

AUGUST 2016

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THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



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Cover photo by Ken Brown

## Woodcreek Community Association

1991 Woodview Dr. S.W.

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Phone: 403.238.1611

[wca@hotmail.ca](mailto:wca@hotmail.ca) | [www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)

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## WOODCREEK COMMUNITY ASSOCIATION BOARD 2016

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Director	Dave Stanislow	403 251 6321
Director	Greg Weild	403 281 4861
Community Engagement Coordinator	Robin Parsons	403 697 9087
Social Media	Kat Macaulay	403 809 6322
Communications	WCA Office	403 238 1611
<b>OTHER CONTACTS</b>		
Fish Creek Soccer (SW United)	Barb Plicka	403 862 4602
Woodcreek Racquet Club	WCA Office	403 238 1611

## PRESIDENT'S MESSAGE



Well we lucked out again this year and the rain held off for another very successful Woodcreek Pancake Breakfast. Darlynn Lynn did her usual fine job of preparing for and organizing this popular event. We had volunteers

step up and with our co-sponsor the Gateway Victory Church the day went well. One of the highlights this year was the skating rink was turned into a games and face paint area. Very popular with the kids.

The next event we are planning is a Community Centre Open House on Sunday August 21, from 2 to 4 PM. We would like to invite our community residents to come and see our new meeting rooms and meet your Board of Directors. We are also planning on having as many of our building program representatives on hand to sign up new members and highlight their programs and activities. Refreshments will be served, so come out and see the Centre and meet many of the people involved. See the Chronicle for more details.

September being the start of our membership year, we will hold our door to door membership canvas. We need volunteers, so if you can devote some time, please call the centre (403-238-1611) for details and to volunteer to help your community.

Also coming up in September we have another community clean up, Woodcreek Lions garage sale and Oktoberfest just around the corner.

Enjoy the rest of the summer which is speeding by.

Cec Jahrig - President

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### Woodcreek Seniors Fitness

Come take part in a weekly fitness class led by Nancy Ehle, a group fitness instructor

**Sept. 23-Nov. 18**  
**No Class Nov. 11**

### PROGRAM DETAILS:

When: Friday, 10:30-11:30 am  
Where: Woodcreek Community Centre  
1991 Woodview Drivew SW  
(403) 238-1611  
Cost: \$5.00 per class or \$35 for 8 classes

**We look forward to seeing you!**

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## Community Office Hours

Monday 1:00 - 9:00 pm  
Tuesday to Friday 1:00 pm - 5:00 pm  
Closed on statutory and civic holidays

### Community Office Staff

Facility Manager Linda Roy  
Building and Grounds Superintendent Al Evenson  
Administrative Assistant Lorraine Townsend

Phone: 403-238-1611  
Address: 1991 Woodview Drive SW  
Calgary, AB T2W 5E5  
Email: wca@hotmail.ca  
Website: www.woodcreekcommunity.ca

## WOODCREEK COMMUNITY ASSOCIATION



## BOARD MEETINGS

First Tuesday of each month  
7:15-9 pm

1991 Woodview Drive SW

If you wish your name to be added to the meeting agenda, please contact Cec Jahrig at 403-251-1436.

**NO MEETINGS IN JULY OR AUGUST**



### 2016 EVENTS

**September**  
**September 24** Door to Door Canvas Membership Drive  
**Community Clean Up** (Shredding included)  
9 a.m. – 2 p.m.  
**September 30** Drop off for Lions Club Garage Sale  
4 p.m. – 8 p.m.  
**October 1** Calgary Woodcreek Lions Club Garage Sale  
8:00 a.m. – 1 p.m.  
**Oktoberfest**  
8 p.m. – Midnight  
**Spaghetti Dinner**  
5 p.m. – 7 p.m.  
**October 16** Children's Halloween Party  
6 p.m. – 7:30 p.m.  
**October 29** Woodcreek Craft Sale  
9 a.m. – 3 p.m.  
**November 5** Children's Christmas Party  
1 p.m. – 3:30 p.m.  
**December 3** New Year's Eve Dinner and Dance  
7 p.m. – 1 a.m.  
**December 31**

## September Bus Tour

In September, Diane Colley Urquhart and the Presidents of the south west communities in her ward will be touring the communities to review traffic problem areas. If you have concerns about streets in your neighbourhood, please send a detailed email to the community centre (wca@hotmail.ca). Speeding and road bumps apply to all areas and should be reported to 311. What we are looking for are areas requiring stop signs, better visibility or other traffic problems.

*Your comments and concerns will be appreciated.*

*Cec Jahrig –President WCA*



# WOODCREEK COMMUNITY CENTRE

# OPEN

# HOUSE

## SUNDAY, August 21, 2 – 4 p.m.

Come and see the newly renovated meeting rooms, meet your Board of Directors and see what programs are available in your community.

We now have 2 new meeting rooms in the lower level.

The fall season is a big sign up time for activities in the community, so come and meet the various program leaders, and maybe you will find a program that fits.

Refreshments will be served.

We particularly invite new community residents to come and see what Woodcreek is all about.






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**WOODCREEK CHRONICLE**



*Trivia*  
**Ann Franklin**  
1762 – 1<sup>st</sup> woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

## EVENTS COORDINATOR REPORT

### Report on June and July WCA Events

We have in the past few months had several very successful events at the hall.

Our **June Family Fun Day** was well attended and everyone seemed to enjoy the event. Nice to see so many children having fun and families spending time together.

I want to thank all of the volunteers who stepped up and helped; we could not do these events without our fabulous volunteers! Cec, Tom & Brandon, the Eden Family Scott, Nicolette, Dylan & Owen (for the great Scavenger Hunt and they contributed many of the games as well), Naomi, Cheryl, Cam, Sharon, Elaine, Jean & Greg, Sarah & Janet, Maureen & Tashya, and Syl.

**Our 5th Annual Stampede Breakfast on July 10<sup>th</sup> could not have gone better.** A great volunteer group to thank -- Cec, Tom, Maureen, Scott, Dave S., Joe & Tony, Robin & Carter, Al, Greg, Marie & Maurice, Eugina & Hans, Sheila, Kent, Tashya & Marshall, Elaine, Janice, Tony, Don, John, Nicolette & Alex (sorry if I missed anyone). Also, Ken Brown for taking pictures and Kat Macaulay for doing the video on Facebook.

To our great partners with the Gateway Victory Church who created a wonderful games area for all the children attending! What a huge success and a lot of fun!!! Thank you for volunteering: Dave, Ayuk, Rowan, Tolu, Steve, Nan, John, Julene, Kerri, Adrien, Naomi, Julena. Kids Corral helpers: Jackie, Anna, Mara, Bukky, Dianne, Dayo, Euginia, Janice, Dianne, Shade, Kemi, Eva, Zoe, Sarah, Tobi & Ibukun.

It was nice to see some of our youth come out and volunteer and be engaged in the events.

We appreciate the support of Dave Rodney, MLA, and Shopper's Drug Mart for supplying water for everyone.

Also everyone enjoyed the great dance display by the young ladies of Silk Road Dance.

A special thank you to Linda/Lorraine in our office for backing up all our events and helping us out all the time, and to Al our Building fellow who is always there helping bring in BBQ's and many other things.

We served about 1125 people this year which meant over 2,000 pancakes and 2,000 sausages were served.

We owe a **Big Thank You** to our wonderful community supporter, **Rob with Gateway Auto** who steps up with a trailer load including BBQs, water and much more for our Family Fun Day and Stampede Breakfast. **THANK YOU Rob** for being such a great community partner!

*Once more it is important to thank you -- to all the people in the community who come out and support these events. We hope you had fun and continue to come out and meet your neighbours!! Next year we will try something new and ask people to bring their own plastic reusable plates and utensils from home. This will help keep a lot out of our landfills (a greener event).*

We are planning an Open House on August 21 to show off our beautiful new rooms on the lower level and to showcase some of our groups who provide programs. Details in this edition. Hope you will make time to come take a peak and to see what programs you can register for and what our beautiful facility has to offer.

Darlynn Linn, Events Coordinator

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- Adapted rules for youth aged 9-12.
- Each session is split between practice and game play

August 8-12, 2016 2:30pm-3:45pm  
August 15-19, 2016 1:00pm-2:15pm  
August 22-26, 2016 2:30pm-3:45pm

Cost: \$40.00 + \$8.25 membership fee

 LOCATION: Cedarbrae Community Centre  
11024 Oakfield Drive SW  
Calgary, AB T2W 5G6

FOR MORE INFORMATION:  
Email: [krath@volleyballalberta.ca](mailto:krath@volleyballalberta.ca)  
Phone: 780-415-1703

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## WHAT'S HAPPENING AT THE HALL



### Community Hall Rental

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We would be pleased to give you a tour of the facility and all it has to offer.

The Centre was renovated and extended in 2010 and is located at 1991 Woodview Drive SW.

Main floor rooms are wheelchair accessible. We have very successfully offered many small and large group gatherings such as:

- Wedding Receptions
- Sports Banquets
- Birthday and Anniversary Parties
- Business Meetings
- Condo Board Meetings
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- Bridal Showers
- Political Forums
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Lower room capacity: 50 – 70

**Dance Studio with Mirror**

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**CALL LINDA / LORRAINE AT 403-238-1611**



### WOODCREEK COMMUNITY WEBSITE

Bookmark the site and check it regularly for all your community events!

