# **WOODCREE**

THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER



Information 403 238 1611 • www.woodcreekcommunity.ca 1991 Woodview Dr SW



You have a lot riding



You don't take clean drinking water for granted — and neither do we.

Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.\*

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Calgary's city employees Making your city work for you

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Unit 206B, 2525 Woodview Drive SW Calgary AB T2W 4N4









Life.

We don't

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Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.







PRESIDENT'S MESSAGE

**WOODCREEK MEMBERSHIP** 

32 FRIENDS OF FISH CREEK

**RENEWAL** 

33 SILVER BIRCH DISTRICT **GUIDES** 

**EVENTS** 

**WOODCREEK SENIORS** 15 **MOMENT** 

TAKE CARE OF YOUR HEART HEALTH

**NEW YEAR'S EVE PARTY:** POP! FIZZ! BUBBLE! BANG!

**CALGARY WILDLIFE: THE COMMON REDPOLL** 

21 ST. PATRICK'S DANCE

**COUNCILLOR DIANE COLLEY-URQUHART'S** REPORT

**UPCOMING EVENTS AT THE WOODCREEK COMMUNITY** CENTRE

**MLA DAVE RODNEY'S** 

THE 401 WOODCREEK **SCOUT GROUP** 

**REPORT** 









#### **WOODCREEK COMMUNITY ASSOCIATION**

1991 Woodview Dr. S.W. Calgary, AB – T2W 5E5 Phone: 403.238.1611

wca@hotmail.ca | www.woodcreekcommunity.ca

Delivered monthly to 6,700 households and businesses for 13 years!

#### **Editorial Submissions**

wca@hotmail.ca

All editorial content must be submitted by the 15th of the month for the following month's publication.

#### **Advertising Opportunities**

403-263-3044 | sales@great-news.ca All advertisements must be submitted by the 1st of the month for the following month's publication.

#### **Published by Great News Publishing**

Serving Calgary communities for 28 years 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE Calgary, AB T2C 2K2

Check out our website:

www.great-news.ca



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The information contained in this newsletter is believed to be accurate, but is

The Woodcreek Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

#### **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 Weather Information	511
Gamblers Anonymous	403-237-0654

## PRESIDENT'S MESSAGE



Last month I spoke to the irony of writing about an event prior to it occurring and having it read after the event occurs. This month I am happy to report that, as anticipated, the New Year's Eve Bash has occurred, was a sell-out, and a smashing

success! The WCA office received positive feedback regarding the food, DJ service, decoration, and general organization. While many volunteers were involved, I would like to thank Nora Ward for, once again this year, taking the event on, organizing it, planning the details, and managing the event. Without people like Nora, events like this are not possible.

On a whole, January and February typically have fewer community events scheduled than other months as many people are recovering from the holiday season and getting back into the daily swing of life. But things are never dull around the community for very long. In addition to our normally scheduled weekly activities, on Thursday March 9th from 9AM-11AM, we will be starting our Parents & Tots group. Watch the Chronicle, check-out our website, or contact the office for more details. Later in the month, on Saturday 18th, we will be hosting a St. Patrick's party/dance. Based on the turnout from previous years, I encourage anyone interested to get tickets in advance. The month ends with a kid's event -- Laser Tag, scheduled for the 25th. Once again, we encourage advance registration as past laser tag events sold-out! Looking ahead a couple of months, April will be busy with an Easter Egg Hunt hosted on the 15th and a Spaghetti Dinner, another sell-out event, on the 23<sup>rd</sup>. In May, we add an additional event – Flea Market & Parade of Garage Sales, on the 6<sup>th</sup> – to the annual community cleanup taking place on the 13th.

With all of these events, many of which are sell-outs, I cannot overstate the importance of community memberships. At a yearly cost of \$20/family (\$10/ seniors) the membership entitles you to purchase event tickets in advance and at a lower rate. Some events are restricted to members only, while others, like the community cleanup, are completely free to WCA members. To guote an over-used but accurate tagline - membership does have its privileges.

Scott A. Eden - President



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# 

# WOODCREEK COMMUNITY ASSOCIATION BOARD 2016

President	Scott Eden	403 560 3585
First Vice-President	Darlynn Linn	403 238 0998
Second Vice-President	Maureen Maraj	403 238 1302
Treasurer	Anne Christopoulos	403 238 4746
Secretary	Debbie White	403 238 1611
Past President	Cec Jahrig	403 251 1436
Grants Coordinator	Sharon Anderson	403 568 1922
Police Liaison	Joe Lazowski	403 238 2361
Volunteer Coordinator	Joanna Kowalewski	403 251 9053
Adult Events Coordinator	Darlynn Linn	403 238 0998
Membership	Cec Jahrig	403 251 1436
Youth Events Coordinator	Kelsey MacGregor	403 615 5581
Set up	Tom Ward	403 281 4125
Recreation Coordinator	Cheryl MacLeod	403 984 3777
St. Jude Liaison	VACANT	
Woodbine Liaison	Leanne Long	403 238 1611
Woodlands Liaison	Vacant	
Director	Joe Lazowski	403 238 2361
Director	Alain Carriere	403 251 5888
Community Engagement Coordinator	Robin Parsons	403 697 9087
Social Media	Kat Macaulay	403 809 6322
OTHER CONTACTS		
Fish Creek Soccer (Calgary SW United)	Barb Plicka	403 862 4602
Woodcreek Racquet Club	WCA Office	403 238 1611
Woodlands/Woodbine Badminton	Frank	403 281 7024
Graphics Specialist / Webmaster	Theresa Stanislow	403 251 6321
Community Reporter	Jessie Berzins	403 629 7999
Communications	WCA Office	403 238 1611



# **Online Memberships**

We are trying to simplify our online membership purchase procedures. When you purchase online, you receive a confirmation. If you would like to have your actual membership card, please drop in to the community centre office any afternoon and you can pick it up there. This saves the cost of our mailing.

We appreciate the great membership support we get.



# **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

403-238-1611 Phone:

1991 Woodview Drive SW Address:

Calgary, ABT2W 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 Scott Eden at 403-560-3585.

## **WCA Tai Chi Program**



WCA Tai Chi Instructor Christine Tao

10 – 11 a.m. Monday, **Jan 9 - Apr 3** No Class Feb. 20

**Woodcreek Community Centre** 1991 Woodview Drive SW

\$5 per class or \$50 for 12 classes

Everyone is welcome.







Friday, 10:30-11:30 am

Woodcreek Community Centre 1991 Woodview Drivew SW

(403) 238-1611

Cost: \$5.00 per class or \$50 for 12 classes



#### **2017 EVENTS**

March 18 St. Patrick's Dance 8 p.m. - Midnight

March 25 Laser Tag for Youth Ages 7 – 14

1 - 4 p.m.

April 15 Easter Egg Hunt

1 - 2:30 p.m.

April 23 Spaghetti Dinner

5 - 7 p.m.

Flea Market & Parade of Garage May 6

Sales

Details and Time TBA

May 13 Community Clean Up

9 a.m. - 2 p.m.

Canada 150 Celebration June 24

Details and Time TBA

July 8 Pancake Breakfast

9 – 11 a.m.

Door to Door Canvas September

Membership Drive

Community Clean UP Sept 9

(Shredding included)

9 a.m. – 2 p.m.

Drop off for Lions Club Garage Sale Sept 15

4 - 8 p.m.

Sept 16 Calgary Woodcreek Lions Club

Garage Sale

9 a.m. – 3 p.m.

Oct 7 Oktoberfest

8 p.m. – Midnight

6 - 7:30 p.m.

Children's Halloween Party

Nov 4 WCA Craft Sale

9 a.m. - 3 p.m.

**Nov 19** Spaghetti Dinner

5 - 7 p.m.

