

SEPTEMBER 2017

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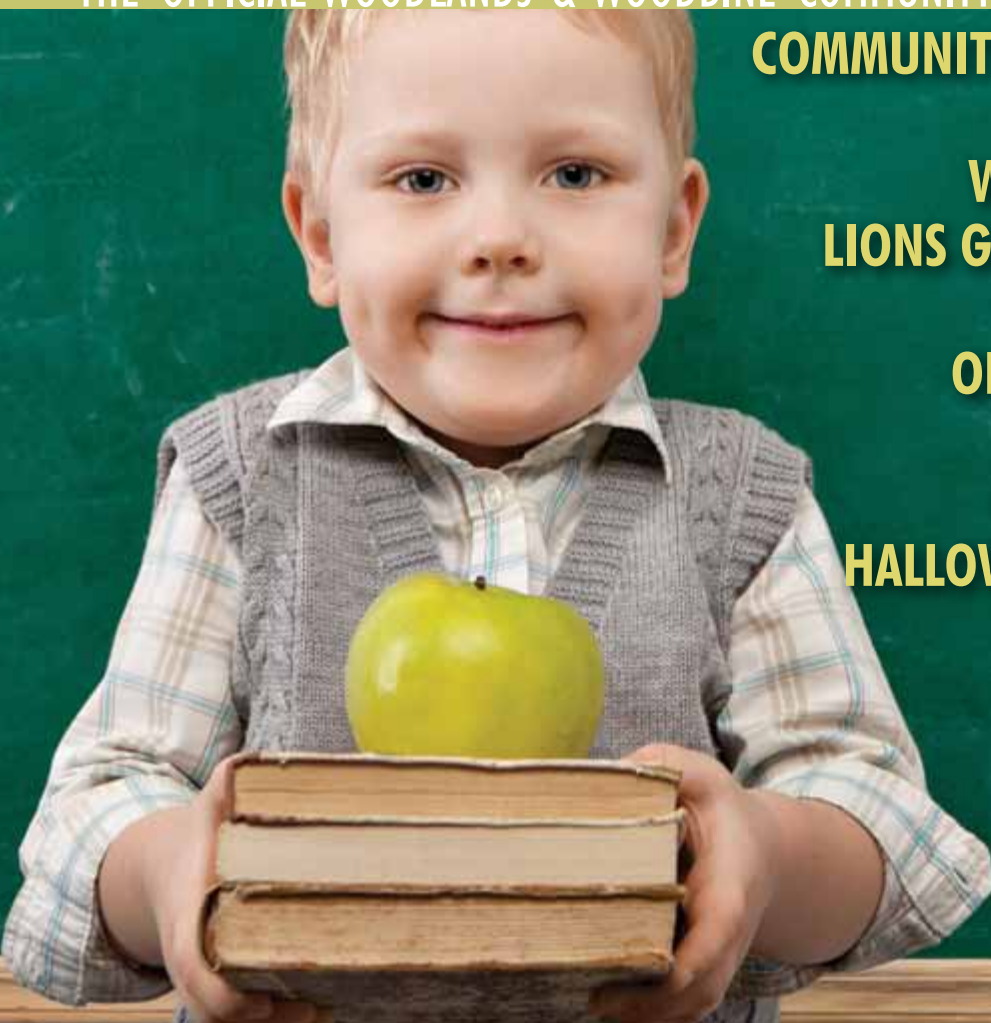
THE OFFICIAL WOODLANDS & WOODBINE COMMUNITY NEWSLETTER

COMMUNITY CLEAN-UP
SAT, SEPT 9

**WOODCREEK
LIONS GARAGE SALE**
SAT, SEPT 16

OKTOBERFEST
SAT, OCT 7

**CHILDREN'S
HALLOWEEN PARTY**
SAT, OCT 21



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Children's vision facts:

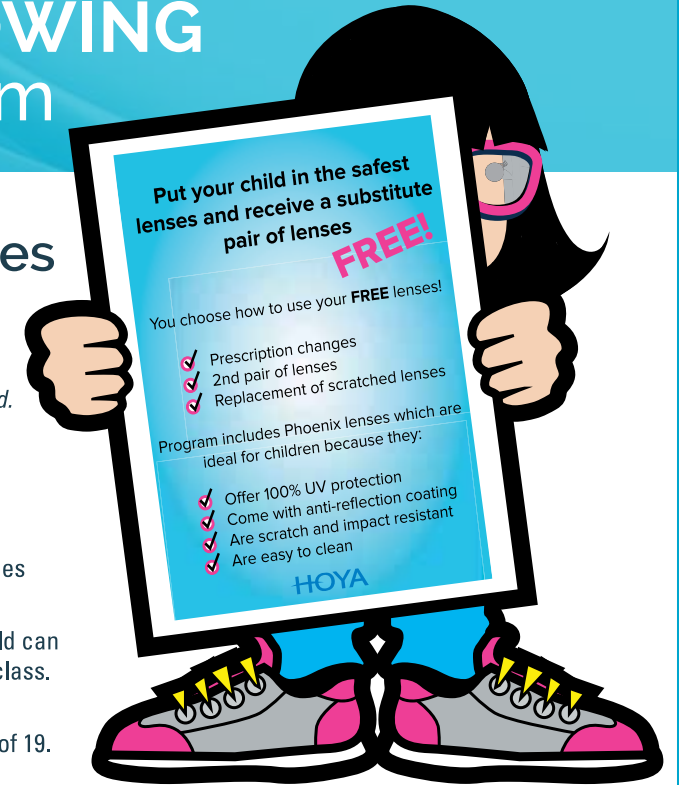
- 80% of learning is visual.
- 60% of children have reading difficulties or an unidentified vision problem.
- 20/20 vision does not measure if a child can comfortably carry out visual tasks in class.
- Children's eye exams are covered by Alberta Health Services until the age of 19.

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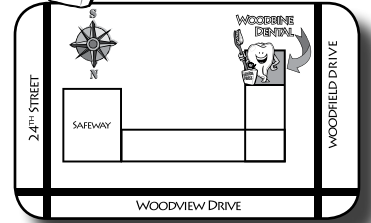
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September 2017



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WOODCREEK COMMUNITY ASSOCIATION

1991 Woodview Dr. S.W.
Calgary, AB – T2W 5E5
Phone: 403.238.1611
wca@woodcreekcommunity.ca
www.woodcreekcommunity.ca

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Editorial Submissions
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All editorial content must be submitted by the 12th of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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	511
Weather Information	
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE



Howdy All,

By the time this article is published, summer will be over and your community association will be starting a new year. The Get Going Program will have wrapped up and it looks to have been successful. Over the next little while we will be reviewing the program and feedback to determine whether it's both feasible and worthwhile to host again next year. Pickleball and tennis were successful as well – a big thank you to all who worked to make those activities possible!