**[www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)**

- Woodcreek Chronicle – NOW ON-LINE!
- Membership Registration– NOW ON-LINE
- Events
- Facility Rental
- Senior's Programs
- Children's Programs
- Fitness Programs
- Executive Contacts

Please contact Theresa, our webmaster at woodcreekcommunity.ca or tstanislow@gmail.com if you have any comments or suggestions for the site. Thank you!



**Did you know the WCA is on Facebook? Like our page to get real-time community updates!**

<https://www.facebook.com/WoodcreekCommunityAssociation/>

### NEWSLETTER SUBMISSIONS DEADLINE

Community Association – Linda / Lorraine  
403-238-1611 or wca@hotmail.ca

**Articles and community announcements ONLY**  
**Submissions must be electronic, and preferably in Microsoft Word**

**DEADLINE IS 6:00 PM ON THE 15<sup>th</sup> DAY OF EACH MONTH**

## WCA BULLETIN BOARD / VOLUNTEER OPPORTUNITIES

JUST A REMINDER THAT WE HAVE A

### COMMUNITY LOST & FOUND



at the Woodcreek  
Community  
Centre located at  
1991 Woodview  
Drive SW

Please contact the Woodcreek Community  
Centre at 403-238-1611 to inquire about  
any articles you may have lost.

If your organization is planning a **bottle drive**, please call the Woodcreek Community Association at 403-238-1611 to coordinate the date with other bottle drives in the community.



### NEW VOLUNTEER ROLE!

#### Community Reporter, Volunteer (WCA)

We're looking for a volunteer who will attend WCA and community events and activities, take pictures, conduct interviews, and write short event summaries that will be published in the Woodcreek Chronicle, the WCA Facebook page and other social channels as they are developed.

This role is perfect for a Communications, Journalism or Liberal Arts student who would like to develop some resume building experience.

#### Desired attributes:

- Friendly, outgoing
- Able to attend WCA events or other community events
- Able to take pictures
- Willing to conduct interviews with community members
- Excellent written skills
- Familiarity with social media (Facebook, Twitter, Snapchat)
- Willing to periodically attend the monthly WCA board meeting (1.5 hrs, 1x / month)

#### Anticipated time requirements:

- 4-6 hours / month

#### Experience:

- None - just a willingness to get involved

Contact us via Facebook or wca@hotmail.ca

## Bowling League

Are you interested in joining a bowling league this fall? Club 55 is the Seniors League that plays every Friday at TOPPLER BOWL. It is a fun league that starts on September 9<sup>th</sup> at 12:30 and goes until the end of April. If you are interested in joining a league or looking for more information, please call Toppler Bowl at 403-255-0101 or Jim at 403-255-0059. No experience necessary; open to full time bowlers or spares.






WOODCREEK COMMUNITY ASSOCIATION  
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## HAVE WE GOT ROOM FOR YOU!

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**Boardroom seats up to 18** 

**Lower meeting room capacity 50 – 70** not wheelchair accessible

See our website for rental rates:  
[www.woodcreekcommunity.ca](http://www.woodcreekcommunity.ca)

We welcome groups on a long or short-term basis.

**For more information contact:**  
**Linda / Lorraine 403-238-1611**

## WHAT IS WOODCREEK?

If you ask people in our area where they live, they say Woodlands or Woodbine. So where does Woodcreek come from? A little history lesson will give you the answer.

Woodlands was established in 1976 and Woodbine 4 years later in 1980. The Woodlands Community Association was incorporated on May 21, 1980, and two years later the Woodbine Community Association was registered on October 19, 1982. In order to better serve the needs of the area, the Woodlands and Woodbine Communities amalgamated on January 29, 1992 and the Community Association name was changed to Woodcreek Community Association and represents the 15,399 residents of both communities. In 1987 a Community Centre building (approximately 1000 sq. Ft.) was built at 1991 Woodview Drive S. W. In 2010 we added a 2500 sq. ft. addition with a full basement. We now have a facility that can better serve the needs of the community and provide a venue for meetings, banquets, dances, birthday parties, you name it. A portion of the basement area provides storage for our community groups.

So when you hear the name WOODCREEK think both of the communities.

A further point is that Woodcreek does have two properties. Our main location is the Community Centre in Woodlands. We also have a Woodbine location on Woodborough Road where we have tennis courts, pickle ball courts, basketball hoop, skating rink, a skate board park and a full basketball court. These are all part of the Woodcreek Community Association.

## SENIORS



### WOODCREEK SENIORS MOMENT

Meetings are held the **first** and **third TUESDAYS** of the month at 9:30am at the Woodcreek Community Centre, 1991 Woodview Drive SW

All seniors 55+ meet for **Bridge** at 1:00pm at the hall every Tuesday

**Knitting** and **Crocheting** group meet at 1:00pm every Monday

We welcome all seniors in our community to join us twice a month for fellowship and fun

**Saskatoon Berry Farm:** For all the members who attended this joyous day and had a wonderful luncheon at Saskatoon Berry Farm; we wish to thank our MLA Dave Rodney for providing the bus. Thank you Dave...

#### Coming events:

Trip to **Kananaskis Casino:** so far the trip is planned for all members who signed up for Friday September 2, 2016

Month of September we will be collecting articles for the South West Communities Resource Centre. It would be appreciated if we can provide them with adult shampoos, conditioners, toothpaste, brushes, bar of soaps, feminine hygiene products, deodorants, disposable razors, shaving creams, disposable diapers for babies and adults... It's our annual donation and much appreciated...

Looking forward to the next meeting for good fellowship...

President: *Sheila Jahrig*/June Logan

Contact: *Denise Freeborn* at 403-238-0278 or email: [freeborn@telus.net](mailto:freeborn@telus.net)



## WANTED Knitting Wool and Yarn

The Woodcreek Seniors knitting group is knitting/crocheting projects for the 6th annual Woodcreek Craft sale which is scheduled for November 5, 2016. We are looking for unused knitting yarn and wool for various projects which will be sold at our fall sale. Sale proceeds are donated to local charities. Thank you for any donation to our group and projects.

Yarn and wool donations can be left at the Woodcreek Community Centre office during office hours. Office hours are: Monday 1-9:00 pm, Tuesday to Friday 1-5:00 pm. The knitting group meets Monday afternoon 1-3 pm in the main hall of the community centre. Please do not leave bags outside by the WCC door.

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- Good Nails
- Great News Publishing Ltd
- Happy Cup Real Fruit Smoothie, Bubble Tea

- Kidsland Day Care
- Mac's
- Mima & Cello Music School
- Massage-U-Well
- Mommy's Kids Childcare Centre Ltd
- Pathway Montessori
- Paradise Nails and Spa
- Patisserie du Soleil
- Pizza Hut (Woodbine)
- Reflections Hair Design
- Ristoro Italiano Ltd
- Salon Serendipity Inc
- Scotia Bank
- Shoppers Drug Mart
- SouthWest Communities Resource Centre
- **The Ultimate Look \***
- Three Crowns Pub
- Universal Health Pharmacy
- Vlada Professional Tailoring
- Wildrose Calgary Lougheed

- Wing's Fine Foods
- Woodbine BK Liquor
- Woodbine Chiropractic
- **Woodbine Cleaners \***
- Woodbine Day Care Centre
- Woodbine Dental
- Woodbine Husky Market
- Woodbine Optometry
- Woodbine Pharmacy
- Woodbine Safeway
- Woodcreek Dental Care
- Woodlands Family Medical Centre
- Woodlands Veterinary Hospital & Animal Dental Centre
- Woodpark Liquor Store

- Other Woodcreek Sponsors**
- Chabad Lubavitch of Alberta
  - Gateway Victory Church
  - Al Madinah Calgary Islamic Assembly



Show us your   
**Woodcreek Community Association**  
membership card and receive a  
**10% DISCOUNT**

## Participating Woodcreek Business Members

- Fishman's Personal Care Cleaners
- The Ultimate Look
- Woodbine Cleaners



The Woodcreek Community membership year runs from September 1<sup>st</sup> to August 31<sup>st</sup>. We expand this a bit by extending any memberships purchased in July or August to the upcoming year. September is our membership drive month and we need door to door canvassers to cover 53 routes in Woodcreek. If you can volunteer your time in September, please call the Community Centre 403-238-21611. You can help your community and have a chance to meet some of your neighbours. This is one important way you can be involved and support Woodcreek.