Children's Christmas Party Dec 2

1 - 3:30 p.m.

New Year's Eve Dinner and Dance Dec 31

7 p.m. – 1 a.m.



# **Announcing The First Ever Woodcreek Flea Market And Parade Of Garage Sales.** May 6<sup>th</sup>, 2017

It's almost time to think about spring cleaning and purging. Instead of giving it away, why not sell those treasures right here in Woodcreek at our Flea Market and Parade of Garage Sales coming May 6, 2017.

Lots to sell? Join our Parade of Garage Sales. Just a few treasures? Rent a table at our Flea Market.

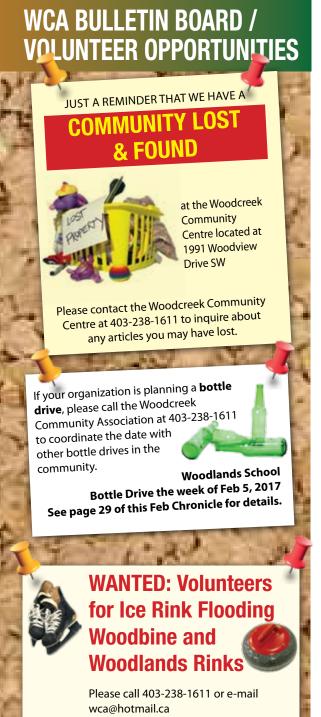
OR SELL YOUR OWN CREATIONS!

More details in our March Woodcreek Chronicle.

# **NEW Thursday** Woodcreek **Parents & Tots Program**

Starts Thursday, March 9, from 9 to 11 a.m. at the Woodcreek Community Centre located at 1991 Woodview Drive S.W. This will be an ongoing program and open to children up to 4 years of age. Coffee, juice and cookies will be served.

For further information, please call Kelsey MacGregor at 403-615-5581.



# Woodcreek Membership Renewal

We appreciate the great support we get from our Woodcreek **residents** by purchasing Woodcreek Community memberships. We are already around the 1200 mark on our way to our target of 1500. Reviewing our membership list we still have over 500 residents who have not renewed their membership from the previous year. Your support allows us to improve facilities and add programs for the benefit of all Woodcreek residents.

Renewing your membership is easy with the following options.

- 1. Call the Community Centre at 403-238-1611 and renew by credit card or drop in and renew in person.
- 2. On line with a credit card https://www.compusim. com/woodcreek/membership
- 3. Drop in to one of our great community business supporters
- Crispy Crust
- Fishman's Personal Care Cleaners
- Woodbine Cleaners

Please show your support by renewing.

Cec Jahria Membership Coordinator





403-852-8058

MaxWell The company of choice

Do you know someone who is thinking of moving into the community? I can help! Give me a call! Your Woodlands neighbor for over 27 years

bfulford@maxwellrealty.ca · MaxwellCanyonCreek.com Not intended to solicit properties of clients already under contract

Oct 28

## WHAT'S HAPPENING AT THE HALL



# **Community Hall Rental**

## Are you planning an event? Do you need a great local facility?

Come and check out the Woodcreek Community Centre.

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.

#### As of August, 2016 we now have two new rooms in the lower level that are available to rent.

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
- AGMs
- Corporate Parties
- Product Launches
- Bridal Showers
- Political Forums
- Celebrations of Life

Main hall floor capacity: 150 with tables 200 theatre style

#### Kitchen Facilities

Sound System, Projector, WI-FI and Karaoke equipment Chairs and both rectangular and round tables

Main floor boardroom – seats up to 18

Three lower rooms with capacities: 50 - 70; 45 - 55; 25 (each has mirrored wall)

**BOOK YOUR FUNCTION EARLY!** CALL LINDA / LORRAINE AT 403-238-1611



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

#### 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 woodcreek community.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 15th DAY OF EACH MONTH



## Paperbacks in good condition for the Woodcreek Seniors

To raise funds for their activities, the seniors have a rapidly growing book collection with a good selection of new and gently used novels for 50 cents each. ONLY PAPERBACK NOVELS PLEASE.

Drop off your books at the community centre during office hours (Mon, 5 - 9 p.m., Tues to Fri, 1 - 5 p.m.).

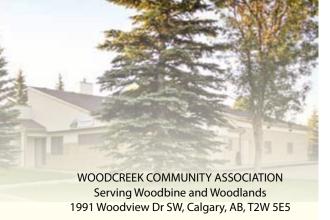






www.deerfootcarpet.com

6170 12th ST SE



# **HAVE WE GOT ROOM** FOR YOU!

The newly renovated community centre is available for rent. It features:

#### Main floor hall capacity 150 with tables, 200 theatre style 👢

- kitchen facilities
- sound system, projector, WI-FI, Karaoke equipment
- tables (rectangular and round) and chairs
- ideal for large groups, parties, weddings

#### Boardroom seats up to 18 🔣

Three lower rooms with capacities: 50 - 70; 45 - 55; 25 (each has mirrored wall) - not wheelchair accessible

> See our website for rental rates: 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 vears 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.

#### WANTED: COMMUNITY **SNOW SHOVELERS** The Woodcreek Community Centre gets calls from residents looking for people to shovel snow from sidewalks and driveways for the entire season or particularly during a winter vacation period. If you would be interested in a little extra income, call the Community Centre at 403-238-1611 and leave your name and phone number. We will publish a list in the Chronicle and if people call, you can make your own deal. This can be another great help to our community residents. Contact: 401 Woodcreek Scouts

(Laura: 403-281-1929) Sekhar: 403-835-2001

## **SENIORS**



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 welcomed and the following are the scheduled programs:

- All seniors 55+ meet for **Bridge** at 1:00pm at the hall every Tuesday
- Knitting and Crocheting group meet at 1:00pm every
- We welcome all seniors in our community to join us twice a month for fellowship and fun

Our president, Sheila, was able to secure the Opera House at Heritage Park for our next annual Christmas Party.

In January we planned our excursions for throughout the year. All suggestions and ideas are welcomed if you have any to add or suggest at this time.

In January the group had a guest speaker and the topic was about Family Counselling.

Please join us in FEBRUARY to get an update and further activities in the group. We enjoy playing bingo, cards, games and just good conversation and companionship and of course the 50-50 draw. Must say the coffee, tea and munchies are always well favored...

Looking forward to the next meeting for good fellowship and fun! President: **Sheila Jahrig** phone: 403-251-1436 - **June Logan** 403-238-4916. If you have any questions please feel free to call either or email: Denise at: freeborn@telus.net.

# WANTED

# **Knitting Wool and Yarn**

After a successful 2016 fall craft sale, the Woodcreek Seniors knitting group has started their planning and knitting/crocheting projects for the 7th annual Woodcreek Craft sale which is scheduled for November 4, 2017. We are looking for unused knitting yarn and wool for various projects which will be sold at our 2017 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.



#### PRE-KINDERGARTEN EDUCATIONAL SERVICES

Pre-Kindergarten - ages 3-5 yrs. (Pre-K) Braeside School - 1747-107 Ave. SW

Pre-Kindergarten is an early literacy program combining play with learning. Our children play and explore our classroom while gaining valuable social skills, which also help prepare them for Kindergarten, Activity centers include math readiness, science, literacy, fine motor work (printing / cutting), art/craft, painting, sand/water, playdough, puzzles, blocks, story corner, and toys. Enrichment activities throughout the year include special visitors who bring music, yoga, and Spanish to the children.

Winter themes are "Winter Wonderland", "Valentine's Day", "Dinosaurs", and an enhancement of our early literacy journey with "Famous Authors". We also look forward to a visit from Mad Science this Winter Session.

> Space still available for this year. To register, please email the Registrar.