Being the start of the fiscal and planning year, a few events are planned for September. For starters, we are hosting our Fall Community Clean Up on September 9th from 9 a.m. to 2 p.m. In addition to the garbage and recycling bins, we will also have paper shredding available. As usual, if you have a community membership it is free. Without a membership, the cost is \$10.

On September 12th and 13th the community association will be working a casino and, as usual, many people are required, so please contact the office if you can lend a hand.

A few days later, on September 16th, in the community hall, the Woodcreek Lions Club is hosting its annual fall garage sale with the proceeds being donated to the community association. (Drop off is Friday, September 15th from 4 – 8 p.m.) As well, please note:

Habitat for Humanity will be accepting good used furniture (no rips) September 16 from 9 a.m. – Noon ONLY.

Cerebral Palsy Association will be accepting your gently used items such as: clothing, housewares, shoes and accessories, bed and bath items, books, DVDs, CDs, software, recyclable bottles. Donation bags will be available at the community centre, if needed.

For our community, September is also membership month. The annual Woodcreek Community Association membership runs from September 1 to August 31 the following year. To make renewing or purchasing your membership easier, we do a door-to-door canvas for the entire month of September. To accomplish this, we require 50 volunteers to proper canvas Woodlands and Woodbine. Please contact the WCA office (403-238-1611) if you would be willing to support the community by volunteering to take a route. Memberships can be renewed via the door-to-door canvassers, online, or via contacting the WCA office. I would like to thank everyone, in advance, for renewing your community membership.

Sincerely,
Scott A. Eden, WCA President



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

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CONTACTS

WOODCREEK COMMUNITY ASSOCIATION BOARD 2017

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	Robin Parsons	403 697 9087
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	403 281 2798
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



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
 Buildings and Grounds Superintendent Al Evenson
 Administrative Assistant Lorraine Townsend
 Phone: 403-238-1611
 Address: 1991 Woodview Drive SW
 Calgary, AB T2W 5E5
 Email: wca@woodcreekcommunity.ca
 Website: www.woodcreekcommunity.ca

WOODCREEK COMMUNITY ASSOCIATION



BOARD MEETINGS

Next meeting: September 5

1991 Woodview Drive SW

If you wish your name to be added to the meeting agenda, please contact Scott Eden at 403-560-3585.



Door to Door Membership Canvas

The Woodcreek Community Association membership year runs from September 1 to August 31 the following year. In order to make renewing or purchasing your membership easier we do a door to door canvas the entire month of September. We use the City census route maps for this canvas so we need 50 volunteers to canvas the entire community. If you would be willing to support your community by volunteering to take a route, please call the Community Centre at 403-238-1611. The routes vary in size but average around 100 homes. Where possible we would give you a route close to your home.

We need your help to continue to provide additional programs and facilities to improve your community.

Cec Jahrig
 Membership Chairman

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.



Bonnie Fulford
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Your Woodlands neighbour for over 27 years.

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Not intended to solicit properties of clients already under contract



MARK YOUR CALENDAR!

WOODCREEK COMMUNITY ASSOCIATION EVENTS

2017 EVENTS

- September** Door to Door Canvas Membership Drive
- Sept 9** Community Clean UP (Shredding included) 9 a.m. – 2 p.m.
- Sept 15** Drop off for Lions Club Garage Sale 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
- Oct 21** Children's Halloween Party 6 – 7:30 p.m.
- Oct 23** The War on Our Children – Speaker Series 7 p.m.
- Nov 4** WCA Craft Sale 9 a.m. – 3 p.m.
- Nov 19** Spaghetti Dinner 5 – 7 p.m.
- Nov 20** How to Get Hired and How to Get Fired – Speaker Series 7 p.m.
- Dec 2** Children's Christmas Party 1 – 3:30 p.m.
- Dec 31** New Year's Eve Dinner and Dance 7 p.m. – 1 a.m.



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Calling All Crafters!

The Woodcreek Community Association is currently planning our 7th Annual Fall Craft and Bake Sale on Saturday November 4th, 2017. Sale hours are 9:00 am to 3:00pm. We're looking for a variety of vendors with **handmade** and unique crafts for the sale. Please note that allotted tables for Baking, Jewellery, and Knitting/crocheting have been filled.

If you are interested, please contact Anne (email below) for the application form or further information. Your application and cheque for a table reservation can be submitted to Woodcreek Community Office.

Email Anne: akbund954@gmail.com.

The Calgary Philatelic Society

Invites all Calgary youth to attend the monthly

Meeting of its Junior Stamp Club!

10 am to 12:00 noon

Third Saturday of the month, Sept-Nov, Jan-May (With adjustments as needed around holidays)

Woodcreek Community Association
1991 Woodview Dr SW, Calgary, AB

Learn about stamp collecting and enjoy digging through bins of stamps to find the ones that you want. No cost to attend.

For more information, phone (403) 547-7681 or 403-238-3435
<https://calgaryphilatelicsociety.com/>



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



Any articles you may have lost in the community, such as keys, phones, iPads, jewellery, glasses, watches, etc. We would like to see them returned to their owners.

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.



Hue Knew?

When the company got its start, blue, black, brown, green, orange, red, violet, and yellow were the eight original crayon colours that Crayola made in 1903. Now they make an array of 120 colours!



Is your garden looking overgrown and unappealing?

Fall is the perfect time to renovate your flower beds!

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Enquire about fall garden clean-ups

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COME VISIT OUR NEW WEBSITE!
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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**



WOODCREEK COMMUNITY WEBSITE

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 woodcreekcommunity.ca or dtstanislow@shaw.ca 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@woodcreekcommunity.ca

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

DEADLINE IS 6:00 PM ON THE 12th DAY OF EACH MONTH



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WOODCREEK COMMUNITY ASSOCIATION
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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 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.



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Woodcreek Community Association

Presents our semi-annual

COMMUNITY CLEAN UP AND RECYCLE DAY

Saturday September 9, 2017
1991 Woodview Drive SW
9:00 am - 2:00 pm



Cost: COMMUNITY MEMBERS: FREE
(LOST YOUR MEMBERSHIP? WE CAN CHECK IT ON THE EVENT DAY)
NON-MEMBERS: \$10 CASH ONLY

Shredding, household refuse, electronics, metal, paint, bagged clothing, tires and batteries
(NO fridges or large appliances, BBQs, concrete, lawnmowers, mattresses or fencing)

Look for our popular "swap" table!!!!

Memberships available on the event day. Check out the Chronicle for easy ways to join.
\$20 per family *** \$10 senior family (55+)

The Woodcreek Community Association reserves the right to decline any material not suitable for removal.

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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	15	587-352-0028	C
Joel	14	403-251-9825	C
Ari	14	403-921-6272	C
Neshama	17	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	12	587-585-4316	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
Avelyn	22	587-891-8324	C
Ryan	12	403-988-1974	C
Amelia	12	403-251-4462	C
Songzi	15	403-251-9806	C



Woodcreek Community Association Membership Advantages

- Members receive discounted rates on hall rentals. Call Linda / Lorraine at 403-238-1611.
- 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.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, AB T2W 5E5.