Cec Jahrig - President



## Move 'n Mingle

### Program Criteria:

- Adults over 65 at risk for falling and losing their independence.
- Seniors not able to access regular programs due to income, culture, language, /or isolation

### Fall Prevention group exercise classes offered two times a week

- Reduce falls by improving flexibility, leg strength, and balance
- Remain independent by increasing strength, range of motion and endurance.
- Talks about fall risk factors and healthy living

### Started May 25, 2015

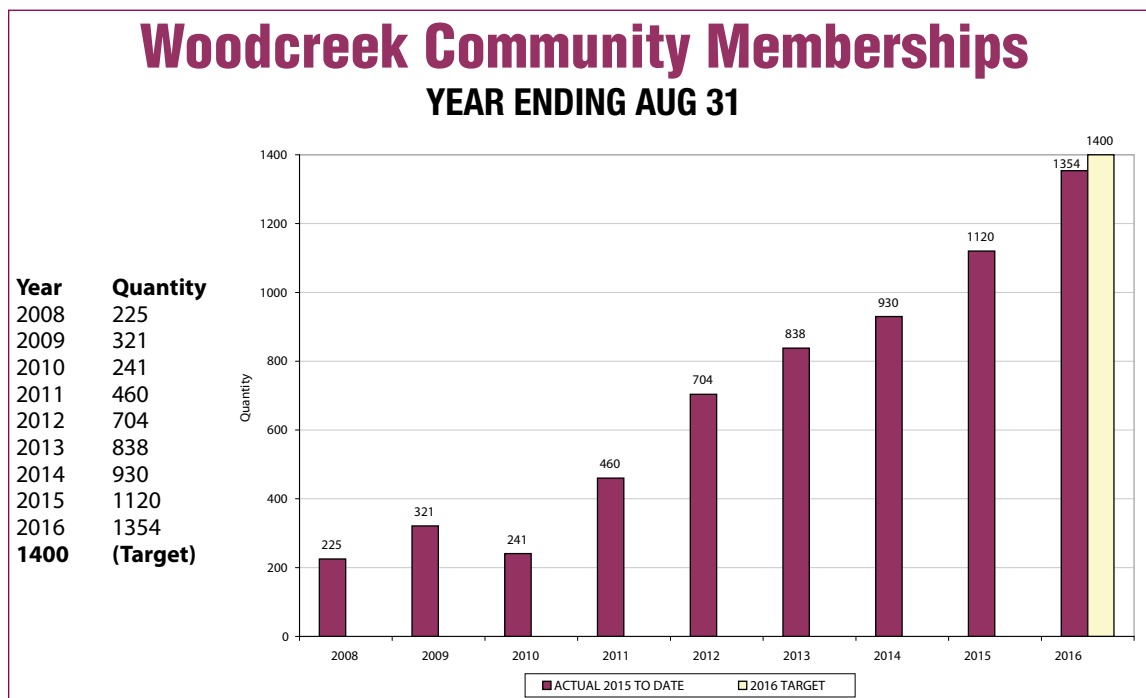
Woodcreek Community Association ,  
1991 Woodview Drive SW.

Monday 3:00 – 3:45

Wednesday 1:00 – 1:45

### Registration required.

To register or for more information call 403-955-1554 or 403-863-7708




**Bonnie Fulford**  
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Cell: 403-852-8058  
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bfulford@maxwellrealty.ca  
[MaxwellCanyonCreek.com](http://MaxwellCanyonCreek.com)

Not intended to solicit properties of clients already under contract

*I hope everyone is having a relaxing and enjoyable summer. It's always great to be able to spend time with family and friends. It's also a great time to get an up to date value of your home. Feel free to give me a call if I can help!! Go Stamps Go!*



**WoodcreekCommunity  
Membership**  
Buy in August  
Good until August 31, 2017

# Woodcreek Community Association Membership Advantages

- Members receive discounted rates on hall rentals. Call Linda / Lorraine at 403-238-1611.
- Members receive a 20% discount on cost of Trico Centre Membership.
- Members receive FREE Community Announcements in the Woodcreek Chronicle
- Members receive FREE recycling at Community Clean Up held each spring and fall.
- Members receive discounts on tickets for special events such as Pub Night, Wine & Cheese, Oktoberfest, Ice Breaker Dance, Children's Christmas Party and more.
- Members receive discounts at participating neighbourhood stores.
- Members have FREE use of tennis and pickle ball courts at our Woodbine location, as well as ice rinks at both Woodlands and Woodbine locations.
- Members are eligible to attend the Knitting Group and/or Seniors Group meetings.
- Members can influence the work of the community association and "give back to their community" though serving as a volunteer on the Woodcreek CA Board.
- Members in good standing have a vote at WCA annual general meetings.
- Members benefit indirectly – membership fees help support free community events such as Family Fun Day and Pancake Breakfast, as well as the cost of running the community centre, hockey and pleasure rinks in Woodlands and Woodbine, and tennis and pickle ball courts in Woodbine.
- Members demonstrate a sense of community pride and stay informed and have a greater community connection.
- Easy Options to purchase a membership – at Woodbine Cleaners, Fishman's Personal Care Cleaners, Crispy Crust Pizzeria and the Woodcreek Community Centre during office hours OR on-line at: <https://www.compumim.com/woodcreek/membership>.
- You can call the community centre at 403-238-1611 and give your credit card number for membership.
- Alternately, you can send the form below with a cheque or money order to the Woodcreek Community Association at 1991 Woodview Drive SW, Calgary, AB T2W 5E5.



## JULY 1, 2016 – AUGUST 31, 2017

**Please circle applicable membership type:**  
\$20.00 - Family Membership    \$10.00 - Sr.(55+) Family Membership    \$20.00 - Business Membership

**Amount Paid:** \_\_\_\_\_

<b>MAIN CONTACT</b>	<b>SPOUSE /PARTNER (IF APPLICABLE)</b>
Last Name: _____	Last Name: _____
First Name: _____	First Name: _____
Address: _____	Postal Code: _____
Phone: _____	CellPhone: _____
Email: _____	

I consent to receive emails from the Woodcreek Community Association  
Signature: \_\_\_\_\_

**I WOULD CONSIDER VOLUNTEERING FOR THE FOLLOWING:**

Stampede Concession <input type="checkbox"/>	Casino <input type="checkbox"/>	Special Events <input type="checkbox"/>
Outdoor Rinks <input type="checkbox"/>	Bartender <input type="checkbox"/>	Board of Directors <input type="checkbox"/>
Membership Drive <input type="checkbox"/>	Youth Events <input type="checkbox"/>	Chronicle Reporter <input type="checkbox"/>

**PLEASE FILL IN**

Cash ☐    Family Membership ☐  
Cheque ☐    Senior Family 55+ ☐  
Cr Card ☐    Business Membership ☐  
   Senior Club ☐

Credit Card No: \_\_\_\_\_  
Expiry Date: \_\_\_\_\_

**No resident will be refused membership for financial reasons. Please call the office for a confidential discussion of your membership.**



# WOODCREEK BABYSITTERS

We get calls on occasion asking for names of babysitters. If you would like your name listed as available for babysitting, please contact the community centre at 403-238-1611. We will provide your first name, age and phone number to our residents looking for sitters. The community association will provide this information as a service and take no responsibility for the abilities of the sitter or references for those looking for sitters.

*This is another community service we are trying to provide.*

WCA Babysitters Register			
First Name	Age	Phone Number	Course
Michaela	13	587-352-0028	C
Joel	14	403-251-9825	C
Ari	14	403-921-6272	C
Fiona	13	403-251-3838	C
Neshama	14	587-352-0028	C
Henry	15	403-719-8282	C
Deia	15	403-921-6272	C
Lilly	15	403-719-8282	C
Marissa	16	403-251-7663	C
Grace	14	587-888-2423	C
Sharon	42	587-350-0172	No
Anna	66	587-707-9999	C
Tenisha	12	403-454-3472	C
Natalie	20	403-238-0803	C
Kiara	12	403-281-0908	C
Carson	11	403-238-1527	C
Brooke-Lynn	14	403-281-6899	No
Robyn	37	587-438-4442	No
Alexia	12	587-439-6842	C
Jyotsna	52	403-802-1938	No
Hailey	16	403-620-0609	C
Emily	11	403-479-3362	C
Febrilyn	26	403-478-8262	C
Karleigh	20	403-671-1533	C
Stephanie	12	403-540-9938	C



# Neighbour to Neighbour

In February, we started a new feature called Neighbour to Neighbour.

We all have surplus items around the house that we don't use. The idea is that if you are looking for some particular item, we would like you to list it in this column, and we may have someone who reads the Chronicle come up with what you are looking for.

- Item to Pass on:**  
Carla / 403-301-3347 / washing machine
- Wanted Items:**  
Ardell / 403-816-1824 / looking for baby monitor and electric breast pump
- If you wish to list something or have a useable item that someone else might want, please call the office at 403-238-1611.