TISTE: FER. 2010: 4:30 - 6:00 PM

**GENERAL REGISTRATION for Fall 2017:** FEB. 15711: 0:00 - 7:00 PM

Registration on-going after this date, space permitting

Registrar's Contact: RegisterPreK@gmail.com Please visit our website: www.Pre-KindergartenEd.com

# **WOODCREEK BUSINESS MEMBERS**

We thank the following businesses for their on-going support of the Woodcreek Community Association Support your local businesses

- 7 Eleven (Woodbine)
- Braeside Automotive
- Bright Path Early Learning & Child Care
- Canadian Projects Ltd
- Crispy Crust Pizzeria
- Cube Developments
- · Dave Rodney, MLA
- DB Design Studio
- Ed's Barber & Hair Styling
- Edward Jones Investments
- Envision Custom Renovations
- Fishman's Personal Care Cleaners \*
- Gagne Fitness
- Gateway Mechanical
- Gator's Sports Pub
- Good Nails
- · Great News Publishing Ltd
- Happy Cup Real Fruit Smoothie
- Kidsland Day Care

- Mac's
- · Massage-U-Well
- Mima & Cello Music School
- Mommy's Kids Childcare Centre
- · Paradise Nails and Spa
- · Pizza Hut (Woodbine)
- Ristoro Italiano Ltd
- · Roc's Grill
- Salon Serendipity Inc
- Scotia Bank
- Shoppers Drug Mart
- SouthWest Communities Resource Centre
- The Ultimate Look \*
- Three Crowns Pub
- Universal Health Pharmacy
- Vlada Professional Tailoring
- Wing's Fine Foods
- Woodbine BK Liquor

- Woodbine Chiropractic
- Woodbine Cleaners \*
- Woodbine Day Care Centre
- Woodbine Dental
- · Woodbine Husky Market
- Woodbine Medical Centre
- Woodbine Optometry
- 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

# Woodcreek Community Association

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

# **STEP INTO WINTER**



#### Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

#### To participate you must be:

- -18 years of age or older
- -Exercising less than 3 days per week
- -Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

#### By completing the 3 questionnaires you will receive:

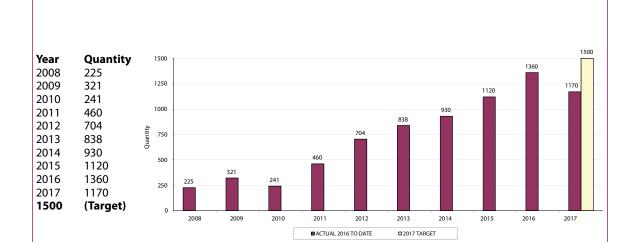
- -A pedometer (\$25 value)
- -\$10 gift card
- -Prize draw entry for \$1000 gift card

To participate contact Research Coordinator: perryr@ucalgary.ca

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



## **Woodcreek Community Memberships YEAR ENDING AUG 31**



Modern Solutions for Missing Teeth

#### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

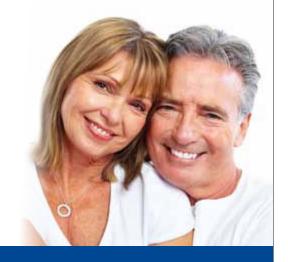
#### **WE OFFER:**

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

#### **Southcentre Mall**

Suite 126A, 100 Anderson Rd SE (403) 269-8308

## www.academydenture.com



Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

















If you did not make it to this year's New Year's Eve party at the community hall, you certainly missed a great one.

Where else could you go that set the scene of a winter wonderland, including an adult indoor snowball fight?

We put our resolutions aside and feasted on Leroy Brown's prime rib dinner. We danced our feet off to the tunes of our DJ, Glenn Mitchell. And it goes without saying that we were spirited by the flow of drinks and champagne.

As always a big thank you to the volunteers who helped pull this event off. As with every event, there are always

paying guests who stick around after and help pack things away and clean up. That's community spirit!

A very special thanks to all who attended. We can plan and decorate all we want, but it's really the guest, our community and our friends who are there to have a good time, that truly makes the night successful.

Happy New Year and may your troubles only last as long as your New Year's resolutions.

NYE Event Coordinator, Nora Ward







decorations and theme, excellent dinner and bar service, the DJ and great music. It was a great night that we all enjoyed.

Please pass on our thanks and appreciation to the Association and their great volunteers for a spectacular experience.

Warmest thanks and a Happy New Year. Edna and Bob Sutherland, Valerie and Geoff Dunlop.







#### **Program Criteria:**

- · Adults over 65 at risk for falling and losing their inde-
- · 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

NO CLASSES ON STAT OR CIVIC **HOLIDAYS** 

#### Registration required.

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





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			
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	13	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			
Stephanie	12	403-540-9938	C			
Makenna	13	403-281-2653	C			
Talyssia	12	403-474-4400	C			



Members: \$15.00 Non-Members: \$20.00

For more information please call the office at (403) 238-1611 or come in and pick up your tickets during office hours.

# PROGRAMS AND ACTIVITIES AT THE WOODCREEK COMMUNITY CENTRE

PROGRAM/ACTIVITY	DAY AND TIME	SCHEDULE MAY BE SUBJECT TO CHANGE
Ballroom and Latin Dance for Adults & Children Dima Levita and Sasha Antonova (Levita Dance) 403-613-5070	Friday, 5:30 – 8 p.m.	Ongoing
Ballroom Dance for Adults Joanne Haslock 403-532-8933	No classes currently scheduled Private lessons available	Private Lessons available
Beavers Tim Tratch 403-251-4878	Wednesday, 6:30 – 8:30 p.m.	Ongoing
Boot Camp Christine Shudra (Step into Fitness) 403-815-4016	Mon and Fri, 9 – 10 a.m. Tuesday, 5:30 – 6:30 p.m.	Ongoing No class Feb 13 – 24, no class Mar 24 - 31
Calgary Woodcreek Lions Club Dennis Belanger 403-660-1201	Second & fourth Mon of month, 7 – 9 p.m. No meetings Jul and Aug	Ongoing
Calgary Woodcreek Lions Club Garage Sale Dennis Belanger 403-660-1201	Saturday, 9 a.m. – 3 p.m.	Sept 16
Canada 150 Celebration WCA Office 403-238-1611	Saturday, details and time TBA	Jun 24
Children's Halloween Party Kelsey MacGregor 403-615-5581	Saturday, 6 – 7:30 p.m.	Oct 28
Children's Christmas Party Kelsey MacGregor 403-615-5581	Saturday, 1 – 3:30 p.m.	Dec 2
Community Clean Up (Spring) Community Clean Up (Fall) – shredding WCA Office 403-238-1611	Saturday, 9 a.m. – 2 p.m.	May 13 Sept 9
Easter Egg Hunt Kelsey MacGregor 403-615-5581	Saturday, 1 – 2:30 p.m.	Apr 15
Flea Market & Parade of Garage Sales WCA Office 403-238-1611	Saturday, details and time TBA	May 6
Friday Prayers for Muslims Dr. Mahmood 403-708-1055	Friday, 1:45 p.m. Khutaba/2 p.m. Prayers	Ongoing
Gateway Victory Church Pastors Rowan and Mara Fraser 403-816-1684	Sunday, 10:30 a.m.	Ongoing
Girl Guides Barb Augustyn 403-251-5169	Wednesday, 6:30 – 8:30 p.m.	Ongoing
Group Fitness Class Body weight & free weight training Danielle Szabo (FITWorx) 403-797-1843	Tues and Thurs, 7:10 – 8:10 p.m.	Ongoing
Karate for Children Karate for Adults 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.	Ongoing
Knitting Group Anne Bundgaard 403-281-2571	Monday, 1 – 3 p.m.	Ongoing
Laser Tag for Youth ages 7 – 14 Kelsey MacGregor 403-615-5581	Saturday, 1 – 4 p.m.	Mar 25
Membership Drive Door to Door Canvass WCA Office 403-238-1611	Month of September	Month of September