 **JULY 1, 2017 – AUGUST 31, 2018**

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

Amount Paid: _____

MAIN CONTACT
 Last Name: _____
 First Name: _____
 Address: _____
 Phone: _____
 Email: _____

SPOUSE /PARTNER (IF APPLICABLE)
 LastName: _____
 First Name: _____
 Postal Code: _____
 CellPhone: _____

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

I WOULD CONSIDER VOLUNTEERING FOR THE FOLLOWING:

Stampeder Concession Casino Adult Events
 Outdoor Rinks Bartender Board of Directors
 Membership Drive Youth Events Community Clean Up

PLEASE FILL IN
 Cash Family Membership
 Cheque Senior Family 55+
 Cr Card Business Membership

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 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 Speaker Series

Woodcreek Community is pleased to once again offer our Speaker Series. This fall our speakers will share their expertise targeting our youth. Both presentations will be at the Woodcreek Community Centre.

Monday Oct 23/17 at 7pm – Dr. Noel Hershfield will present **The War On Our Children** where he will share his knowledge of the effects of marijuana and other drugs on our youth. Recommended for Youth Aged 15 and older, and parents.

Monday Nov 20/17 7pm – Jim Hoover will present: **How To Get Hired and How To Get Fired**, sharing his expertise on best practices in securing and keeping a job. Recommended for Ages 16 and older.

Attendance is free with Community Membership (please bring membership card with you) or \$5 at the door the night of the presentation.

Please call the office 403-238-1611 for more information.



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

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- Through Tip Top Soil

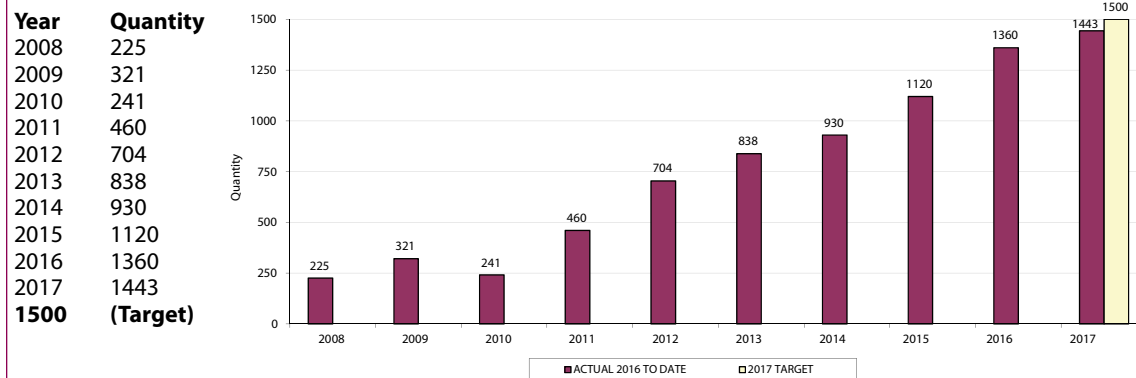


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Woodcreek Community Memberships YEAR ENDING AUG 31





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



Woodcreek Seniors Club

The Woodcreek Seniors Club was started in 2001 and meets twice a month at the Woodcreek Community Centre. Membership in this club is open to anyone with a senior family community membership. The meetings are the first and third Tuesday of the month at 9:30 a.m. As well as fellowship, the club activities include speakers, entertainment, tours, dining out and luncheons at the Centre. In order to participate in the tours, luncheons or dining out, we do ask that you join the club. No additional membership fee is required.

For further information, please call Sheila Jahrig 403-251-1436 or June Logan 403-238-4916.

WCA Tai Chi Program



TAI CHI

10 – 11 a.m.
Monday,
Sept 18 – Dec 11
 (No class Oct 9)

WCA Tai Chi
 Instructor
Christine Tao

Woodcreek Community Centre
 1991 Woodview Drive SW

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

Everyone is welcome.



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

**NO CLASS
 ON STAT OR CIVIC
 HOLIDAYS**



Woodcreek Evening Seniors Fitness

Sept 21 - Dec 7
Thursday, 7-8pm

Woodcreek Community Centre
 1991 Woodview Drive SW
 403-238-1611
 \$5 per class or \$50 for 12 classes



WOODCREEK SENIORS MOMENT

Meetings are held the **first** and **third TUESDAYS** of the month at 9:30 a.m. at the Woodcreek Community Centre, 1991 Woodview Drive S.W. All seniors are welcomed.

The following are the scheduled programs:

- Seniors 55+ meet for **Bridge** at 1:00 p.m. at the hall every Tuesday
- **Knitting and Crocheting** group meet at 1:00 p.m. every Monday

Update:

July meeting: Robyn, Director of Community Support Services (FCSS) was the speaker at the meeting...She spoke about the support and benefits available for the elderly, i.e., elderly abuse, finance abuse, etc. www.thewayinCalgary.ca

The next meeting, September 5th

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

WANTED

Knitting Wool and Yarn

After a successful 2016 fall craft sale, the Woodcreek Seniors 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.



Woodcreek Seniors Fitness

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

Sept 22 – Dec 8

PROGRAM DETAILS

Friday, 10:30 - 11:30 am
 Woodcreek Community Centre
 1991 Woodview Drive SW
 403-238-1611
 \$5 per class or \$50 for 12 classes

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 Starts Sept 13
Boot Camp Christine Shudra (Step into Fitness) 403-815-4016	Class schedule to be determined	Class schedule to be determined
Calgary Woodcreek Lions Club Dennis Belanger 403-660-1201	Second & fourth Mon of month, 7 – 9 p.m. No meetings Jul and Aug	Starts Sept 11
Calgary Woodcreek Lions Garage Sale Drop Off only (no purchases) Roy Freeborn 403-238-0278	Friday, 4 – 8 p.m.	Sept 15
Calgary Woodcreek Lions Garage Sale Roy Freeborn 403-238-0278	Saturday, 9 a.m. – 3 p.m.	Sept 16
Children's Halloween Party Kelsey MacGregor 403-615-5581	Saturday, 6 – 7:30 p.m.	Oct 21 (note date change)
Children's Christmas Party Kelsey MacGregor 403-615-5581	Saturday, 1 – 3:30 p.m.	Dec 2
Community Clean Up (Fall) – shredding WCA Office 403-238-1611	Saturday, 9 a.m. – 2 p.m.	Sept 9
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 Starts Sept 13
Glorious Reign Evangelical Ministry (GREMTASSA) Open Heaven All Night's Prayer Helen 403-807-3548	First Sat of the month, 4 – 6 p.m. Third Fri of the month, Midnight – 6 a.m.	Begins Sept Sept 2, Oct 7, Nov 4 Sept 15, Oct 20, Nov 17 Will resume Feb 2018
Group Fitness Class Body weight & free weight training Danielle Szabo (FITWorx) 587-351-1230	Tues and Thurs, 7:10 – 8:10 p.m.	Ongoing
How to Get Hired and How to Get Fired, Speaker Series WCA Office 403-2238-1611	Monday, 7 p.m.	Nov 20
Junior Stamp Club (The Calgary Philatelic Society) 403-547-7681 or 403-238-3435	Third Sat of the month, 10 a.m. - Noon Sept – Nov and Jan – May (with adjustments as needed around holidays)	First meeting Sept 16
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 Starts Sept 5

FOR MORE INFORMATION PLEASE CONTACT THE WOODCREEK COMMUNITY CENTRE AT 403-238-1611.