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403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)





# WOODCREEK SUMMER PROGRAMS

Date	Program	Contact	Location
May 9 – Fall	<b>Woodcreek Racquet Club</b> WCA Membership Required Pickleball and tennis evenings Mon and Wed, 6:30 – 8 p.m.	WCA Office 403-238-1611	Woodcreek Recreation Area (also referred to as Woodborough Park) 36 Woodborough Road SW
Jul 4 – Aug 26	<b>Get Going</b> <i>A free outdoor drop in summer and recreation program for kids 7 – 14</i>  WCA Membership Required to Register Mon, Tues, Thurs, Fri, 10 a.m. – 5 p.m. Wed, 10 a.m. – 7 p.m.	Kayla 403-808-7210	Woodcreek Rec. Area
Aug 15 – 26	<b>Mima &amp; Cello Music School</b> <b>CANCELLED</b>	Mima 403-355-3555	Woodcreek Community Centre 10000 Woodborough Drive SW
Jul 4 – Aug 31	<b>Jazzercise</b> Mon, Wed, Fri, 9 – 10 a.m. <b>No class Aug 1</b>	Karen 403-803-9063 Kathy 403-710-8385	Woodcreek Comm. Centre
Aug 2 – 5	<b>Stay N Play</b> Tues to Fri, 10 a.m. – Noon (Ages 3 – 5)	City of Calgary 311	Woodcreek Comm. Centre (outdoors weather permitting)
Aug 2 – 5	<b>Park N Play</b> Tues to Fri, 10 a.m. – 3:30 p.m. (Ages 6 – 12)	City of Calgary 311	Woodcreek Comm. Centre (outdoors weather permitting)



## Woodcreek Recreation Area in Woodbine

36 Woodborough Road S.W.

Photos by Ken Brown



## Woodcreek Racquet Club

We have great tennis and pickleball courts at our Woodbine location on Woodborough Road. Sue Larson has stepped up and will be organizing the pickleball courts and will assist with tennis. We will be holding pickleball evenings on Monday and Wednesday from 6:30pm to 8pm commencing Monday, May 9. Open to experienced and novice players. If you wish to participate, please call the Community Centre at 403-238-1611 or come out on a Monday or Wednesday evening. Community membership is required to use the courts. We still need a tennis coordinator, so if you can help, again please call the Community Centre.



### DOES YOUR CHILD LOVE TO DANCE?

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23 years of instruction, passing along our love of dance.  
Committed to providing quality dance instruction  
Nurturing self-expression and joy of movement.

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MUSICAL THEATRE / HIP HOP / ACRO**

**403.615.0103**  
Located in Cedarbrae SW  
[www.counterpointdance.com](http://www.counterpointdance.com)



# GET GOING

## Free outdoor drop in summer and recreation program for kids 7-14

**Location:**  
Woodborough Park  
36 wood borough  
Road  
Hut behind tennis  
courts and skate park

**Hours** May23 -July 1:  
Wed,Thur, Fri 3:30-7:30  
Sat 10-4  
July 4 -August 26  
Mon,Tues, Thur,Fri 10-5  
Wed 10- 7

Kids from the ages of 7-14 can participate in a variety of sports and activities such as basketball, tennis, pickle ball, badminton, volleyball, slacklining, water games and more.

Leaders will help run and facilitate games and sports throughout the day. There will also be guest instructors throughout the months to teach various sports.

**Registration:**For forms please email kayla. A WCA membership is required in order to register. Ensure that your child has a hat, adequate water and

sunscreen while at Get going.

Please note that this is not a day camp or babysitting. Kids can come and go anytime that Get Going is running. In the event of inclement weather Get Going will be closing. Children should be able to go back to their house or have alternate arrangements Please Check [www.Facebook.com/getgoingyyc](http://www.Facebook.com/getgoingyyc) for schedules updates and special events

**Contact:**  
All questions and concerns can be addressed by contacting:  
Kayla Lisowski  
Phone 403 808 7210  
Email  
[getgoingyyc@gmail.com](mailto:getgoingyyc@gmail.com)



Brought to you by:



## Join Us

Join us for a provocative evening of presentation and discussion:

### New Choices for End of Life

On February 6, 2015, the Supreme Court of Canada changed the course of history in this country by its unanimous decision in *Carter vs. Canada* that the Criminal Code ban on physician-assisted dying violated Canadians' Charter rights

What does that mean for Canadians? What are the choices we now have? What does the new legislation tell us? How does this influence palliative care?

Our presentation will provide a brief background on Dying With Dignity Canada and the movement that propelled the change in Canada to allow for medical assistance in dying. It will summarize what the legislation tells us and what can still be accomplished.

**VENUE:** Woodcreek Community Centre  
1991 Woodview Drive SW  
Monday, September 19, 2016  
7:00 – 9:00 p.m.  
**DATE:**  
**TIME:**  
**PRESENTERS:** Trish Remmers and Sigrid Wili  
Co-coordinators of the Calgary Chapter  
Dying With Dignity Canada  
Contact Ellen Stewart  
[ecstewar@shaw.ca](mailto:ecstewar@shaw.ca) 403-281-9820  
**REGISTER:**

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## READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

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# PROGRAMS AND ACTIVITIES AT THE WOODCREEK COMMUNITY CENTRE

PROGRAM/ACTIVITY	DAY AND TIME	SCHEDULE MAY BE SUBJECT TO CHANGE
<b>Ballroom and Latin Dance for Adults &amp; Children</b> Dima Levita (Levita Dance) 403-613-5070	Friday, 5:30 – 7 p.m.	Ongoing
<b>Ballroom Dance for Adults</b> Joanne Haslock 403-532-893	No classes currently scheduled	No classes currently scheduled
<b>Beavers</b> Tim Tratch 403-251-4878	Wednesday, 6:30 – 8:30 p.m.	No meetings at community centre May - Aug
<b>Boot Camp</b> Christine (Step into Fitness) 403-815-4016	Monday and Friday, 9 – 10 a.m. Tuesday, 5:30 – 6:30 p.m.	Begins Sept 12
<b>Calgary Woodcreek Lions Club</b> Dennis Belanger 403-660-1201	Second & fourth Mon of month, 7 – 9 p.m.	No meetings Jul and Aug
<b>Calgary Woodcreek Lions Club Garage Sale DROP OFF</b> Dennis Belanger 403-660-1201	Friday, 4 – 8 p.m.	Sept 30
<b>Calgary Woodcreek Lions Club Garage Sale</b> Dennis Belanger 403-660-1201	Saturday, 8 a.m. – 1 p.m.	Oct 1
<b>Children's Christmas Party</b> WCA Office 403-238-1611	Saturday, 1 – 3:30 p.m.	Dec 3
<b>Children's Halloween Party</b> WCA Office 403-238-1611	Saturday, 6 – 7:30 p.m.	Oct 29
<b>Classy Heels Dance School</b> Janina 587-707-0753	Thursday, 8 – 9 p.m. Second and fourth Thurs of month	No classes until Oct
<b>Community Clean Up (Shredding included)</b> WCA Office 403-238-1611	Saturday, 9 a.m. – 2 p.m.	Sept 24
<b>Door to Door Canvass Membership Drive</b> WCA Office 403-238-1611	September	September
<b>Dying with Dignity Canada, Speaker Series</b> Ellen Stewart 403-281-9820	Monday, 7 – 9 p.m.	Sept 19 Oct 17
<b>Friday Prayers for Muslims</b> Dr. Mahmood 403-708-1055	Friday, 1:45 p.m. Khutaba/2 p.m. Prayers	Ongoing
<b>Gateway Victory Church</b> Pastors Rowan and Mara Fraser 403-816-1684	Sunday, 10:30 a.m.	Ongoing
<b>Gentle Yoga</b> , suitable for beginners Dionne Cohen 403-669-9365	Tuesday, 10:30 – 11:30 a.m. Thursday, 10:30 – 11:30 a.m.	No classes Jul and Aug
<b>Group Fitness Class</b> Danielle Szabo 587-351-1230	Tues and Thurs, 7 – 8 p.m.	Tues starts Aug 9 Thurs starts Sept 8
<b>Jazzercise</b> Karen Lusk 403-803-9063 Kathy Nugent 403-710-8385	Mon, Wed, Fri, 9 - 10 a.m.	July 4 – Aug 31 No class Aug 1
<b>Karate for Children</b> <b>Karate for Adults</b> Hermann Pirela (Tenshi Dojo) 403-880-0992	Tues, Wed and Thurs, 5:30 – 6:15 p.m. Tues, Wed and Thurs, 6:20 – 7:30 p.m.	No classes Jul and Aug
<b>Knitting Group</b> Anne Bundgaard 403-281-2571	Monday, 1 – 3 p.m.	Ongoing
<b>Mima &amp; Cello Music School Children's Choir</b> Kinder (3 – 6 years) Mima Jovanovic 403-399-2255	Mon to Thurs, 5:30 – 8 p.m. Saturday, 3:30 – 4:30 p.m. Tues and Thurs, 10 – 11:30 a.m. / 12:30 – 2 p.m.	Summer Schedule No classes Jul and Aug Working in BC Jul 16 – Aug 31