# PROGRAMS AND ACTIVITIES AT THE WOODCREEK COMMUNITY CENTRE

I HUUHANIO AND AUTIVITLO	VI THE MANAGEMENT AND IN	
<b>Mima &amp; Cello Music School</b> Children's Choir Kinder (3 – 6 years)	Mon to Thurs, 5:30 – 8 p.m. Saturday, 3 – 4 p.m. Tues and Thurs, 10 – 11:30 a.m. / 12:30 – 2 p.m.	Ongoing Closed Feb 18 – 20, Mar 14 – 17 and Mar 25 - 31
Mima Jovanovic 403-399-2255  Move N Mingle Alberta Health Services 403-955-1554 / 403-863-7708	Monday, 3 – 3:45 p.m. Wednesday, 1 – 1:45 p.m.	Ongoing No class on Stat/Civic holidays
New Year's Eve Dinner and Dance WCA Office 403-238-1611	Sunday, 7 p.m. – 1 a.m.	Dec 31
Oktoberfest WCA Office 403-238-1611	Saturday, 8 p.m. – Midnight	Oct 7
Pancake Breakfast WCA Office 403-238-1611	Saturday, 9 – 11 a.m.	July 8
Parents & Tots Program at Woodcreek Kelsey MacGregor 403-615-5581	Thursday, 9 – 11 a.m.	Starts Mar 9 Ongoing
<b>Qi Gong Classes</b> Linda Varro 403-457-4204	Monday, 7 – 8 p.m.	Jan 9 – Mar 13 Free intro class Jan 9 No class Feb 20
<b>Scouts</b> Tim Tratch 403-251-4878	Second Tues of month, 7 – 9:30 p.m.	Ongoing
Seniors Bridge/Cards Wendy Mackenzie 587-350-5415	Tuesday, 1 – 4 p.m.	Ongoing
Seniors Fitness Nancy Ehle 403-354-4905	Friday, 10:30 – 11:30 a.m.	Jan 13 – Mar 31
Seniors Group Sheila Jahrig 403-251-1436 June Logan 403-238-4916	First and third Tues of month 9:30 – 11:30 a.m.	Ongoing
Silk Road Dance A variety of dance styles for ages 2 - Adult Abu Maliya (Maliya) 403-510-9059	Monday, 5 – 7:15 p.m. Tuesday, 6:30 – 8:30 p.m. Saturday, 10 – 11 a.m.	Ongoing No class Feb 18, 20
<b>Spaghetti Dinner</b> WCA Office 403-238-1611	Sunday, 5 – 7 p.m.	Apr 23 Nov 19
St. Patrick's Dance WCA Office 403-238-1611	Saturday, 8 p.m. – Midnight	Mar 18
<b>Tai Chi</b> Christine Tao 403-208-3564	Monday, 10– 11 a.m.	Jan 9 – Apr 3 No class Feb 20
WCA Board Meeting Scott Eden 403-560-3585	First Tues of month, 7:15 – 9 p.m.	Next meeting Feb 7
<b>Woodcreek Craft Sale</b> Anne Bundgaard 403-281-2571	Saturday, 9 a.m. – 3 p.m.	Nov 4
Woodcreek Group of Alcoholics Anonymous Steve Molloy 403-999-1711	Thursday, 7 – 8 p.m.	Ongoing
<b>Yoga</b> Sophie Dufresne 587-999-5943	Monday, 7 – 8 p.m.	Last class Jan 30 PROGRAM DISCONTINUED
Yoga Stacey Madden 403-889-1313	Thursday, 9 – 10:30 a.m.	Ongoing
<b>Zumba Fitness</b> Ana Utrilla 403-630-5756	Saturday, 9 – 10 a.m.	Ongoing No class Feb 18, Mar 25

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

# UPCOMING EVENTS AT THE WOODCREEK COMMUNITY CENTRE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Move N Mingle 1 — 1:45 p.m.  Mima and Cello Music School 5:30 — 8 p.m.  Karate for Children 5:30 — 6:15 p.m.  Karate for Adults 6:20 — 7:30 p.m.  Beavers 6:30 — 8:30 p.m.  Guides 6:30 — 8:30 p.m.	Mima and Cello Music School (Kinder 3 – 6 yrs)  10 – 11:30 a.m. / 12:30 – 2 p.m.  Yoga 9 – 10:30 a.m.  Mima and Cello Music School 5:30 – 8 p.m.  Karate for Children 5:30 – 6:15 p.m.  Karate for Adults 6:20 – 7:30 p.m.  Woodcreek Group AA Meeting 7 – 8 p.m.  Group Fitness 7:10 – 8:10 p.m.	Boot Camp 9 — 10 a.m. Seniors Fitness 10:30 — 11:30 Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 — 8 p.m.	Zumba Fitness 9 — 10 a.m. Silk Road Dance 10 — 11 a.m. Mima and Cello Music School — Children's Choir 3 — 4 p.m.
<b>5</b> Gateway Victory Church 10:30 a.m.	Boot Camp 9 — 10 a.m. Tai Chi 10 — 11 a.m. Knitting Group 1 — 3 p.m. Move N Mingle 3 — 3:45 p.m. Silk Road Dance 5 — 7:15 p.m. Mima and Cello Music School 5:30 — 8 p.m. Qi Gong 7 — 8 p.m.	Seniors Group 9:30 – 11:30 a.m.  Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m.  Seniors Bridge/Cards Group 1 – 4 p.m.  Mima and Cello Music School 5:30 – 8 p.m.  Boot Camp 5:30 – 6:30 p.m.  Karate for Children 5:30 – 6:15 p.m.  Silk Road Dance 6:30 – 8:30 p.m.  Karate for Adults 6:20 – 7:30 p.m.  Group Fitness 7:10 – 8:10 p.m.  WCA Board Meeting 7:15 – 9 p.m.	Move N Mingle 1 — 1:45 p.m. Mima and Cello Music School 5:30 — 8 p.m. Karate for Children 5:30 — 6:15 p.m. Karate for Adults 6:20 — 7:30 p.m. Beavers 6:30 — 8:30 p.m. Guides 6:30 — 8:30 p.m.		Boot Camp 9 – 10 a.m. Seniors Fitness 10:30 – 11:30 Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 8 p.m.	T1  Zumba Fitness 9 — 10 a.m. Silk Road Dance 10 — 11 a.m. Mima and Cello Music School — Children's Choir 3 — 4 p.m.
12 Gateway Victory Church 10:30 a.m.	Tai Chi 10 – 11 a.m.  Knitting Group 1 – 3 p.m. Move N Mingle 3 – 3:45 p.m. Silk Road Dance 5 – 7:15 p.m. Mima and Cello Music School 5:30 – 8 p.m. Qi Gong 7 – 8 p.m. Calgary Woodcreek Lions Club 7 – 9 p.m.	Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Seniors Bridge/Cards Group 1 – 4 p.m. Mima and Cello Music School 5:30 – 8 p.m. Karate for Children 5:30 – 6:15 p.m. Silk Road Dance 6:30 – 8:30 p.m. Karate for Adults 6:20 – 7:30 p.m. Scouts 7 – 9:30 p.m. Group Fitness 7:10 – 8:10 p.m.	Move N Mingle 1 — 1:45 p.m.  Mima and Cello Music School 5:30 — 8 p.m.  Karate for Children 5:30 — 6:15 p.m.  Karate for Adults 6:20 — 7:30 p.m.  Beavers 6:30 — 8:30 p.m.  Guides 6:30 — 8:30 p.m.	Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Yoga 9 – 10:30 a.m. Mima and Cello Music School 5:30 – 8 p.m. Karate for Children 5:30 – 6:15 p.m. Karate for Adults 6:20 – 7:30 p.m. Woodcreek Group AA Meeting 7 – 8 p.m. Group Fitness 7:10 – 8:10 p.m.	Seniors Fitness 10:30 — 11:30 Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 — 8 p.m.	18
19 Gateway Victory Church 10:30 a.m.	Knitting Group 1 — 3 p.m.	Seniors Group 9:30 – 11:30 a.m.  Mima and Cello Music School (Kinder 3 – 6 yrs)  10 – 11:30 a.m. / 12:30 – 2 p.m.  Seniors Bridge/Cards Group 1 – 4 p.m.  Mima and Cello Music School 5:30 – 8 p.m.  Karate for Children 5:30 – 6:15 p.m.  Silk Road Dance 6:30 – 8:30 p.m.  Karate for Adults 6:20 – 7:30 p.m.  Group Fitness 7:10 – 8:10 p.m.	Move N Mingle 1 — 1:45 p.m.  Mima and Cello Music School 5:30 — 8 p.m.  Karate for Children 5:30 — 6:15 p.m.  Karate for Adults 6:20 — 7:30 p.m.  Beavers 6:30 — 8:30 p.m.  Guides 6:30 — 8:30 p.m.	Mima and Cello Music School (Kinder 3 – 6 yrs)  10 – 11:30 a.m. / 12:30 – 2 p.m.  Yoga 9 – 10:30 a.m.  Mima and Cello Music School 5:30 – 8 p.m.  Karate for Children 5:30 – 6:15 p.m.  Karate for Adults 6:20 – 7:30 p.m.  Woodcreek Group AA Meeting 7 – 8 p.m.  Group Fitness 7:10 – 8:10 p.m.	Seniors Fitness 10:30 — 11:30 Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Ballroom and Latin Dance for Adults/Children 5:30 — 8 p.m.	Zumba Fitness 9 — 10 a.m. Silk Road Dance 10 — 11 a.m. Mima and Cello Music School — Children's Choir 3 — 4 p.m.
Gateway Victory Church 10:30 a.m.	<b>27</b> Boot Camp 9 — 10 a.m. Tai Chi 10 — 11 a.m. Knitting Group 1 — 3 p.m.	Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Seniors Bridge/Cards Group 1 – 4 p.m.	F0	OR MORE INFORMATIO		