Knitting Group Anne Bundgaard 403-238-1611	Monday, 1 – 3 p.m.	Ongoing
Membership Drive Door to Door Canvass WCA Office 403-238-1611	Month of September	Month of September
Mima & Cello Music School Children's Choir Kinder (3 – 6 years) Mima Jovanovic 403-399-2255	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.	Classes resume Sept 5
Mindful Living Jianwen Zhou 403-619-6335	Sunday, 3 – 4 p.m.	Ongoing Starts Sept 24
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
Parents & Tots (up to 4 years) Program Kelsey MacGregor 403-615-5581	Thursday, 9 – 11 a.m.	Ongoing
Scouts Tim Tratch 403-251-4878	Second Tues of month, 7 – 9:30 p.m.	Starts Sept 12
Seniors Bridge/Cards Ken Barrie 403-281-5556	Tuesday, 1 – 4 p.m.	Ongoing
Seniors Fitness Nancy Ehle 403-354-4905	Friday, 10:30 – 11:30 a.m.	Sept 22 – Dec 8
Seniors Fitness (evening) Nancy Ehle 403-354-4905	Thursday, 7 – 8 p.m.	Sept 21 – Dec 7
Seniors Group Sheila Jahrig 403-251-1436	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.	Classes resume Sept 11
Spaghetti Dinner WCA Office 403-238-1611	Sunday, 5 – 7 p.m.	Nov 19
Tai Chi Christine Tao 403-208-3564	Monday, 10 – 11 a.m.	Sept 18 – Dec 11 No class Oct 9
The War on Our Children, Speaker Series WCA Office 403-238-1611	Monday, 7 p.m.	Oct 23
WCA Board Meeting Scott Eden 403-560-3585	First Tues of month, 7:15 – 9 p.m.	Next meeting Sept 5
Woodcreek Craft Sale Anne Bundgaard 403-238-1611	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
Zumba Dance Fitness Rita Olsen 403-401-0090	Monday, 10:30 – 11:30 a.m. Saturday, 11 a.m. - Noon	Ongoing
Zumba Fitness Ana Utrilla 403-630-5756	Saturday, 8:30 a.m. - 9:30 a.m.	Ongoing Classes resume Sept 9

UPCOMING EVENTS AT THE WOODCREEK COMMUNITY CENTRE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOR MORE INFORMATION PLEASE CONTACT THE WOODCREEK COMMUNITY CENTRE AT 403-238-1611					1	2
WOODCREEK COMMUNITY ASSOCIATION						
Serving the communities of Woodbine & Woodlands • 1991 Woodview Dr. SW. CALGARY, AB						
3	4	5	6	7	8	9
Gateway Victory Church 10:30 a.m.	Zumba Dance Fitness 10:30 – 11:30 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. 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.	Parents & Tots (up to 4 years) 9 – 11 a.m. Woodcreek Group AA Meeting 7 – 8 p.m. Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Parents & Tots (up to 4 years) 9 – 11 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.	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.	Community Clean Up 9 a.m. – 2 p.m. Zumba Fitness 8:30 a.m. - 9:30 am Zumba Dance Fitness 11 a.m. – Noon Mima and Cello Music School – Children's Choir 3 – 4 p.m.
10	11	12	13	14	15	16
Gateway Victory Church 10:30 a.m.	Zumba Dance Fitness 10:30 – 11:30 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. 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.	Parents & Tots (up to 4 years) 9 – 11 a.m. Woodcreek Group AA Meeting 7 – 8 p.m. Group Fitness 7:10 – 8:10 p.m. Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Parents & Tots (up to 4 years) 9 – 11 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.	Friday Prayers for Muslims, Khutaba 1:20 p.m. / Prayer 1:30 p.m. Drop off for Lions Club Garage Sale 4 – 8 p.m. Ballroom and Latin Dance for Adults/Children 5:30 – 8 p.m. GREMTASSA – All Night's Prayer – Midnight – 6 a.m.	Woodcreek Lions Garage Sale 9 a.m. – 3 p.m. Zumba Fitness 8:30 a.m. - 9:30 am Silk Road Dance 10 – 11 a.m. Junior Stamp Club 10 a.m. – Noon Zumba Dance Fitness 11 a.m. – Noon Mima and Cello Music School – Children's Choir 3 – 4 p.m.
17	18	19	20	21	22	23
Gateway Victory Church 10:30 a.m.	Zumba Dance Fitness 10:30 – 11:30 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.	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.	Parents & Tots (up to 4 years) 9 – 11 a.m. Woodcreek Group AA Meeting 7 – 8 p.m. Group Fitness 7:10 – 8:10 p.m. Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Parents & Tots (up to 4 years) 9 – 11 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. Seniors Fitness 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 8:30 a.m. - 9:30 am Silk Road Dance 10 – 11 a.m. Zumba Dance Fitness 11 a.m. – Noon Mima and Cello Music School – Children's Choir 3 – 4 p.m.
24	25	26	27	28	29	30
Gateway Victory Church 10:30 a.m. Mindful Living 3 – 4 p.m.	Zumba Dance Fitness 10:30 – 11:30 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. 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. 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.	Parents & Tots (up to 4 years) 9 – 11 a.m. Woodcreek Group AA Meeting 7 – 8 p.m. Group Fitness 7:10 – 8:10 p.m. Mima and Cello Music School (Kinder 3 – 6 yrs) 10 – 11:30 a.m. / 12:30 – 2 p.m. Parents & Tots (up to 4 years) 9 – 11 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. Seniors Fitness 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 8:30 a.m. - 9:30 am Silk Road Dance 10 – 11 a.m. Zumba Dance Fitness 11 a.m. – Noon Mima and Cello Music School – Children's Choir 3 – 4 p.m.

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**COUNCILLOR DIANE
COLLEY-URQUHART**

VOTE OCTOBER 16 

Councillor Diane's Personal Message to Woodbine and Woodlands Residents





Woodbine & Woodlands are two of the most vibrant and volunteer engaged communities. They combine to form the Woodcreek Community Association which is extremely active and offers a variety of programs for all ages. The community centre is a hub of activities for many communities.

As of the 2017 Civic Census, the combined population is 15,070 with 5,784 households. In Ward 13, 46% are male and 54% are female with the average mean age being 44yrs. 21% of residents are a visible minority & 84% have post-secondary education and / or have completed a degree / post graduate degree. The average household income bracket is \$60,000 - \$140,000.