PROGRAM/ACTIVITY	DAY AND TIME	SCHEDULE MAY BE SUBJECT TO CHANGE
<b>Mima &amp; Cello Music School Summer Camps</b> Mima Jovanovic 403-399-2255	Mon to Fri, 9 a.m. – 4 p.m. (Ages 5 – 12)	Aug 15 – 26 (cancelled)
<b>Move N Mingle</b> Alberta Health Services 403-955-1554 / 403-863-7708	Monday, 3 – 3:45 p.m. Wednesday, 1 – 1:45 p.m.	Ongoing
<b>New Year's Eve Dinner and Dance</b> WCA Office 403-238-1611	Saturday, 7 p.m. – 1 a.m.	Dec 31
<b>Oktoberfest</b> WCA Office 403-238-1611	Saturday, 8 p.m. – Midnight	Oct 1
<b>Park N Play (Ages 6 – 12)</b> City of Calgary 311	Tues to Fri, 10 a.m. - 3:30 p.m.	Aug 2 - 5
<b>Scouts</b> Tim Tratch 403-251-4878	Second Tues of month, 7 – 9:30 p.m.	No meetings at community centre May - Aug
<b>Seniors Bridge/Cards (Summer)</b> Kay McCammon 403-252-9262	Tuesday, 1 – 4 p.m.	Ongoing
<b>Seniors Fitness</b> Nancy Ehle 403-354-4905	Friday, 10:30 – 11:30 a.m.	Sept 23 - Nov 18 No class Nov 11
<b>Seniors Group</b> Sheila Jahrig 403-251-1436 June Logan 403-238-4916	First and third Tues of month 9:30 – 11:30 a.m.	Ongoing
<b>Silk Road Dance</b> Abu Maliya (Maliya) 403-510-9059	Monday, 4:15 – 5 p.m. (Preschool) Monday, 5 – 6 p.m. (Children) Monday, 6 – 7:15 p.m. (Adults)	No classes Jul and Aug
<b>Spaghetti Dinner</b> WCA Office 403-238-1611	Sunday, 5 – 7 P.M.	Oct 16
<b>Stay N Play (Ages 3 – 5)</b> City of Calgary 311	Tues to Fri, 10 a.m. – Noon	Aug 2 - 5
<b>Tai Chi</b> Christine Tao 403-208-3564	Monday, 10– 11 a.m.	Sept 12 – Nov 7 No class Oct 10
<b>The Theory and Practice of Meditation for Adults</b> Denise-Marie Foch 403-862-5727	Thursday, 7:30 – 9 p.m.	Starts Sept 8
<b>WCA Board Meeting</b> Cec Jahrig 403-870-2475	First Tues of month, 7:15 – 9 p.m.	No meetings Jul and Aug
<b>WCA Annual General Meeting</b> Cec Jahrig 403-870-2475	Tuesday, 7 p.m.	Nov 15
<b>Woodcreek Community Centre Open House</b> WCA Office 403-238-1611	Sunday, 2 – 4 p.m.	Aug 21
<b>Woodcreek Craft Sale</b> Anne Bundgaard 403-281-2571	Saturday, 9 a.m. – 3 p.m.	Nov 5
<b>Woodcreek Group of Alcoholics Anonymous</b> Steve Molloy 403-999-1711	Thursday, 7 – 8 p.m.	Ongoing
<b>Yoga</b> Stacey Madden 403-889-1313	Thursday, 9 – 10:15 a.m.	No classes Jul and Aug
<b>Zumba Fitness</b> Ana Utrilla 403-630-5756	Saturday, 9 – 10 a.m.	No classes Jul and Aug

For more information please contact the Woodcreek Community Centre at 403-238-1611.

# WHAT'S HAPPENING AROUND YOUR COMMUNITY

## UPCOMING EVENTS AT THE WOODCREEK COMMUNITY CENTRE

# FOR MORE INFORMATION PLEASE CONTACT THE

## WOODCREEK COMMUNITY CENTRE AT 403-238-1611

WOODCREEK COMMUNITY ASSOCIATION • Serving the communities of Woodbine & Woodlands • 1991 Woodview Dr. SW. CALGARY, AB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Knitting Group 1 – 3 p.m. <b>1</b>	Seniors Group 9:30 – 11:30 a.m. Seniors Bridge/Cards Group 1 – 4 p.m. <b>2</b>	Jazzercise 9 – 10 a.m. Move N Mingle 1 – 1:45 p.m. <b>3</b>	Woodcreek Group AA Meeting 7 – 8 p.m. <b>4</b>	Jazzercise 9 – 10 a.m. Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 7 p.m. <b>5</b>	Ramadhan Taravee Prayers 11 p.m. <b>6</b>
Gateway Victory Church 10:30 a.m. <b>7</b>	Jazzercise 9 – 10 a.m. Knitting Group 1 – 3 p.m. Move N Mingle 3 – 3:45 p.m. <b>8</b>	Seniors Bridge/Cards Group 1 – 4 p.m. <b>9</b>	Jazzercise 9 – 10 a.m. Move N Mingle 1 – 1:45 p.m. <b>10</b>	Woodcreek Group AA Meeting 7 – 8 p.m. <b>11</b>	Jazzercise 9 – 10 a.m. Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 7 p.m. <b>12</b>	<b>13</b>
<b>14</b>	Jazzercise 9 – 10 a.m. Knitting Group 1 – 3 p.m. Move N Mingle 3 – 3:45 p.m. <b>15</b>	Seniors Group 9:30 – 11:30 a.m. Seniors Bridge/Cards Group 1 – 4 p.m. <b>16</b>	Jazzercise 9 – 10 a.m. Move N Mingle 1 – 1:45 p.m. <b>17</b>	Woodcreek Group AA Meeting 7 – 8 p.m. <b>18</b>	Jazzercise 9 – 10 a.m. Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 7 p.m. <b>19</b>	<b>20</b>
Gateway Victory Church 10:30 a.m. Woodcreek Community Centre Open House 2 – 4 p.m. <b>21</b>	Jazzercise 9 – 10 a.m. Knitting Group 1 – 3 p.m. Move N Mingle 3 – 3:45 p.m. <b>22</b>	Seniors Bridge/Cards Group 1 – 4 p.m. <b>23</b>	Jazzercise 9 – 10 a.m. Move N Mingle 1 – 1:45 p.m. <b>24</b>	Woodcreek Group AA Meeting 7 – 8 p.m. <b>25</b>	Jazzercise 9 – 10 a.m. Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 7 p.m. <b>26</b>	<b>27</b>
Gateway Victory Church 10:30 a.m. <b>28</b>	Jazzercise 9 – 10 a.m. Knitting Group 1 – 3 p.m. Move N Mingle 3 – 3:45 p.m. <b>29</b>	Seniors Bridge/Cards Group 1 – 4 p.m. <b>30</b>	Jazzercise 9 – 10 a.m. Move N Mingle 1 – 1:45 p.m. <b>31</b>			





**HULL  
STAMPEDE  
BREAKFAST  
2016**





# **CALGARY WOODCREEK LIONS CLUB** **We Serve**

P.O. Box 73039 #206 2525 Woodview Drive S.W. Calgary,  
Alberta, Canada T2W 6E4  
Visit us on the Web at: <http://www.calgarywoodcreeklions.ca>

The Calgary Woodcreek Lions Club meets at 7 PM on the 2<sup>nd</sup> and 4<sup>th</sup> MONDAYS but not in the summer at 1991 Woodview Drive SW – Woodcreek community association building

Next meetings in September are Monday Sept. 12<sup>th</sup> & 26<sup>th</sup> at 7 pm --- come join us

We continue to help in the community and if you wish more information please call Lion Dennis Belanger 403 660 1201 or go to our website <http://www.calgarywoodcreeklions.ca>

Once again the Hull/WCA stampede breakfast July 12 was a big success

Next events for us will be the "stamps football BBQ'S" Aug 4<sup>th</sup> & 25<sup>th</sup> - we continue to help at the blood donor clinics at fish creek cc

CWLC - post secondary education scholarship program is closed

Deadline was July 31-16 -- we will be advising the winners by end of August

## NOTE

Mark your calendars – Woodcreek Lions Community Garage Sale  
Saturday Oct 1 – Woodcreek community center doors 8 am – 1 pm  
Community drop off Friday September 30 from 4 pm to 8 pm  
Good only furniture-neighbor link will have a truck there Friday night

**Please - no appliances / no mattresses / no clothes / no junk**

Thanks for past years donations they made many people very happy

Proceeds to Woodcreek Community Association

HOPE YOUR SUMMER IS GOING WELL



## WILL POWER Wills and Estate Planning 101+

As neighbours, volunteers, supporters, and friends we invite you to attend this **free** workshop the morning of Saturday, September 17, 2016.

Having a proper, up-to-date will is important for everyone. This workshop will help you understand the reasons why to have a will; what happens if you don't have a will; what to consider when making your will; the legal issues that affect wills; how to prepare a will, plus how to select an Executor. In addition, you will understand the Enduring Power of Attorney and how to ensure that your Personal Directives are followed.

This is a valuable presentation and will be beneficial to everyone.

Please accept our invitation to this **free** presentation. It is important that everyone pre-registers.

Jonathan Ng, Estate Lawyer, will cover all the essentials about sound planning to ensure your wishes are fulfilled and you optimize what you do with your estate (otherwise, the government decides for you).

**What:** WILL POWER: Wills and Estate Planning 101+

**When:** Saturday, September 17, 2016

**Time:** 9:15 to 11:45 a.m.

**Where:** Social Room of Hull Campus, 2266 Woodpark Avenue S.W.

**Cost:** There is no charge.

**Registration:** <https://helping.hullservices.ca/event-wills>

If you have any questions, please contact Lou at [louzag@hullservices.ca](mailto:louzag@hullservices.ca)

If you are interested but unavailable, please let us know and we will send you notifications of our future Wills Workshops.

Hope to see you September 17<sup>th</sup> !

Thank you,  
Lou

*Our Kids, Their Future, Your Legacy - include the kids at Hull in your will or estate plan.*

Lou Zaganelli, M.A., Planned Giving Advisor  
Resource Development  
Hull Services  
2266 Woodpark Avenue SW, Calgary, AB T2W 2Z8  
403-251-8016 [louzag@hullservices.ca](mailto:louzag@hullservices.ca)

**Hull Services - Effective Behavioural and Mental Health Services for Kids and Families**  
[www.hullservices.ca](http://www.hullservices.ca)



## Join Us

Join us for an informative evening of film and discussion:

What Does Advance Care Planning Really Mean?