Move N Mingle 3 - 3:45 p.m.

Silk Road Dance 5 – 7:15 p.m.

Mima and Cello Music School 5:30 – 8 p.m.

Calgary Woodcreek Lions Club 7 – 9 p.m.

Mima and Cello Music School 5:30 – 8 p.m.

Boot Camp 5:30 - 6:30 p.m.

Karate for Children 5:30 - 6:15 p.m.

Silk Road Dance 6:30 - 8:30 p.m.

Karate for Adults 6:20 - 7:30 p.m.

Group Fitness 7:10 - 8:10 p.m.

# **WOODCREEK COMMUNITY CENTRE AT 403-238-1611**

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



When: Saturday March 25, 2017 1:00 pm to 4:00 pm\*

> All players must pre-register by March 23, 2017 Please call the office (403) 238-1611 or email wca@hotmail.ca with child's name, age and phone number.

Where: Woodcreek Community Centre 1991 Woodview Drive SW

Who: Youth Ages 7 - 14

\$5.00 (must have a community membership)

\*Please note: your children will not be playing for the full 3 hours, as we are dividing into groups based on age and number of registrants. You will be contacted in advance with the time your child needs to be ready to play at the community centre.













# Woodcreek Community Association Membership Advantages

- 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
- 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 Woodbands 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.compusim.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, ABT2W 5E5.

Woodcreek SEPTEMBER 1, 20	16 - AUGUST 31, 2017
Please circle applicable membership type:	
\$20.00 - Family Membership \$10.00 - Sr.(55+) Family Membership	\$20.00 - Business Membership
Amount Paid:	
MAIN CONTACT S	SPOUSE /PARTNER (IF APPLICABLE)
Last Name:	LastName:
First Name:	First Name:
Address:	Postal Code:
	CellPhone:
Email:	
I consent to receive emails from the Woodcreek Community Association	PLEASE FILL IN
Signature:	Cash 🗀 Family Membership 🗅
I WOULD CONSIDER VOLUNTEERING FOR THE FOLLOWING:	Cheque  Senior Family 55+
Stampede Concession   Casino   Special Events	c · c   -
Outdoor Rinks Bartender Board of Directors Bartender Character Bartender Character Bartender Bar	Considit Consideration
Membership Drive ☐ Youth Events ☐ Chronicle Reporter ☐	Expiry Date:

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



#### WILL POWER Wills, Estate and Tax Planning 101+

To our neighbours, volunteers, supporters, colleagues and friends we invite you to attend this free workshop the morning of Saturday, February 11, 2017. Note: the content has been revised and expanded.

Having a proper, up-to-date will is important for everyone. This workshop will help you understand the reasons for having a will; what happens if you do not have a will; the legal issues that affect wills; and the choices that a will provides, involving executors, beneficiaries and trusts. In addition, it will present an outline of the tax issues associated with an estate and point out relevant planning opportunities.

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).

John Tobin, Tax Partner with KPMG will outline the tax issues relating to estates and provide suggestions to minimize taxes to the estate.

What: WILL POWER: Wills, Estate and Tax Planning 101+ When: Saturday, February 11, 2017

Time: 9 a.m. to 12 p.m. (noon)

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 John at jphin@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 February 11!

Thank you, John Phin, Director Resource Development **Hull Services** www.hullservices.ca



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

LIONS - Celebrating 100 Years of Service

**CHECKOUT OUR WEBSITE -**

#### **CALGARY WOODCREEK LIONS CLUB IS CELEBRATING OUR -- 15TH YEAR**

Our Calgary Woodcreek Lions Club meets at 7 PM on the 2nd and 4th Mondays of each month at the WOODCREEK COMMUNITY ASSOCIATION BUILDING.

#### **NEXT MEETING(S) ARE MONDAY FEBRUARY 13 & 27** @ 7 PM **COME JOIN US**

Speaking of joining - Are you newly retired and looking for something to do - surprisingly we have something you might be interested in

Anyone is welcome to come to our meetings – If you require more info. Please call

Lion Dennis Belanger 403 660 1201 OR email magicmtn@telusplanet.net



#### WE CONTINUE OUR WORK WITH THE BLOOD **DONOR CLINICS**

NEXT CLINIC IS FEBRUARY 18TH -- FROM 4 - 9 PM -**CARDEL SPORTS CENTER** 

We will have our ANNUAL CAR RALLYE -- late May or early June -MORE TO FOLLOW

WE CONTINUE TO HELP THE COMMUNITY IN AS MANY WAYS AS POSSIBLE

MORE TO COME NEXT MONTH.

## IN & AROUND **SCHOOLS**

#### St Jude School

January has been another exciting month at St Jude! Staff and students came back from Christmas break. ready to dive into school activities. The students had their second Bundles of Energy cooking day, a program that teaches students about the importance of nutrition, as well as safe cooking skills. The recipe prepared this session was Broccoli Apple Salad and Poppyseed Dressing. Later in the month, the grade fives and sixes spent an afternoon doing dry land training in preparation for a trip to the Olympic Oval to learn speed skating. We ended the month with Pajama Day and the beginning of our Mission Impossible unit in gym.