According to the Police stats & 311 requests, crime rates are low, with the bulk of calls attributed to social disorder & theft from vehicles. Top service requests pertain to taxes and animal licence requests. Only 60% of citizens say they get good value for their taxes. The #1 complaint to my office is about people speeding in their own community & through school zones. My Ward 13 Traffic Tour with residents identified the need for a Speed Display Unit @ key sites along with pedestrian markings and crosswalks. Paving and underground work is being completed with the remainder to finishing up Woodbine Blvd and Woodfield Way. www.woodcreekcommunity.ca

reelectcouncillordiane.ca

- ★ RESPECTING YOUR TAX DOLLARS
- ★ RESPONSIVE & RESPONSIBLE LEADERSHIP
- ★ A STRONG VOICE FOR YOU AT CITY HALL
- ★ SAFE & SECURE NEIGHBORHOODS
- ★ COMMON SENSE DECISIONS
- ★ STRONG HEALTHY COMMUNITIES

 BIGREDYYC  DIANEUCU  403.993.3428  DICUYC@GMAIL.COM

Mindful Living

Do you experience stress, anxiety, or depression in your life? Are you struggling with your study, work, or relationship? Do you feel dissatisfied with your current situation and feel lacking enthusiasm in your life? Or, are you simply longing for inner peace in this fast-changing world?

Mindful living is a way of living in which one cultivates oneself to be mindful of oneself — be aware of one's inner world and the world around him- or herself as fully and deeply as possible. With increased awareness or mindfulness of oneself, one learns to enjoy each moment of one's life more fully and lead a life of less suffering and greater inner peace, vitality, and satisfaction.

Mindfulness practice originated in ancient India and China. However, its positive effect on the holistic well-being of a person as the unity of body, mind, and spirit has been more and more proven by contemporary Western psychological research.

This weekly class of mindful living provides participants with the opportunity to get in touch with the philosophy and practice of mindfulness through presentations, mindfulness exercises (such as mindful walking and mindful sitting—meditation), and discussions. Not only during classes, participants are also encouraged to be mindful throughout their daily lives, which would benefit them physically, psychologically, and spiritually.

Having studied philosophy in Germany and counseling psychology in USA and having been practicing Buddhist mindfulness meditation for several years, I am willing to share this secret of happiness with all those who are interested!

Time: Every Sunday afternoon 3 – 4 pm starting from Sept. 24, 2017

Place: Woodcreek Community Centre, 1991 Woodview Drive SW, Calgary

Fee: \$12 per class

Inquiry: 403-619-6335 or lookjian@yahoo.com



CALGARY WOODCREEK LIONS CLUB



P.O. Box 73039 #206 2525 Woodview Drive
S.W. Calgary, Alberta, Canada T2W 6E4

Visit us on the Web at:

We Serve <http://www.calgarywoodcreeklions.ca>

CALGARY WOODCREEK LIONS CLUB IS CELEBRATING OUR 16TH YEAR – September 2017
Our Calgary Woodcreek Lions Club meets at 7 PM on the 2nd and 4th Mondays of each month at the Woodcreek Community Association Building.

RETIRED / LOOKING TO HELP / LOOKING FOR SOMETHING TO DO – Surprisingly we have something you might be interested in doing!

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 sept. 8 from 3 pm – 9 pm Sept. 30 from 9 am – 3 pm - call and make appointment – blood banks are low during after the summer - clinics at Cardel sports

MARK YOUR CALENDARS FOR WOODCREEK LIONS Community Garage Sale – Proceeds to WCA
September 16 at 9 Am To 2 Pm – Drop Off on Friday Sept 15 at 5 – 8 p.m.

No Large Furniture -No Mattresses – No Appliances – No Clothes

At the Woodcreek Community Center

We thank the community in advance for your always generous donations and support.

WE AGAIN HAD 10 SCHOLARSHIP WINNERS WHO WERE NOTIFIED BY THE END OF AUGUST

Over the last 6 years we will have given out \$ 69,000 to post-secondary students.

STAMPS SW BBQ IS BACK – SEPT. GAMES ARE 4TH / 16TH and 29TH

Any questions can be emailed to info@calgarywoodcreeklions.ca or go to the Calgary Woodcreek Lions

website <http://www.calgarywoodcreeklions.ca> for more info.

DON'T FORGET THE LIONS GALA AT MOUNT ROYAL UNIVERSITY

Dec 2 at 7:30 pm – see the notice in the Chronicle.

WE HAVE JUST BEEN INFORMED OF OUR NEXT CASINO –

If you can help us mark your calendar for Feb 4 and 5. Get in touch with lion Dennis 403-660-1201.

HOPE YOU ALL HAD A GREAT SUMMER AND ARE READY FOR FALL

WOODCREEK Racquet Club

We have great tennis and pickleball courts at our Woodbine location on 36 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 Mon. & Wed. from 6:30 – 8 p.m. commencing Monday May 8. 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 Mon. Or Wed. evening. Community membership is required to use the courts.

Tennis

The Woodcreek Community Association tennis courts are located at our Woodbine sports area. We are looking for someone to organize a tennis club. There is a lot of usage on the courts but no organization.

If you would be willing to help organize, please call the Community Centre at 403-238-1611 for details.

Please visit our hands on Gallery display – we have over 50 blinds to play with and see up close.

Safety is always in Style

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MENTION THIS AD AND RECEIVE NO GST ON YOUR ORDER. Expires October 31/17



Woodcreek Lions Club



Annual Garage SALE

All profits are going to the Woodcreek Community Association and stay in our community!

Drop off donations only
Friday September 15
between 4:00 and 8:00 pm
at the Woodcreek Community Centre
(Drop off only - no purchasing)

Habitat for Humanity will be accepting good used furniture (no rips)
September 16 - 9:00 am - Noon only

Please ensure all donations are in good working order

NO mattresses, futons, large appliances, stuffed toys, baby furniture, car seats, large exercise equipment or lawn mowers. Thank you!

Saturday September 16, 2017
9:00 - 3:00 pm
Woodcreek Community Centre
1991 Woodview Drive SW

Contact Roy Freeborn at (403) 238-0238 or freeborn@telus.net for more information

HULL SERVICES



Wills & Estate Planning Workshop

To our neighbors, volunteers, supporters, and friends we invite you to attend this **free** workshop the morning of Saturday, September 9, 2017.

Having a well-advised and current will is important for everyone. This workshop will help you understand the reasons why a will is important, what happens if you don't have a will, and the legal issues that affect wills and estates. We'll look at the complex world of an estate plan including the choices you can make involving executors, beneficiaries and trusts as well as an outline of the tax issues associated with an estate.

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

Please accept our invitation to this **free** presentation and pre-register online through [hullservices.ca](https://helping.hullservices.ca) or visit <https://helping.hullservices.ca/event-wills> for an electronic link.