Released in 2011 **Consider the Conversation: A Documentary on a Taboo Subject** is an award-winning, intimate story about the

struggle with communication and preparation for life's end.

Michael Bernhagen & Terry Kadhusdal had two specific goals in mind when producing this film:

- *Inspire culture change that results in end-of-life care that is more person-centered and less system-centered;*
- *Inspire dialogue between patient and doctor, husband and wife, minister and parishioner, parent and child.*

**VENUE:** Woodcreek Community Centre

1991 Woodview Drive SW

**DATE:** Monday, October 17, 2016

**TIME:** 7:00 – 9:00 p.m.

**PRESENTERS:** Trish Remmers and Sigrid Wili  
Co-coordinators of the Calgary Chapter

Dying With Dignity Canada  
Contact Ellen Stewart

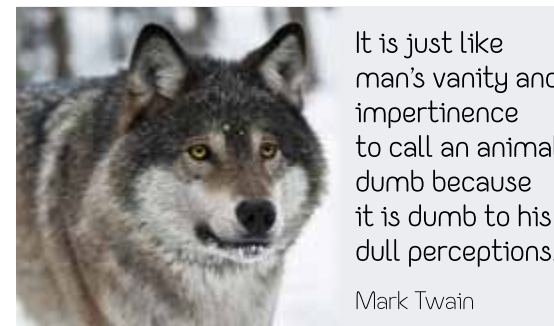
**REGISTER:** [ecstewar@shaw.ca](mailto:ecstewar@shaw.ca) or 403-281-9820



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## miniVolley Summer 2016

### Volleyball Alberta is partnering with Cedarbrae Community Centre

Mini-Volley is an introductory volleyball program for children providing game like activities while also focusing on the development of fundamental movement patterns.

- **PLAY and FUN**
- For children aged 6-8.
- Physical literacy development in children.
- To increase competence and confidence children need to participate in a wide variety of physical activities.

August 8-12, 2016 1:00-2:15pm  
August 15-19, 2016 2:30pm-3:45pm  
August 22-26, 2016 1:00pm-2:15pm

Cost: \$40.00 + \$8.25 membership fee



LOCATION:  
Cedarbrae Community Centre  
11024 Oakfield Drive SW  
Calgary, AB T2W 5G6

FOR MORE INFORMATION:  
Email: [krath@volleyballalberta.ca](mailto:krath@volleyballalberta.ca)  
Phone: 780-415-1703



Register online at: [www.volleyballalberta.ca](http://www.volleyballalberta.ca)



# THE 401 WOODCREEK SCOUT GROUP

## REGISTRATION NIGHT WOODCREEK COMMUNITY HALL SEPTEMBER 7, 2016

Thinking of a great years worth of activities for your 11-17 year old?

We welcome you to one of the best bargains in the City as far as how many different activities and leadership skills your child will experience from September right into the summer months.

There is no match for the Scouting Program.

You can't go wrong with our great program for boys and girls right here in Woodbine.

We have an excellent group of Leaders that will encourage your child to excel in everything they try.

Some of the activities we do on a regular basis are, horse back riding, caving, camping in the fall, learning winter survival skills, canoeing, back pack camping, volunteering, archery and cub car racing.

Here is what Scouts Canada says about the Scouting program for 11-14 year olds.

**'Scouts is about having fun** while gaining value leadership skills and self-confidence.

Scouts enjoy outdoor adventures like mountain biking, rock climbing and lots of camping while working together with other young people to accomplish thrilling challenges.

Scouting gives every member a chance to be a leader. It might involve running an activity, organizing a camp, or participating with other young people across your province or Canada in a youth forum.'

Here is what Scouts Canada says about the Venture program for 14-17 year olds.



'The **Venturer Scout** program offers exciting, real life, hands-on experiences for youth.

Venturer Scouts learn to nurture an active, healthy lifestyle, acquire the knowledge and skills for career development and participate in thrilling outdoor adventures.

Weekend events, extended hikes, no-trace camping and more round out the Venturer Scout experience.'

And to top that all off the Scouts and Ventures may have an opportunity to attend the next Canadian Jamboree held in Elderbrook, Nova Scotia, July 8-15, 2017.

We also offer the Beaver program for 5-7 year olds and the Cub program for kids 8-10 years old.

Our Group Commissioner Tim Tratch can be reached at 403-251-4878 with any questions you may have. If you are interested in joining your child in the program and becoming a Leader please let Tim know. We offer excel-



lent training over the summer or in the fall. We are also always open to your suggestions on how to improve our programming.

A huge thank you to our Local Lions Club and the Woodcreek Community Association for their ongoing support to us.

## WCA Tai Chi Program



WCA Tai Chi Instructor **Christine Tao**

## TAI CHI

### NEW SESSION

10 – 11 a.m.

Monday,

**Sept. 12 - Nov. 7**

**No Class Oct. 10**

Woodcreek Community Centre  
1991 Woodview Drive SW

Please call the office at  
403-238-1611 to register

\$5 per class or \$35 for 8 classes

*Everyone is welcome.  
We look forward to seeing you!*



## IN & AROUND CALGARY

### Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

**All food, yard and pet waste is accepted in the program.**

**Unlimited quantity.** Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

**Green and blue carts** will be collected on the **same day every week.**

**Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

#### Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

#### Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit **calgary.ca/greencart**.

*Submitted by The City of Calgary Waste & Recycling Services.*



## Silk Road Dance

We are offering variety of dance classes. Ballet, jazz, tap dance, folk dance, belly dance and dance fitness classes!  
From age 3 years old up to adult!

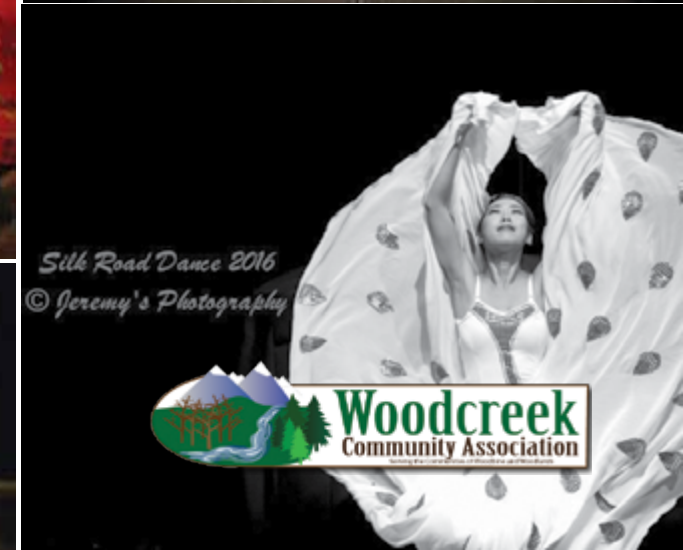
At the Woodcreek Community Centre 1991 Woodview Drive S.W.

Please check out our schedule at the [www.silkroaddance.me](http://www.silkroaddance.me) for more information!

Free demo lesson available for first time students!

Email [silkroaddance88@gmail.com](mailto:silkroaddance88@gmail.com)

Phone Maliya at  
403-510-9059



*Silk Road Dance 2016*  
© Jeremy's Photography





## IN & AROUND SCHOOLS



### St. Gerard School

#### A MESSAGE FROM OUR NEW PRINCIPAL

I am delighted to be the new principal of St. Gerard, and feel very fortunate to have been invited into such a close-knit French Immersion community. I am very impressed by all the positive things that I have heard from Darlene Wozney about the school, the families, the educational staff, and the history.

I feel blessed and excited about this opportunity, and will continue to support all the initiatives in which the school community is invested. I trust that my efforts will mirror those of parents and students as we work with each other towards a great future in education.

Yours truly,

Christian Harries

#### Important Dates:

August 18th: Office Opens

September 1: For day of classes

September 1, 2 and 6: Kindergarten Staggered Entry

We look forward to enjoying our school community at a FAMILY BBQ on September 15. Details to follow.

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# Kids' Tennis Programs in Oakridge!

#### Certified Tennis Pro on staff!

#### Kids' Team Tennis

NEW in 2016! Exciting tennis program for ages 6-12 that combines practice and play with a focus on skills development through team match play. Players are matched by skill level and compete as a team. Team shirts are provided. \$150.00

Tue/Thu May 24-Jun 30 5:30-7:00pm

#### Afterschool Program with Student

Introductory "learn to play" progressive program for all ages with emphasis on how to play the game and have fun. \$75.00

Mon/Wed May 30-Jun 29 3:30-5:00pm

Tue/Thu May 31-Jun 30 3:30-5:00pm

#### Summer Camps - \$120.00

Camp is a great way to learn tennis or gain new skills in a focused but fun environment!

Mon-Fri July 11-15 9:00-11:00am

Mon-Fri July 18-22 9:00-11:00am

Mon-Fri July 25-29 9:00-11:00am

Mon-Fri Aug 8-12 9:00-11:00am

Mon-Fri Aug 15-19 9:00-11:00am

Mon-Fri Aug 22-26 9:00-11:00am

#### Friday Mini Tennis League Tournaments

This program is geared to players who can play the game and will focus on round robin play and mini-tournaments. T-shirts provided. \$100.00

Fri May 27-Jun 24 2:00-4:00pm

**Pickleball, adult tennis clinics, leagues, and lessons are also available.**

To register for these programs or membership, please call: 403-238.0007 or go online to [www.oakridgecommunity.ca](http://www.oakridgecommunity.ca)

Kids can also become members for an annual membership fee of only \$25!