#### **Upcoming dates:**

Feb 1	Grades 5	and 6 to	Olympic	Oval

Feb 6-10 Dance Kreations with a student performance Feb 10 (1:00)

Feb 14 100th day of school celebrations (Gr 1-2)

Grade 3 to Sports Hall of Fame Feb 23

Feb 24 Calgary Opera visits in the am Bottle drive - Please drop off your bottles at the flag pole!

Feb 28 Shrove Tuesday pancake breakfast for students **Evergreen Theatre visits** 

#### St. Gerard School

After a restful Christmas break, January was a busy month at St. Gerard! The Grade 6 class spent an interesting and interactive day at the Calgary Police Interpretive Centre where they explored ways of coping with online relationships, texting and bullying. They also learned about gangs. Then, the John Howard Society visited the school for an informative presentation to the Grade 6 class on Criminal Justice. Later in the month, the Grade 5 and 6 students were at Canada Olympic Park for two days of skiing and snowboarding lessons. Our kindergarten, Grade 1 and Grade 2 classes had tremendous fun working for three days with an exciting instructor from Alien In-Line Skating. We are looking forward to February and our Carnaval activities.

Yours truly,

Mr. Christian Harries | Principal

#### **Important Dates for February:**

February 2<sup>nd</sup> Sandwich Dropoff (families are en-

couraged to make sandwiches for those less fortunate), Parent Council

Meeting 9am-10am

February 9th **Carnaval Singer** 

February 16-17th Teachers' Convention (No School) Family Day Holiday (No School) February 20th

February 24th Taffy on Snow

February 27th **Evergreen Theatre at Eugene Coste** 

School



## **Woodlands School Bottle Drive**

The School Council is excited to offer families an opportunity to donate all their bottles to our Woodlands School bottle drive! Please drop off all your bottles at Woodlands School during the week of February 5th. There will be a marked vehicle in the staff parking lot, before and after school, where you can deposit all your bottles.

There is also an opportunity for you and all your friends, neighbours and family to drop off your bottles during the week of February 5th to the new Tsuu T'ina reservation bottle depot (Bay 108, 3700, Anderson Rd. SW). Simply drop off your bottles at that location, and let them know to sort them under our Woodlands School account. All proceeds go directly to help fund many exciting opportunities for your children throughout the school year. This includes supporting the School Patrol Program, \$7.00 per student classroom fund and subsiding off site field trips.

Stephanie Iverson, Fundraising Committee, Woodlands School Council



#### KNIFE RAFFLE TO SUPPORT THE CANADIAN JAMBOREE **THIS SUMMER RAFFLE DATE FEBRUARY 22, 2017**

The Woodcreek Scouts Group is selling tickets for a very special fund raiser. As some of you might know, the Canadian Jamboree is being held this summer from July 8-15 at Camp Nedooae, Elderbank, Nova Scotia. The Scouts have been very busy with many fundraiser ideas so that they can attend this very special event. We are extremely fortunate to have a gorgeous custom hand made knife donated by one of the parents to support the Scouts fundraising efforts. Only 30 tickets at \$10.00 each will be sold so your chances are very good. We will be pulling the winning ticket at our annual Baden Powell banquet in February.



The knife has a recurve blade made from 1095 carbon steel with a stabilized maple burl handle, stainless and copper fitted bolster in a black leather sheath with a ferrocerium rod.

To purchase a ticket for this knife raffle please call Cindy at 403-251-9825 or jongeling@telus.net. You can send an etransfer to her using the question, "who am I supporting" with the answer "scouts" or arrange other payment options with her.

The Scouts have been very busy with snow removal too. The proceeds from snow removal is also going to support their Jamboree costs. Please keep them in mind if you need your snow shovelled this season. They will come for a one time call or they can be set up for monthly removal. You will be very pleased with the price they charge, probably

the lowest anywhere and you can feel good about helping these kids out. Please feel free to call Laura at 403-281-1929 anv time.

We would like to take this opportunity to thank everyone that donated to our bottle drive in January. It was a very cold Saturday but our Group was out in full force. The hot chocolate was very popular that day for the kids and adults to warm them up. This is one of our biggest bottle drives and without our wonderful communities support it would not be the success that is was.

Here is a guick recap on what the Sections have been up to.

The beavers have a lot of fun activities planned, one of which is working towards their Outdoor Adventure skillswinter skills badge. This will consist of 4 meetings to accommodate the requirements needed some of which include a winter hike, sledding, a scavenger hunt and fort building. Just recently they also learned all about how magnets work and that a compass actually has a magnet inside of it.

The cubs have had an outdoor activity, a sleepover at Telus Spark in January and cub car speed trials on our fancy new aluminum track with built in timers. The beavers and scouts were also invited to race with them. This is all leading up to big races with other groups in the near future.

The scouts have recently enjoyed laser tag, working on badges, swimming at Southland Leisure Centre and a night hike/ geocaching. They are always looking for new fundraising ideas for the Jamboree. If you have extra bottles you could donate to help them please call Laura at 403-281-1929 for pick up or if you could consider donating some of your returns to our account that we have set up at the Tsuu Tina reserve bottle depot under the name Woodcreek Scouts. It would be greatly appreciated. It is a huge expense to take part in the Canadian Jamboree and these kids are working very hard to earn the money needed.

If this program is something you feel your children would enjoy or if you have ideas to offer to us please feel free to call our Group Commissioner Tim Tratch at 403-251-4878. We are always looking for wonderful parents to become a Leader although you do not have to have a child in the program to become a Leader. Think about it, you could have the opportunity to make a big impact on these kids lives with your generous donation of time and your great ideas. All costs, uniforms and training are included. If you have questions please feel free to call Tim.

As always we would like to mention our deepest gratitude towards the Woodcreek Association and the local Lions Club for their ongoing support to us.







#### FRIENDS OF FISH CREEK MID-WINTER UPDATE Leaving a Legacy for Cherished Green Spaces and **Healthy Families Public Information Session** Saturday, March 4, 2017 2:00 pm at the Fish Creek Environmental Learning

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

The February Fish Creek Speaker Series Beaches, Birds, and the Boreal Forest - Lesser Slave

#### **Lake Provincial Park**

#### Thursday, February 23, 2017 7:00 pm - 8:00 pm

Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit www. friendsoffishcreek.org/event/beach

#### **Introducing Yo-Qi: A Wellness Experience**

The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! "Yo-Qi" is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

January 26 Boost Your Immunity February 23 - Heart Opening

March 23 - Spring Cleaning and Detox April 20 Connecting to Earth

> - Gratitude for Mother (your own or Mother Earth!)

Mav 18

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics

# Guides Canada SILVER BIRCH DISTRICT



What's new with the Silverbirch Girl Guides?

#### Who tied up our Pathfinders?

Turns out it was their idea. Part of a team building project they designed for their own enrolment showing that if you stick together you can solve most problems.

Meanwhile, one of Brownie units is earn-

ing the Key to Stem (Science, Technology, Engineering, Math). The first week they will take on building challenges with a variety of materials. Skyscrapers, bridges and things that move will be on the menu!

Girls are welcome to come dressed as a scientist or detective as they will be learning about the science that connects the two! Fingerprints, chemistry and practicing our observations skills will be part of the meeting.

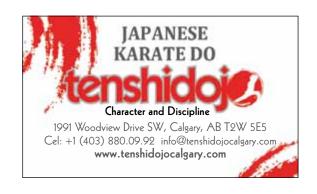
Next the girls will explore the many ways we communicate and try a few new ways that they might not have experienced before. We will also get a chance to think about (and maybe invent our own) machines that humans have created to make life easier. They will end the month by celebrating with a skating party (weather permitting).

Canada may be 150 years old but Guiding is only 107. A Pathfinder unit, Guide unit and Brownie unit will travel together to visit our own archives at Guide Centre. They will have lots of things to look through and lots of fun ways to learn about Guiding History. Some of the things they will be doing includes trying on old uniforms and trying out program requirements from the past. They will also talk about how Guiding started and how, thank goodness, it has progressed to keep us relevant in 2017.