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

What: Wills and Estate Planning Workshop
When: Saturday, September 9, 2017
Time: 9 a.m. to 12 noon
Where: Cultural Hall on Hull Campus at 2266 Woodpark Avenue S.W.

Cost: There is no charge
Registration: <https://helping.hullservices.ca/event-wills>

If you have any questions, please contact Debbie Wheeler, dwheeler@hullservices.ca or call 403-251-8069.



Wanted: Volunteers for major casino fundraiser

Woodlands School is feeling lucky! We are hosting a casino fundraiser at the Deerfoot Inn & Casino on Oct. 10 and 11, 2017.

We are in need of helping hands for what is the single largest fundraiser for Woodlands School. Community members can help make this biennial fundraiser a massive success.

The fundraiser will support the school's wide-reaching, high-priority projects for the next two years. Casino funds are used for purchases such as computers, library books and musical instruments. The funds also support artist-in-residency programs and other essentials to enrich our children's learning environment.

A variety of shifts are available encompassing all times of day. Key positions include chip runners, count room staff, and cashiers. No experience is necessary and it is guaranteed to be a blast. Volunteers receive credit for complimentary food and beverages.

As they say, many hands make light work so let's band together and support Woodlands School.

Please don't hesitate to contact Casino Coordinator Merrill Dynes at woodlands.casino@gmail.com with your availability or with any questions or call Woodlands School directly at 403-777-8640.



Oktoberfest

Saturday October 7, 2017

8:00 - Midnight

Beverages, Food and Dancing!

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

Get your tickets at the Community Hall during office hours or call (403) 238-1611 for more information.
1991 Woodview Drive SW - Monday 1:00 - 9:00 pm Tuesday to Friday 1:00 - 5:00 pm



**ON-LINE REGISTRATIONS
NOW ON!
FOR ALL SECTIONS
www.scouts.ca**

I hope that you have been enjoying reading about all of the fun adventures our kids have in our Scouting program each month.

Since our programs are so popular I would like to encourage you to go to the scouts.ca page to sign up for this falls programming so you will not be disappointed on not getting in. I know a few of the groups are near capacity already, boys and girls are all welcome.

- Beavers aged 5-7
- Cubs aged 8-10
- Scouts aged 11-14
- Venturer Scouts aged 15-17
- Rover Scouts aged 18-26

If you have any questions on our programs please feel free to call our Group Commissioner Tim Tratch at 403-251-4878. He will also be able to answer your questions on becoming a Leader for one of our Groups. All training and uniforms are included.

Did you know there are over 100,000 scouts in Canada?

"Scouting makes a difference in the lives of children, youth and young adults. Providing opportunities for youth to grow, achieve new "firsts" and develop into citizens of the world.

Scouts are more likely to demonstrate greater self-confidence and optimism about what the future holds. They express a strong sense of civic responsibility and have a desire to "pay back" the community. They become more physically fit, energetic, outgoing, conscientious and compassionate. And they have a lot of fun!

Scouts is the start of something great."

This summer was a magical time for a great bunch of kids from our Section. They travelled to Camp Nedooae, Elderbank, Nova Scotia for the Canadian Jamboree.



We look forward to seeing all of you in the Fall, returning friends and looking forward to making new ones. Thank you to the Woodcreek Community Association for their ongoing support and the local Lions Club also. We appreciate you very much.



Woodcreek Parent and Tot Program

Please join us for our weekly Parent and Tot program which runs at the community center every Thursday 9-11am. We ask that you have a community membership if attending. Please contact Kelsey MacGregor at 403-615-5581 with any questions.



Give your child **AN EDGE!**

Looking for something to keep your child occupied during upcoming PD days? How about a **STEM workshop**? Call today & receive **2** for the price of **1!**

403-777-4974

*Valid @ Canyon Meadows Dr. location ONLY. This ad must be presented at the centre for the offer to be valid.

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A Great Place to Learn

"Music Lessons Enhance IQ"

Glenn Schellenberg, Department of Psychology,
University of Toronto

Research has proven that learning to play an instrument helps with cognitive development and stimulates brain function and will in fact improve overall IQ.

★ Start with a FREE lesson at Sak's

Mention this ad and receive one FREE lesson when you sign up in September. New registrations only please, conditions apply.

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info@saksmusic.ca

www.saksmusic.ca

Brae Centre Mall

11440 Braeside Drive SW

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 • www.swcrc.ca

It's the start of a new season, and a perfect opportunity to try something new.

Did you know that residents living in South West Communities have free access to all our programs and services? This September we are introducing new programs and opportunities to make a difference in the lives of our families:

- Parenting Courses: "Positive Discipline" - an 8-week program for parents of children of all ages. Starts Tuesday September 19th.
- Speaker series: "Brain development of young children" - 5 sessions start September 13th
- Youth Tutoring: Wednesday evenings 6:00 pm for grades 7 - 12. Starts September 27th (Consider becoming one of our volunteer tutors/mentors for the year).
- Stress Management: an 8-week program with the Canadian Mental Health Association. Starts September 20th.
- Skill building workshops: finding employment, using a computer, money management and more! Dates to be confirmed.

If you are interested in any of these please give our office a call at 403 238-9222 for more information.

If you're not sure what you are looking for, come visit our Community Resource Workers. Marylou and Aynsley would be happy to talk about what you may need and help you access the right information and resources. Everyone is welcome in our Community Resource Centre.



Myokymia

is the medical term to describe eyelid twitches and spasms. Myokymia can often be triggered by stress, lack of sleep, and poor nutrition. So, if you find your eyes twitching, it's time to get a little more shut-eye!

WCA ANNUAL SPOOK-TACULAR KID'S HALLOWEEN PARTY

SATURDAY OCTOBER 21, 2017

6 00 - 7 30 PM

WOODCREEK COMMUNITY HALL
1991 WOODVIEW DRIVE SW

FEATURING

HAUNTED HOUSE, CRAFTS,
GAMES, TRICKS AND TREATS

PLEASE BRING A FLASHLIGHT
AND A BAG FOR GOODIES

COSTUMES WELCOME!

ACTIVITIES AT THIS EVENT ARE
GEARED TOWARDS KIDS 12 AND UNDER

This event is free to all community members, though a community membership is encouraged.

We will be accepting donations at the door of non-perishable food items for the Calgary Food Bank. Thank you!

For more information or to volunteer call the office at (403) 238-1611



September 2017 Newsletter
Pre-Kindergarten Educational Services
-Braeside School-
Pre-Kindergarten ages 3-5 yrs. (Pre-K)

WELCOME BACK TO SCHOOL!