## IN & AROUND CALGARY

### Not sure what to do with your clutter?

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To schedule your free pick-up for these items, call 1-800-505-5525 or visit [www.diabetes.ca/clothesline](http://www.diabetes.ca/clothesline). Otherwise, please drop off all your gently used clothing into the Diabetes Clothesline Drop Box just outside the Woodcreek Community Centre.

### Special Gala Call Café

Wednesday, September 14, 7:00 - 9:00 pm.

Come out to a CALL Café to celebrate the beginning of the FALL SEASON at CALL. Learn about programs, socialize and enjoy light refreshments. Thorncliffe Community Hall, 5600 Centre Street N [www.callcalgarylifelonglearners.ca](http://www.callcalgarylifelonglearners.ca).

## BRAIN GAMES SUDOKU

	7			3	8			5
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FIND SOLUTION ON PAGE 48

## August and September in Fish Creek

### A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 16, 2016; 6:30pm - 9:00pm

Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, and meet with local producers of fine beer, wine and spirits. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit [www.friendsoffishcreek.org/event/autumn](http://www.friendsoffishcreek.org/event/autumn).

### Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration Required and fees apply. For course times and to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course)

### Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

**Capturing Nature:** Painting Day in the Park: Aug. 20, 9:00 am - 12, Instructed by Debbie Lee Miszaniec.

**Painting in the Autumn Breeze:** Sep. 14, 5:00 - 7:30 pm, Instructed by Sylvia Prochownik.

**Paint What You See:** Sep. 24, 10:00 am - 2:00 pm, Instructed by Jim Pescott.

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics).



# Living Kindness Yoga



## The Theory and Practice of Meditation

*Making effective use of Yogic, Buddhist, and Christian meditative methods*

*Learn to relax your body, calm your mind, and experience inner peace*

**7:30 – 9:00 pm**

**Thursdays: Sept. 8, 15, 22, 29 & Oct. 6**

**or**

**Thursdays: Oct. 13, 20, 27 & Nov. 3, 10**

**or**

**Thursdays: Nov. 17, 24 & Dec. 1, 8, 15**

5 classes. Please bring a cushion and blanket to class.

Woodcreek Community Assoc. | 1991 Woodview Drive SW, Calgary

**Limited space available. Please register early.**

**To register, contact Denise-Marie**  
**denisemarie@livingkindnessyoga.ca | 403-862-5727**  
**www.livingkindnessyoga.ca**



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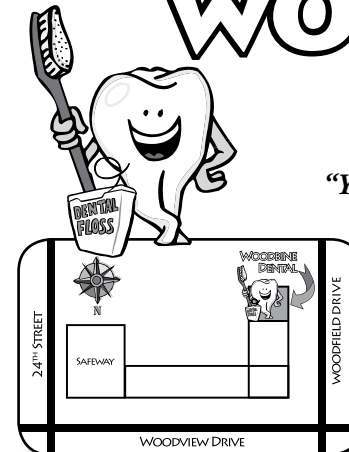
## BROKEN TOOTH?

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**WWW.WOODBINEDENTAL.COM**

Located in Woodbine Square at 312A, 2525 Woodview Drive S.W.





## Woodcreek Real Estate Update

### Last 12 Months WOODBINE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$484,900.00	\$478,000.00
May 2016	\$479,900.00	\$472,000.00
April 2016	\$464,400.00	\$456,950.00
March 2016	\$574,900.00	\$570,000.00
February 2016	\$418,900.00	\$400,000.00
January 2016	\$599,900.00	\$578,000.00
December 2015	\$349,900.00	\$337,500.00
November 2015	\$499,900.00	\$485,750.00
October 2015	\$450,000.00	\$405,000.00
September 2015	\$484,900.00	\$490,000.00
August 2015	\$455,000.00	\$443,398.00
July 2015	\$449,900.00	\$439,900.00

### Last 12 Months WOODLANDS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$659,000.00	\$626,375.00
May 2016	\$477,450.00	\$473,700.00
April 2016	\$456,950.00	\$443,750.00
March 2016	\$614,950.00	\$602,500.00
February 2016	\$449,277.50	\$428,000.00
January 2016	\$519,900.00	\$484,500.00
December 2015	\$0.00	\$0.00
November 2015	\$552,450.00	\$522,500.00
October 2015	\$799,900.00	\$773,500.00
September 2015	\$592,450.00	\$575,500.00
August 2015	\$490,000.00	\$485,000.00
July 2015	\$434,950.00	\$419,000.00

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [woodbine.great-news.ca](http://woodbine.great-news.ca) or  
[woodlands.great-news.ca](http://woodlands.great-news.ca)

## South West Communities Resource Centre

Located in the Professional Wing of the  
Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



### Exciting News

The Board of Directors would like to introduce Debra Armstrong as the new Executive Director for the SouthWest Communities Resource Centre. With a background in Social Work and Non-Profit Management her leadership has contributed to the impact of numerous programs and services throughout Alberta. She is excited to work with families throughout 28 local communities and provide a range of programs and services that will meet the needs of children, youth and parents. Come by our office and say hello.

### Summer Fun

#### Chat N' Play

Wednesday afternoons from 1:30 to 3:30.

This is a fun gathering of parents and tots who are looking for opportunities to socialize and connect with other parents. Coffee will be on, but childcare will not be provided.

### Volunteering in your community

- **Casino shifts available on October 1<sup>st</sup> and 2<sup>nd</sup>. At Cash Casino.** Please help our agency raise needed dollars to support our neighbours. The gift of your time means so much to so many families. (Must be over the age of 18 to volunteer at a casino).
- If you have a professional skill that you would like to offer as a volunteer, we want to talk to you! We are looking for people who can donate time to help with the following areas and roles: our social media, volunteer management, web design, graphic artists, photographers, parenting group assistants and morning child care once a week. **Please contact our office if you would like to help.**

### Donations

#### Neighbours Helping Neighbours:

- Do you know anyone giving away high quality office furniture? We are seeking three office desks, white boards, and credenza.
- More than ever your neighbors' are requesting our support. The demand for basic needs for many young families has increased over the last year. We are seeking donations for baby diapers, pull-ups and wipes, baby shampoo and formula, personal hygiene products and feminine hygiene products.
- If you are unable to purchase these items, consider making an **online donation** so that the SWCRC can continue to help those who require a helping hand. Visit [www.swcrc.ca](http://www.swcrc.ca) for more information.



# BOOTCAMP

Fast, self-paced total body workout led by Christine Shudra, a Certified Personal Trainer & Nutrition Coach.

Each class is a combination of cardio, strength training, and core conditioning, balancing and stretching.

**Starts Monday September 12, 2016**

Classes: Monday & Fridays 9:00 – 10:00am

Tuesdays 5:30 - 6:30pm

**Contact Christine at 403-815-4016 for more info.**



## Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

### Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
  - Wood that is painted, treated or contains glue or resin
  - Wet or green/fresh cut wood
  - Yard waste (cut grass or leaves)
  - Garbage
  - Rubber or plastic
  - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to [calgary.ca/fire](http://calgary.ca/fire).



## The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

### August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

### Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check [www.tricocentre.ca](http://www.tricocentre.ca) for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

### Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see [www.tricocentre.ca](http://www.tricocentre.ca) for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

### New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

### New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Krocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

### New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.



## SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IIRP 9 (Revised)

[safetysync.com](http://safetysync.com)

403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



# BUSINESS CLASSIFIEDS

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## HOME

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Woodbine and Woodlands. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

**ELECTRICITY IS NOT A HOBBY:** Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

**ABOVE & BEYOND CONSTRUCTION LTD:** Serving Calgary for over 25 years. From decks, fences to complete interior and exterior renovations. Additions to custom construction. Check us out [www.aboveandbeyondconstruction.ca](http://www.aboveandbeyondconstruction.ca). Free estimates. 403-278-3433.

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**WELL EXPERIENCED HOUSE CLEANER AVAILABLE:** Very thorough. Excellent references. I do weekly bi-weekly or monthly cleanings. I also specialize in post construction clean ups move in or move out cleanings as well. Please call Malou at 403-698-3958.

**RENOVATIONS - DECKS, GARAGES, BASEMENTS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit [www.bigcitydevelopments.com](http://www.bigcitydevelopments.com) to view some of our completed projects, then call 403-612-8220 for a free consultation.

**BEST HOT WATER TANK PRICES IN TOWN:** 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

**QUALITY, AFFORDABLE KITCHEN REFINISHING AND RENOVATIONS:** The Cabinet Painters providing kitchen makeovers for 25 years in Calgary and area are offering special pricing to celebrate. Ideal way to refresh and modernize an aging kitchen. No obligation no cost estimates call 403-243-1727.

**CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:** We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit [www.calres.ca](http://www.calres.ca).

