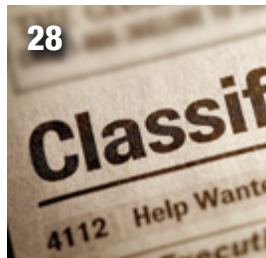
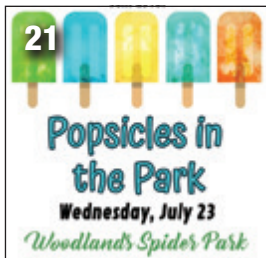


Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!

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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	Nicole Matheson
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

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

Get involved! Make a difference!

Upcoming 2025 Meeting Dates:

- September 9
- November 4

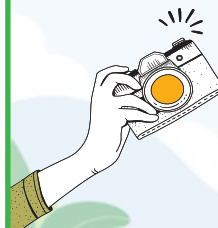
Meetings start at 7:15 pm. Everyone is welcome to attend!



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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.



Community Office Hours

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

***The WCA office will be closed on Mondays in July and August**

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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Business - \$20 + GST
Racquet Membership - \$63 + GST

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

Mark Your Calendar! Upcoming Events

July 5	Stampede Breakfast
July 17	Youth Book Club
July 23	Popsicles in the Park
July 31	Youth Book Club
August 14	Youth Book Club
August 23	Movie in the Park
August 28	Youth Book Club



EXECUTIVE MESSAGE



Hello Woodcreek!

We'd like to start by thanking Simone Bourque for her service as Second Vice President. Simone has stepped down for personal reasons, and we're grateful for her contributions. The board is looking to fill this position by our November AGM at the latest. If you're interested in joining the board or want to learn more, please reach out to president@woodcreekcommunity.ca.

We also want to recognize Randy Elkin, who retired in June as the manager of our local Safeway. Randy was a generous and consistent supporter of the community association—especially during our Stampede Breakfasts. On behalf of the entire community, we wish him all the best in his retirement!

We're excited to welcome everyone to our Stampede Breakfast on July 5—we're planning for a big turnout and hope to see you there!

The Tetzlaff Farm Stand will be back on Fridays starting mid-July, bringing fresh, local produce to the neighbourhood.

Our Community Cleanup in May was a huge success, with a great turnout and lots of participation. The inaugural Community Tidy Up, led by our Community Betterment volunteers, also went well. We're already thinking about how to make it even better next year. Discussions are ongoing about integrating the Community Betterment initiative with other WCA activities. We're also looking for volunteers to help coordinate street-level events—if you're interested, please contact us at the president email above or through the office.

At our June board meeting, we learned that the City has paused the "reimagining" of the Hidden Playground (between Woodglen Rd. and Woodglen Pl.). Another round of public consultation is expected, though we don't yet know when or how it will happen. We'll update our website as soon as we have more information. Meanwhile, the plans to update the Woodglen Close playground are still moving forward.

We're happy to share that we received a matching grant to wrap about two dozen trash cans this summer with photo-based artwork. These wraps will feature images that reflect the character and beauty of our neighbourhood and are part of our broader neighbourhood beautification efforts. A survey to the membership for feedback on the available options was sent out in June. We hope to have them completed by the end of July.

In addition, the utility box art project is moving ahead. This year, two utility boxes will be transformed with custom hand-painted artwork by local artists:

One at the northeast corner of Woodpark Blvd. and Woodview Dr. (in Woodlands)

The other at the northwest corner of 24 Street and Woodview Dr. (in Woodbine)

The next Good Food Box order deadline is July 14, with pickup on July 23.

Wishing you all a safe, sunny, and joy-filled summer—enjoy the warm weather and everything our wonderful community has to offer!

Keith and Jen

President and 1st VP



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- 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: \$15,679

SALE \$12,679
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- 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

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Why Buy a Membership to the Woodcreek Community Association?

Community

Membership fees are invested into delivering quality programs and supports the operational needs of our community centre and its grounds in Woodlands and Woodbine.

Feel Connected and Informed

Helps you meet others in your community, as well as keeps you informed about important activities and community news.

Events

Attend community events such as dances, children's parties, family skates, Stampede Breakfast, and a growing list of events and activities, either free or at a discount.

Enjoy Sport Facilities

A variety of sport facilities are available year-round, including basketball, skateboarding, tennis, pickleball, outdoor lit rinks for public skating, hockey, and lacrosse.

Voting

Membership allows you to vote on community issues at the Annual General Meeting. (Not available for Non-Resident Memberships).

Receive Support

The community association provides representation and input for Woodcreek residents with the City of Calgary and/or community planning.

Facility Rentals

The community centre offers fantastic hall and meeting space for public programs and activities, meetings, and family events and gatherings. Members receive a 10% discount for bookings.

Free Services

Join with your neighbours and participate in community initiatives such as our Community Cleanup Day, Seniors Groups, and Gardening Club.

Support your community, purchase a WCA membership today!

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Typewriter

What is the longest word you can think of? Now how many rows of keys would you need to type it? Interestingly enough, the word 'typewriter' is the longest English word that can be typed out using only one row on a computer keyboard.