Braeside School – 1747 – 107 Ave. SW

Pre-Kindergarten ages 3-5 years – 2, 3 or 5 half days (2.5 hr. program)

PRE-KINDERGARTEN FALL SESSION NEWS

We hope that you have enjoyed the beautiful summer weather and made wonderful memories with your families. School will be starting before you know it, and we have planned a fabulous Fall session for our children. Pre-Kindergarten is an early literacy focused preschool program combining play with learning. We have partnered with a great new program offered by "Jumping Jellies," which we enthusiastically look forward to seeing in action. Our annual field trip to the corn maze is an off-site favourite each fall. **For more information, please visit our website.**

If you are already registered in our program, we would ask you to please visit our website or email the Registrar to make sure that you do not miss the important "first dates."

Some space is still available and registration is on-going at all of our locations. **To register**, please email our program Registrar at her contact address below. Our experienced teaching team is looking forward to meeting your children in the fall.

www.Pre-KindergartenEd.com
Registrar: RegisterPreK@gmail.com

SCHOOL SHOUT-OUTS

St. Gerard School

Welcome back! We hope everyone has had a relaxing and wonderful summer. The heat has been glorious, but with the crisper mornings and cooler evenings, comes back to school! This can be a time of great excitement for some children, and it can also be a time for anxious feelings. These emotions are normal, so please reassure your school-aged child that what they're feeling is common. Sometimes a visit to the school and a play on the playground before school start up can help a child feel more at ease in their environment.

The first day back at school is Tuesday, September 5th. After you drop off your child(ren), please meet us in the library for a coffee/tea to connect with our school community.

We are pleased to welcome St Cecelia for the 2017/18 school year. Welcome.

The St Gerard school community came together in June for a family barbecue. It was a complete success. We would like to thank: UFCW Local 401, Glenmore Landing Safeway, Southcentre Safeway, Southland Crossing Safeway, Southport Superstore, Old Dutch, Glenmore Bakery, Oakridge Co-op, Haysboro/Macleod Save-on foods, Old Dutch, and Lassonde for their contributions.

Parent Council hosted a book sale to run concurrently with the BBQ. From the proceeds, our school library will have over \$1500 worth of new reading material for our students! Thank you to all families who organized, volunteered and purchased!

Welcome back!

SAFETYSYNC
Manage Your Workplace Safety
safetysync.com

Woodcreek Community Association

Woodcreek Craft Sale

Saturday
November 4th, 2017
9:00 - 3:00 pm

Woodcreek Community Centre - Main Hall
1991 Woodview Drive SW

Free Admission **Free Draws**

Handmade crafts include:
Jewelry
Christmas wreaths and ornaments
Knitted, crocheted, sewn fashions and accessories
Baking
Pottery, stained glass, leather and metal work
and many more

Get a head start on your Christmas shopping!

Refreshments by the Woodcreek Scout Group

Canadian Owned and Operated Since 1980

ROSTAD TOURS
CORDIALLY INVITES OUR NEIGHBOURS
TO OUR TRAVEL OPEN HOUSE

.....
Wednesday, September 27th from 2-4pm
Rostad Tours Office: 10-3109 Palliser Drive SW
Enjoy Refreshments & Goodies!

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DONATE
YOUR GENTLY USED
LUGGAGE**

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Calgary Woodcreek Lions Club Presents



Lions Centennial Gala

A Benefit Concert for STARS & Hull Services

Featuring Silver Stars Musical Revue Society, Prairie Mountain Fiddlers,
Jarosh Accordion Ensemble, Alberta Firefighters Pipe Band,
Including special guest soloists
Lions Evelyn Cruz Porter and Claire Butler



December 2nd 2017 7:30pm
Bella Concert Hall, Taylor Centre for the
Performing Arts

Doors Open 7pm – Tickets \$25 and \$35 available online

<https://tickets.mruca/>

and at The Bella Concert Hall Box Office

4825 Mount Royal Gate SW

Calgary



Blue Recycle Bins

Our Blue Bin Community Clothing Bank is an important utility and is often sought out in every community. The WCA receives 8 cents per pound from collections at our two locations - in Woodlands (1991 Woodview Drive) and Woodbine (by the 7 Eleven on Woodbine Boulevard). The question is "What can be put into the bin?"

Textile Bin Acceptable Items:

- All wearable clothing
- Household textiles – curtains, towels, bedding, linens
- Socks (prefer pairs, prefer no holes)
- Footwear including boots (tied/bundled in pairs)
- Single shoes or boots
- Hats, caps of all varieties
- Clean undergarments
- Belts and Handbags
- Soft plush toys, stuffed animals
- Back packs
- Pillows
- Usable suitcases

Textile Bin Unacceptable Items:

- Wet clothing
- Scrap, sewing cuttings
- Used rags
- Dirty or soiled items of any kind
- Strollers
- Car seats
- Playpens
- Games
- Books
- Food items
- Disposable diapers
- Hard goods in general are not accepted



Silver Birch District



What Will You Do for Fun When Your Summer Toys are Put Away?

The women volunteers in Silver Birch District will be having fun **and** advancing the Empowerment of Girls. **Come Join Us!** All while adding skills to your resume for your own professional opportunities!

Here's a very short list of skills honed at Girl Guides to add to your resume...

- Experience working with children and adults
- Tailoring your approach to different individuals' needs
- Public speaking
- Facilitation and workshop delivery
- Leadership
- Mentorship
- Providing motivation and inspiration
- Budgeting and financial planning
- Event planning and execution
- Teamwork
- Inter-generational collaboration
- Time management
- Organization and prioritization
- Record keeping
- Identifying and negotiating with service providers
- Risk management

It's A Win-Win for all Women:

Contact Barb at 403.251.5169 or silverbirchgirlguides@gmail.com



September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.

Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

COMMUNITY ANNOUNCEMENTS

Deadline: 1st of each month for the next month's publication. Please contact wca@woodcreekcommunity.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 \$37.00 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.



September in Fish Creek!

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

Friday, September 15, 2017 6:30-9:30pm

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

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm

Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law

Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm

Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm

Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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."

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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.

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

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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 clean-ups and spring 2018. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top Quality Lennox Air Conditioners and Furnaces. We also install tank-less hot water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

THE GUTTER DOCTOR! We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

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.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

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.

LAWN AND GARDEN CARE: Bark chips, flower beds, regular or occasional lawn cuts. Locally owned and operated. Call for your fall cleanup as well. Please call Brenda at 403-615-7199.

ROOFING, 5 YEAR WARRANTY: Express reroofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393. Paul 403-714-3644.

EUROPEAN CLEANERS: self started, organized, honest and efficient, willing to clean your home please call 403-978-4315.

CHECK 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, as well as click/interlocking flooring. Contact Alex at 403-402-8923.

MAKING YOUR HOME SPARKLE: Spotless and Smelling wonderful, we provide all types of cleaning services. We love to clean, so let us do the work for you! Call Ally 587-583-2046.

HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 - TH Maintenance Services. Find us on Facebook.

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, mchasse@shaw.ca.

~continued next page~

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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 at Unique Interiors 403-830-3456.