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**PLUMBING, HEATING & RENOVATION SERVICES:** A local business offering fast professional services for all your home needs. Licensed, insured and registered with the Better Business Bureau with over 20 years experience. Written estimates. Furnace specials. Need advice? Call today 403-389-9500. Can-do Plumbing, Heating & More Ltd. [www.can-do.ca](http://www.can-do.ca).

**HARDING'S SERVICES:** offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at [www.hardingssservices.com](http://www.hardingssservices.com).

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**JUNK TO THE DUMP / ODD JOBS:** Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

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**IMMACULATE HOUSE CLEANING:** European lady will clean your home like her own. 20 years of experience with excellent references. Call Linda for a free estimate 587-228-3535.

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**HARMONY LANDSCAPES INC:** A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Call today! 403-629-5842 or email [harmonylandscapes@live.ca](mailto:harmonylandscapes@live.ca).

**HUNTER'S HEATING AND COOLING:** Mention this ad for \$250 off a new furnace or \$150 off an A/C installation. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit [www.huntersheating.com](http://www.huntersheating.com).

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**KLEIN HOME IMPROVEMENTS:** Bathroom renos, tiles, drywall and taping, interior doors and mouldings. Interior and Exterior painting, complete basement development. Licensed, insured, referrals, competitive rates. Call 403-680-3259.

**SUMMER IS HERE!** Time to enjoy your yard. Weekly or vacation cuts. Flower bed, planting, and maintenance. Hedges, bark chips, and projects. Locally owned and operated. Please contact Brenda at 403-615-7199.

**SUMMIT PLUMBING AND HEATING:** Renovations and installations. Specializing in residential service including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email [summitplumbing@shaw.ca](mailto:summitplumbing@shaw.ca) or website [www.summitplumbing.ca](http://www.summitplumbing.ca).

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**QUALITY CLEANING SERVICES:** Professional, consistent, dependable and affordable. Residential and commercial cleaning, post construction, move in / move out. Please call for a free estimate at 403-667-2503.

**GARDEN GURUS:** We do spring clean-ups, planting, transplanting, design and monthly maintenance for your garden beds. We provide friendly service, thorough work and reasonable rates. Initial jobs for new customers should be a minimum of eight hours. Call Beth at 403-618-3656 or e-mail nicholsonst@telus.net.

**NEW, RENO AND REPAIRS:** Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

**TILE AND STONE INSTALLATION:** 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit [www.portobellotile.ca](http://www.portobellotile.ca) or contact 403-619-9962.

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**SCHECK TILE & STONE:** A professional with over 20 years of experience from Germany and Canada offers you high quality installation of porcelain and ceramic tiles, mosaics and natural stone in bathrooms, kitchens and fireplaces. All types of wall and floor tiling. New homes and renovations. Contact Alex at 403-402-8923.

**ELECTRIC SERVICES FOR ALL YOUR NEEDS:** Inspections. Renovations. Upgrades. Emergency calls etc. Please call Emil at 403-281-8664 or 403-399-7262.

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

**THE FINISHER:** Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, sidewalks and tree removal. References available. Thank you for all your calls, Wendell at 403-613-6807.

**INTERIOR PAINTING:** Let us help you update your home with a fresh coat of paint. Dated fireplace bricks can be whitewashed to give your room a modern look. Antiquing furniture is also very popular and we can do that as well. Free estimates, references, colour consulting, quality work. We take pride in our work! Call Colleen at 403-830-3456 Unique Interiors.

**WINDOW CLEANING DONE THE RIGHT WAY!** Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

**STANLEY'S RENOVATION SERVICES:** Bathrooms, basements, drywall, ceramic tiles, lino, carpentry. All minor repairs. Guaranteed quality work, reasonable rates and fast service. 30 years of experience. Call Stanley at 403-251-3661.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

## CHILDCARE / DAYHOMES

**ESTABLISHED DAYHOME:** Preschool learning style. On street accessing Fish Creek Park walkways. Quick access from 37 St. Learning, walking, playing, baking, dancing, crafting, we do it all. Full time, part time, before and after school care (pick ups from Woodbine Elementary School). Also available: Evening/overnight babysitting in my home. Call 403-809-2034.

**DAYHOME PROVIDING CARE FOR CHILDREN 3 YEARS OLD AND ABOVE FOR OVER 10 YEARS:** We back onto the Woodbine Elementary field and will pick up anyone attending the AM Kindergarten. High quality meals and snacks. St. John's first aid and police clearance. Call Marianne at 403-238-2348 for more details and available spaces.

## LESSONS / TUTORS

**WANNA SING? JOIN THE BIG ROCK SINGERS!** A music experience you will never forget as you laugh, sing, and make friends, all while raising money for charity! Visit [www.bigrocksingers.com](http://www.bigrocksingers.com) for information and registration details. Our new singing season starts September 7th.

**PIANO LESSONS:** Offered by experienced, enthusiastic teacher with European background. Individualized approach for every learning type. Exams, recitals, festivals are offered. Register for September and receive the best time table. For more information call Sonia 403-238-3827 or email [gellersonia@gmail.com](mailto:gellersonia@gmail.com).

**TUTORING AVAILABLE:** All grades experienced teacher. Call Marie 403-512-8986.

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**PIANO LESSONS:** The gift of music is a gift you can enjoy for a lifetime! Clean, sunny studio. 25 years' teaching experience. Preparation for Toronto Royal Conservatory of Music Exams both in practical piano and theory as well as contemporary music. Ages 6 to adult welcome. Lots of spaces available for home-schooled students in the early afternoons. Woodlands area. Contact Kathryn: 403-281-7955.

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## PERSONAL

**COZY HOME SALON IN BRAESIDE:** Hair styling for over 20 years, cuts, perms, colors, hi-lites - reasonable prices! Call Nancy at 403-251-0932.

**STEP INTO FITNESS LTD:** Offering customized one-on-one personal training and nutrition coaching to meet your individual needs. Personalized exercise and/or nutrition plans that will fit into your lifestyle and schedule. No specialized equipment required. Contact Christine Shudra, Certified Personal Fitness Trainer (MRU) and Nutrition for Healthy Lifestyles (SAIT) at 403-815-4016.

**WOODBINE HAIR DESIGN:** Home based business since 1983. One block west of 7-Eleven store (507 Woodbine Blvd SW). Same owner and location for 32 years. Best price in the area for all your hair needs. Call Jelica at 403-251-3319 anytime.

## MISCELLANEOUS

**WOODLANDS FAMILY MEDICAL CLINIC:** Walk-ins are welcome. Open Monday - Friday: 9:00am - 8:00pm and Saturdays: 10:00am - 3:00pm. Male and Female Doctors Available! Women's Clinic available monthly at this Clinic. Call 403-453-3833 to book appointment, or simply walk in.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**CHARTERED PROFESSIONAL ACCOUNTANT:** 25 plus years' professional experience. Corporate and personal tax returns (E-filing), tax planning, tax minimization, business start-up, GST, payroll, Incorporation, financial statements and bookkeeping. Flexible hours, affordable. Canyon Meadows Shopping Ctr. (Anderson and Elbow S.) Suite 211, 11625 Elbow Drive SW. 403-238-6088. [angcga@telus.net](mailto:angcga@telus.net) Albert Ng, B.Mgt., FCCA(UK), CPA, CGA.

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**DOG WALKING & PET SITTING SERVICES:** We are professionally trained and specialize in 1-on-1 dog walking, pet sitting, and other pet services. Visit [www.bluenosedogwalker.com](http://www.bluenosedogwalker.com) for full service list and pricing. Contact Keren at [info@bluenosedogwalker.com](mailto:info@bluenosedogwalker.com) or 403-383-3293 to book.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**PUPPY SITTER:** Semi-retired couple willing to babysit small dogs in our home. Day, night, weekends, holidays. Call Darlene or El at 403-238-2258 or email us at [darel4@yahoo.com](mailto:darel4@yahoo.com).

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INSPIRING!  
FUN!  
AWESOME!**



**Girl Guides is a place  
where we can all shine  
together!**

"My experience with GGC gives me a sense of empowerment and self-confidence that I can foster in the girls and women I interact with. It is one way of giving back to my community."

For more info on volunteering with Girl Guides in Woodcreek...  
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[silverbirchgirlguides@gmail.com](mailto:silverbirchgirlguides@gmail.com)

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EVER.**



**Registering Now!**  
Find a Unit near you at [girlguides.ca](http://girlguides.ca)

Sparks	5 & 6 years old
Brownies	7 & 8
Guides	9 to 12
Pathfinders	12 to 15
Rangers	15 to 17 +



**Women always welcome  
Free training provided**

For more info in Woodcreek contact:  
Barb at 403.251.5169 or  
[silverbirchgirlguides@gmail.com](mailto:silverbirchgirlguides@gmail.com)

**BRAIN  
GAMES**

**SUDOKU**

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

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

Deadline: 1<sup>st</sup> of each month for the next month's publication. Please contact [wca@hotmail.ca](mailto:wca@hotmail.ca).

Community Announcements are free of charge **with a paid community membership** to advertise household items for sale, wanted, garage sale, lost/found, general interest announcements or student/senior services, etc. Forty word limit.

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# Children and Dog Safety

## How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

## TAX-SMART INVESTMENT AND ESTATE STRATEGIES

### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

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Benefits of our Clean Start hCG program:

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- Eliminates love handles, muffin tops, and bra fat!
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