Our next exciting adventure for Silverbirch District is our Thinking Day celebration. Thinking Day is when the 10 million members of Guiding together celebrate our Guiding membership in a 146 countries around the world. This year our theme is camping so our Rangers will help prepare a presentation highlighting the international camp they experienced last summer.

If you want to have this much fun, come join us.

Contact Barb at 403.251.5169 or silverbirchgirlguides@ gmail.com.





# Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

Centre



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 to find out more.

#### **February at Trico Centre**

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

#### **Recession Busters**

- •The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

#### Did You Know?

- Refer a new passholder and get a free month on your
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

#### **Adults**

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www. triciocentre.ca.
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- · Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

 Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

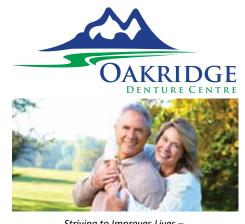
#### **Families**

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

#### **Children & Youth**

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.





Striving to Improves Lives -One Denture at a Time!

Call to Book Your Appointment:

403-251-1522

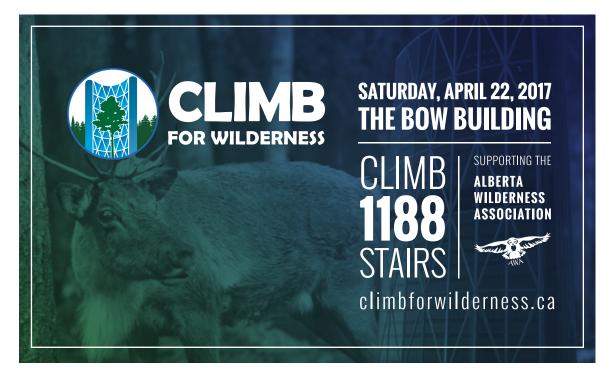
www.OakridgeDenture.com

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Oakridge Co-Op Mall Suite 49, 2580 Southland Drive SW

> Charles Gulley, DD, F.C.A.D. Denturist – Denture Specialist



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Call Bob: 403.257.3465 / 403.461.3490



# Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.





**Regular Eye Exams** 

#### Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. Be alert for these symptoms.

- Avoiding near or distance work or holding objects very close to the face.
- · Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your healthcare team can help you figure out what risk factors you should focus on first and set goals that you can reach.

#### Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

#### Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

#### Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes. cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

#### Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that guitting will be too hard, but there is lots of help available when you are ready.

Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

#### **Control alcohol consumption**

How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your healthcare provider.

Find more information, resources, and health etools at heartandstroke.ca



The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

#### **Fun Facts:**

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- · Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- · When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- · When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up,

then find a sheltered and safe spot to shell and eat the seeds at their leisure.

• If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www. calgarywildlife.org for more information.

# BRAIN SUDOKU

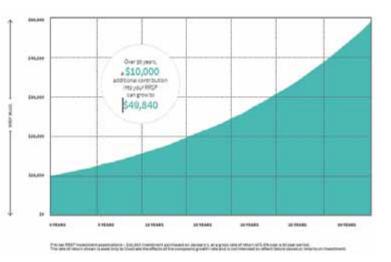
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FIND SOLUTION ON PAGE 45

# The benefits of maximizing your RRSP

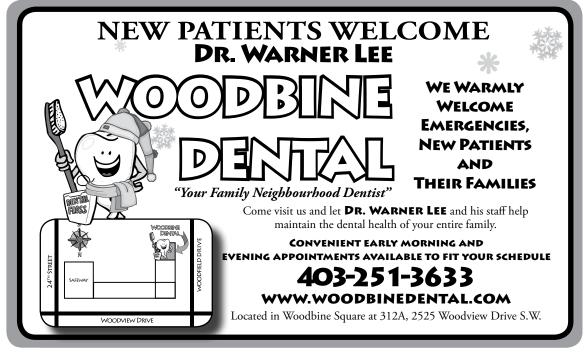
by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.



Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

INVEST SMART > INVEST REGULARLY > CONSIDER AN RRSP LOAN



# **BUSINESS CLASSIFIEDS**

**NEPTUNE PLUMBING & HEATING LTD:** Oualified 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.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Woodland | Woodbine area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 25 years. For free estimates on any interior or exterior renovations, additions, basement development, kitchens, bathrooms, flooring, and painting etc. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

WANT TO LEARN THE DRUMS? Lessons for kids and adults! Learn to rock out to your favourite tunes, or play awesomely with a band! Private lessons in my home, or in the comfort of yours! Book now to get your first lesson free! Contact Brayden: 403-700-8195 or email: rhythmacademy@outlook.com, visit: www. rhythmacademy.ca.

**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 to view some of our completed projects, then call 403-612-8220 for a free consultation.

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.

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ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**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, 403-269-2707.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www. disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

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A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www. doublediamondplumbingltd.com.

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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. Now booking fall cleanups and 2017 spring landscaping. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

**HUNTER'S HEATING AND COOLING: Winter Specials** - \$145 furnace tune up, and \$250 off furnace installs. 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.

K2 BOOKKEEPING: 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 Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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**CHARTERED PROFESSIONAL ACCOUNTANT: 25 plus** years' professional experience. Corporate and personal tax returns (Efiling), 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 Albert Ng, B.Mgt., FCCA(UK), CPA, CGA.

**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.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

**SCHECK TILE & STONE:** A professional with over 20 years of experience from Germany and Canada offers you highquality installation of porcelain and ceramic tiles; mosaics and natural stone in bathrooms, kitchens and fireplaces. All types of wall and floor tiling, as well as click/interlocking flooring. Contact Alex at 403-402-8923.

DAYHOME PROVIDING CARE FOR CHILDREN 2 1/2 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. Red Cross first aid in childcare and police clearance. Call Marianne at 403-238-2348 for more details and available spaces.

STEP INTO FITNESS LTD: Offering customized one-onone 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 33 years. Best price in the area for all your hair needs. Call Jelica at 403-251-3319 anytime.

~continued next page~

# **BUSINESS CLASSIFIEDS**

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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.

**INTERIOR PAINTING:** Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies.18 years' business experience, references call Colleen @ Unique Interiors 403-830-3456.

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

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, and sidewalks. Your SnapPower© distributor. References available. Wendell at 403-613-6807.

WOODBINE KARATE CLUB: 25 years established at the same location. Karate is for everyone. Located Gagne Fitness Gym. woodbinekarate.com. Yuri Isakovich, 5th Dan, JKA certified. We offer kids' and adult programs. Karate, kick boxing, traditional weapons, Muay Thai/Boxing self-defence, meditation classes, seniors' program, private lessons. Call Sensei Yuri. 403-870-7755.