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

NEED DESIGN/DECORATING HELP? If you are planning interior projects but are unsure about selecting products I can help. Paint Color Consults, Reno Consults, room planning, staging using your own items, downsizing advice, furniture selection. Experienced Designer. Hourly rate. Dorothy at 403-560-6695 webstersmithdesign@hotmail.com.

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. References available. Contact our team of professionals. Wendell at 403-613-6807.

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.

PERSONAL

HOLISTIC HEALING: Lose weight, quit smoking, gain confidence, release stress and use the power of your mind with clinical hypnotherapy. Balance your health with iridology, nutritional analysis, BodyTalk, EFT, psychological kinesiology, intuitive counselling/medical intuitive, reiki and reiki jewelry and more. Be your best! Call 403-801-1582 or visit www.cherylecote.com.

AFFORDABLE DENTAL CARE: Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Thank you all!

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.

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.

LESSONS / TUTORS

PIANO AND KEYBOARD LESSONS: Qualified and experienced instruction of classical, popular and theory. Exam and recital preparation or learn for personal enjoyment. Programs for ages 5 and up. Adults welcome. "Nurture Your Child's Individual Music Ability". For fall registration, call Lydia 403-281-4406.

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.

BRIDGE LESSONS: Learn to play bridge in 10 easy lessons. Small classes taught by experienced teacher in Canyon Meadows. Beginners or those wishing to update their bridge skills are welcome. Classes start September 19 at 7 p.m. Standard American bidding will be taught. Contact Linda at 403-281-5520 or bridgelessons@iCloud.com.

PIANO LESSONS: Reasonable rates. 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.

CHILDCARE / DAYHOMES

WOODBINE DAY HOME: Full-time and before and after school care for 2 years old to grade 6. We back onto Woodbine Elementary school park and pick up/drop off to this school. Some other schools may be possible. High quality meals and snacks. Red Cross and police clearance. Loads of space with lots to do! Contact Marianne for more details. 403-238-2348 or mariannesimms@shaw.ca.

MISCELLANEOUS

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 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 El at 403-238-2258 or email us at darel4@yahoo.com.

RACQUET NETWORK IS MOVING TO WOODBINE: Our new store opens in September. We are hiring all positions. Adults and students. Full-time and part-time. <https://racquetnetwork.com/jobs/>

WOODLANDS SOFTWARE: Set up an on-line store for selling your small business products using PDshop. An example website is at www.jjhrcraig2.com. Please call John at 403-481-4259.

Dear Constituents,

Since the by-election in April, it has been an eventful few months. From my swearing in ceremony in Ottawa, to moving the constituency office in Calgary, to celebrating Canada's Birthday and attending Stampede events, it has been a whirlwind of activity as I have worked hard to hit the ground running with my new job as your MP.

Following the by-election in the spring, we moved the constituency office to a convenient location on the corner of Macleod Trail and Southland Drive [1010 – 10201 Southport Rd SW]. Our office hours are from 9 AM to 4 PM, Monday to Friday. I am available to meet with constituents to help navigate government services, and to listen to your concerns regarding issues facing our community.

This summer was particularly memorable as we celebrated the sesquicentennial of Canada's Confederation. Canada's 150 Birthday offered us an opportunity to reflect on our history and shared values, and to look optimistically towards the future.

Over the summer, I was able to take in many events in our community. From Stampede BBQ's and pancake breakfasts, to fun charity activities; I had a wonderful time meeting and talking with constituents. I can't thank our community associations and their volunteers enough for putting on such terrific events – you really bring our communities together and it wouldn't be possible without your hard work.

As autumn approaches, I am preparing to head back to Ottawa. Parliament will soon be sitting again and I will be doing my best to represent our great riding. If you have any thoughts about what is being debated or voted on in Parliament, please send me a note [bob.benzen@parl.gc.ca] or call my office at 403-253-7990. I always appreciate hearing from you and it helps me represent you better in Ottawa.

I hope you have a safe, fun, and memorable autumn.



MLA Calgary - Lougheed, PC House Leader
Dave Rodney
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Top Left: YOU ARE INVITED TO MLA DAVE RODNEY'S ANNUAL PICNIC at Shannon Terrace in Fish Creek Park on Sat Sept 23 from 11 am - 1 pm. Join us for great food and conversation about Alberta—with Free Spolumbo's!

Top Middle: It was a great honour to lead soldiers and civilians again on "Reaching the Summit of Mental Health and Wellness" for PTSD/OSI—congratulations to fine constituent and Canadian Barry Ashton for Spearheading the Event!

Top Right: An honour to participate in every "Heroes Behind the Heroes" Canada Day Run at Spruce Meadows!

Lower Left: Thanks to all in our Polish community for your warm welcome at another successful cultural event!

Lower Centre: Happy for the Matusof family and the entire Chabad Lubavitch community—congrats on your new home!

Lower Right: Pleased to participate once again in the "AWA's Climb for Wilderness"—this time at the Bow Tower!

Albertans are Making History—Now!

Over the summer, Albertans voted almost unanimously in favour of endorsing the creation of a single United Conservative Party: Albertans of various stripes put their political differences aside, and united—for the greater good of Albertans. This was truly a victory for the people of this province and the democratic process: tens of thousands of Albertans voted to ratify an agreement to bring the two conservatives together. Albertans have driven this process from the very beginning; and the decision was overwhelming—on both sides, 95% said yes to unity—a massive mandate to move forward. Now that the unity vote is history, our United Conservative Party caucus we move on to the next step: a new leader will be chosen on October 28. In the meantime, the United Conservative Party entity has been registered with Elections Alberta, and the Speaker has recognized the UC caucus as Alberta's official opposition. As the leadership campaigns become a larger focus for Albertans, it is vital to remember the work of the Legislature is of the utmost importance; and I am honoured to continue my work as MLA Calgary-Lougheed, and also as Advocate for Education, Advanced Education,

Indigenous Relations, and Wellness. I am also privileged to serve as the first United Conservative Party Deputy Caucus Chair. Our interim leader Nathan Cooper, the MLA for Olds-Didsbury-Three Hills, will be at the helm of the United Conservative Party caucus until Oct 28—holding the NDP government to account, and managing Legislature operations. While the policies of the new United Conservative Party are being debated, it's important to remember that our MLAs remain dedicated—first and foremost—to their constituents. As the NDP government continues to fall short for working Alberta families by imposing risky ideas that cause job losses, our caucus is united in its goal of advocating strong, common sense alternatives that create jobs for Albertans—while opposing NDP policies that scare investment away. Every member of our caucus will their decisions based on what's best for the working families of this province—not insiders or special interest groups—and we promise to make the next chapter of Alberta's history the greatest chapter yet...with and for you! With my sincere thanks and best wishes...


To receive this newsletter a month early and be on our "E-list" for timely updates, & for further information on critical issues affecting Calgary-Lougheed residents: please call, fax, e-mail, drop by our office, follow me live on twitter @DaveRodneyMLA, or visit https://twitter.com/DaveRodneyMLA or www.daverodney.ca

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