Woodcreek
Community Association
Serving the Communities of Woodbine and Woodlands

STAMPEDE BREAKFAST

Saturday, July 5th

9:00 – 11:00 am

1991 Woodview Drive SW

Free Pancakes & Sausage

Live Music by The Turbines

Sponsored By:

Woodbine Safeway
Gateway Victory Church
Woodbine Shoppers Drug Mart
Christine Versnick – EXP Realty
Braeside Autopro/Tirecraft
Nicole Matheson – CIR Realty
Pur & Simple Buffalo Run

The Carriage House
Woodbine Optometry
The Apple Lady
Woodlands Dental
Co-op Oakridge





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)
July 14	July 23
August 11	August 20
September 8	September 17
September 29	October 8



that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!

On July 3, 1608, a trading post was established on the site of present-day Québec City

SAFE AND SOUND

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

PROGRAMS AT WCA

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403-613-5070

Beavers

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scoutertammie401@gmail.com

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Maria Chekmareva
587-894-0675 or maria@bravocircus.ca

Friday Prayers for Muslims

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403-708-1055

Gateway Victory Church

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403-816-1684 (call/text)

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scoutertammie401@gmail.com

Seniors' Bridge/Cards

Ken Barrie
403-281-5556

Seniors' 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.





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Between the ages of 12-17?
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No assigned reading. No pressure. Bring
whatever you're currently reading and join
other teens in fun, relaxed discussions about
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**Intrested? Come join us on Thursday
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from 2:30 to 3:30pm at the
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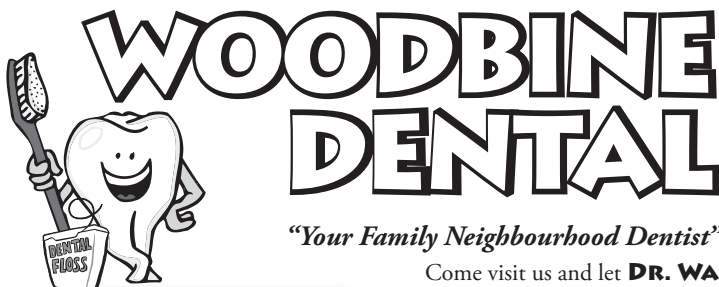
THIRD SATURDAY OF THE MONTH
10:00 AM - NOON



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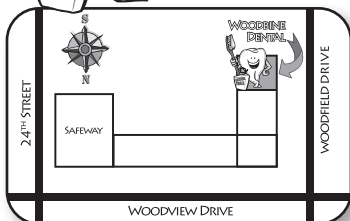
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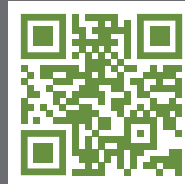
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What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

WOODCREEK SENIOR MOMENTS

The Woodcreek Seniors' meetings will resume 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.

- August 5 - Meeting and Bingo
- August 12 - Meet for breakfast at 9:30 am. Location TBA
- August 19 - Meeting and Speaker
- August 21 - Bus trip to Bragg Creek

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.



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
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9 PM
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- 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



Join us for



Popsicles in the Park

Wednesday, July 23

Woodlands Spider Park

From 6:00 - 8:00 pm
2302 Woodpark Ave. SW



RSVP: www.woodcreekcommunity.ca (Event Registration)

Rainout date: July 30, 6-8pm



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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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pillow, bug
spray etc.



SATURDAY, AUGUST 23

1991 Woodview Drive

kids activities start at 8:00 pm

movie starts at 8:45 pm

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Christine Versnick EXP Realty
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Woodcreek Community Association



Popcorn and water 50¢ each - proceeds will
go to the Woodcreek Community Pantry

PLEASE RSVP to: cversnick21@gmail.com

BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

Calling All CRAFTERS

The Woodcreek Community Association (WCA) is now accepting applications for the 15th Annual Fall Craft Sale on Saturday, November 8, 2025. 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.



Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well...not really, but the noise they make when flying is always in the key of F! Isn't that neat? Maybe next time, see if you can harmonize!

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Game On! Calgary Soccer Centre Dome Opened for Public Bookings May 31

by The City of Calgary



Soccer lovers, rejoice! The new air-supported dome and turf field at the Calgary Soccer Centre is now open for public bookings, complementing the existing amenities at the facility. The facility is set to inflate new opportunities for competitive and recreational users, providing players with a high-quality, year-round space for practice and play.

The Soccer Centre Dome features a competition-sized artificial turf field and an amenity building with eight change rooms, one referee change room, and a universal public washroom. The parking lot was also upgraded, adding approximately 100 additional parking spaces at the facility.

Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at calgary.ca/PlanYourTrip.

Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)



Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.

Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.

BUSINESS CLASSIFIEDS

ELECTRICITY IS NOT A HOBBY: Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

BARRON ELECTRIC: Master Electrician, Jeff Barron, can make your smart home dreams a reality! Woodbine based! All electrical concerns: electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, EV chargers, Smoke/CO alarms, lighting, thermostats, plugs, cameras. Electrical emergency? No extra charge evenings, weekends, holidays. As always, licensed, bonded and insured. Text/call Jeff Barron at 403-818-6256, email barronelectric@shaw.ca, or visit www.barronelectric.ca.

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continued on next page

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continued

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2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



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