### Woodcreek Real Estate Update

Last 12 Months WOODBINE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$414,500	\$410,000
November 2016	\$664,000	\$637,000
October 2016	\$419,900	\$407,000
September 2016	\$442,500	\$430,000
August 2016	\$499,450	\$481,250
July 2016	\$389,900	\$383,000
June 2016	\$484,900	\$478,000
May 2016	\$479,900	\$472,000
April 2016	\$464,400	\$456,950
March 2016	\$574,900	\$570,000
February 2016	\$418,900	\$400,000
January 2016	\$599,900	\$578,000

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

	<u> </u>	
	Average Asking Price	Average Sold Price
December 2016	\$409,900	\$365,000
November 2016	\$469,900	\$461,250
October 2016	\$449,900	\$434,000
September 2016	\$509,900	\$488,500
August 2016	\$447,400	\$441,500
July 2016	\$431,894	\$426,450
June 2016	\$659,000	\$626,375
May 2016	\$477,450	\$473,700
April 2016	\$456,950	\$443,750
March 2016	\$614,950	\$602,500
February 2016	\$449,278	\$428,000
January 2016	\$519,900	\$484,500

To view more detailed information that comprise the above MLS averages please visit woodbine.great-news.ca or woodlands.great-news.ca



#### **COUNCILLOR, WARD 13 DIANE COLLEY-UROUHART**

Twitter / Instagram: @BigRedYYC FB: Facebook.com/dianecu ebsite: CouncillorDiane.ca

#### **2017 Residential Property and Business Assessments**

With 2017 in full swing, it's time to dive into the New Year head

In early January, the City released the 2017 Market Reports for both residential and business assessments. The numbers are promising, with residential assessment values experiencing an average decrease of four per cent from 2016 assessment

- The 2017 median single residential assessment is \$460,000 compared to \$480,000 in 2016.
- The 2017 median residential condominium assessment is \$270,000 compared to \$280,000 in 2016.

Non-residential values have decreased by approximately six per cent from 2016. Downtown office properties and businesses have experienced a greater than average decrease due to vacancies. That has resulted in a redistribution of the tax liability to non-residential properties outside of the downtown core and those non-residential properties where assessments are remaining stable.

I am deeply concerned about the impact this redistribution has had on small business throughout the City. With nearly \$2B in City reserves, we must be aggressive in easing the burden. I am working with my colleagues to gain support for a 2017-2018 grant exemption to ease this blow. Small business is the backbone of our economy.

#### 2017 Residential Property Assessment Roll

- Total number of accounts: 487.637
- · Total value: \$210 billion
- Single residential median assessment: \$460,000
- Residential condominium median assessment: \$270,000
- Typical market value assessment change is a decrease of four per cent (-4%) from 2016
- Single residential: decrease of four per cent (-4%)
- Residential condominium: decrease of four per cent (-4%)
- Approximately 97 per cent of residential properties' will stay within ±10 per cent of last year's taxes.
- 56 per cent of residential properties will see a revenue neutral tax decrease.\*
- 44 per cent of residential properties will see a revenue neutral

\*Before Council-approved tax rate and provincial requisition

#### Ward 13 Residential Median Assessed and Taxable Values Median % of % of % of **RN Taxes on** Community Number of Taxable **Assessed Properties Properties Properties** Median Name Accounts Value Decreasing Increasing Changing Assessed in RN Taxes in RN Taxes +/- 10% in Value **RN Taxes** 4.756 381.000 69 31 100 2.440 Bridlewood 3,136 39 97 418,000 61 2.670 Canyon Meadows 7,968 460,000 76 24 98 2,950 **Evergreen** 3,275 49 51 98 Millrise 374,000 2,400 85 15 Shawnee 1.029 503,000 3,220 Slopes 3,604 392,000 53 47 98 2,510 Shawnessy 3,322 76 24 96 Somerset 398,000 2,550 Woodbine 3.336 435.000 47 53 98 2.790 42 58 96 2.770 Woodlands 2,066 433,000

Property and business owners should carefully review their assessment notice and should you have any questions, please call The City at 403-268-2888. Changes to a 2017 assessment can only be made if an inquiry is received during the Customer Review Period that runs Jan. 5 to March 6, 2017.

If you are concerned that your assessment doesn't represent market value after reviewing your property details, you can file a formal complaint with the Assessment Review Board at www.calgaryarb.ca.

MLA Calgary - Lougheed **Dave Rodney** 311A - 2525 Woodview Drive SW T2W 4N4 Phone: 403-238-1212 calgary.lougheed@assembly.ab.ca Woodbine, Woodlands, Evergreen & Bridlewood







Top Left: Congrats to all at the South West Calgary Resource Ctr for working miracles every day!

Top Centre: Thanks to all who participated in the Annual Evergreen Christmas Liahts contest!

Top Right: Thrilled to be Santa's helper at the Evergreen Seniors Event—it was great fun



Bottom: It was an honour to once again participate in the lighting of the Menorah at City Hall; & privileged that Chabad Lubavitch is in Calgary-Lougheed!

The past year has been one of transformational change both Albertans and for the Progressive **Conservative caucus.** We are incredibly proud to represent our constituents in the Legislative Assembly, and look forward to ensuring your voices are heard loud and clear by the NDP government in 2017. We take this responsibility very seriously, and thank each of you for your continued support. This year, we fought for Albertans against the NDP who have legislated an economy-wide carbon tax, made sweeping changes to our electricity system, and designed self-serving electoral finance reform. They also introduced a fiscal plan that will accumulate \$30 billion in new debt over the next three years, refusing to make even the smallest effort to restrain spending during these difficult economic times. This reckless spending, combined with the lack of a credible debt repayment plan, has led to multiple credit downgrades and higher debt servicing costs--creating a fiscal hole so big, it will take generations to recover!

Jobs and the Economy: As economic indicators worsened in Alberta during 2016, the NDP's inability to handle this economic crisis has become painfully apparent. This year, the unemployment rate in Calgary exceeded 10%. By August, over 4,000 businesses were forced to close their doors in Calgary. This has been exacerbated by a corporate tax increase, the carbon tax, minimum wage increases, and a series of energy policy changes that have created uncertainty for investment. These decisions made a bad situation worse for Albertans in 2016 by increasing costs across all industry sectors. As we move into 2017, our caucus will continue urging the NDP to rebuild trust with Alberta business, discontinue their assault on enterprise, and promote growth.

Carbon Tax: This tax is expansive and all-encompassing--affecting Albertans most vulnerable individuals, senior citizens, and families—all at a time when Albertans face unprecedented unemployment levels. On average, families can expect to pay an additional \$600 per year. The decrease in disposable income will be magnified as the cost of meeting basic needs will rise—including food, clothing, and shelter. Costs for basic services can also be expected to increase, since no one is exempt from the carbon tax. In an attempt to promote its illconceived Climate Leadership Plan, the NDP are wasting taxpayer dollars by spending \$9 Million on advertising campaign! Additionally, the NDP have continued to implement their climate leadership strategy--including a coal phase-out that will cost 10,000 jobs. The NDP are not taking into account the state of Albertans fragile economy when designing haphazard, piecemeal environmental policy based ideological practice, with negative consequences for all Albertans!

Electricity Changes: The NDP continues to make ideological decisions that are having negative impacts on Alberta families. This was the case for our electricity market, as we saw the NDP attack power companies that have invested billions into our communities over the years. Investor confidence continued to drop in Alberta when the NDP attempted to break 16-year-old legal contacts and threatened to take power companies to court; putting Alberta taxpayers on the hook! Historically, Albertans paid a low price for electricity with a reliable source; but "NDP world-view" decisions introduced price volatility, and forced the NDP to introduce a cap on the electricity regulated rate option—however, the cap will not actually protect Alberta consumers--as families will be forced to pay through increases on their electricity bills or through increases in their taxes!

# Woodcreek **Recreation Area** in Woodbine 36 Woodborough Road S.W.

Photos by Ken Brown









# COMMUNITY ANNOUNCEMENTS

Deadline: 1st of each month for the next month's publication. Please contact 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.

#### **BUSINESS CLASSIFIED ADS**

Business Classified Ads are available through the newsletter publisher, Great News Publishing at \$35.00 per ad per month (plus GST). Please contact Great News Publishing at 403-263-3044 or e-mail sales@great-news. ca. The cost of producing this newsletter is offset by Display and Business Classified advertising sold directly to commercial interests.

**Woodcreek Community Association and Great News** Publishing do not endorse any products or services offered by advertisers.

# BRAIN SUDOKU

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GREEN SHIELD











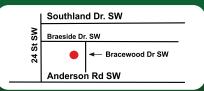
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