

APRIL 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER



**PRESIDENT'S MESSAGE**

**PAGE 8**

**TENNIS LESSONS**

**PAGE 15**



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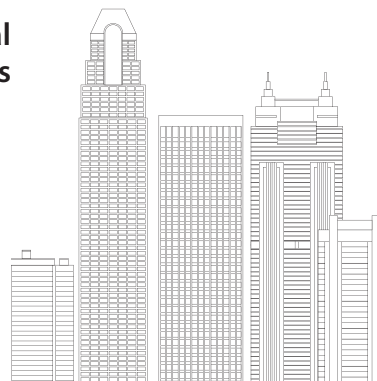
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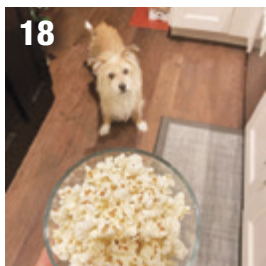




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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**WILLOW PARK**



**MAPLE RIDGE**



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# WILLOW RIDGE COMMUNITY ASSOCIATION OF CALGARY COMMUNITY CENTRE AND SPORTS FACILITIES

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044

F: 403-278-3718

Website: [mywillowridge.ca](http://mywillowridge.ca)

Email: [info@mywillowridge.ca](mailto:info@mywillowridge.ca)

We are available by phone Monday to Friday 9:00 am to 3:00 pm

(Voicemail is checked daily and will be responded to by the end of day the next business day). In-person by appointment only.

**\*\*Closed Weekends and Holidays**

## Board Members

President	Jason Carling	<a href="mailto:president@mywillowridge.ca">president@mywillowridge.ca</a>
Vice President (Acting)	Peter Gibson	<a href="mailto:facilities@mywillowridge.ca">facilities@mywillowridge.ca</a>
Treasurer	Kody Shiels	<a href="mailto:treasurer@mywillowridge.ca">treasurer@mywillowridge.ca</a>
Secretary	Dustan Byrnes	<a href="mailto:secretary@mywillowridge.ca">secretary@mywillowridge.ca</a>
Membership Coordinator	Vacant	<a href="mailto:memberships@mywillowridge.ca">memberships@mywillowridge.ca</a>
Facilities	Peter Gibson	<a href="mailto:facilities@mywillowridge.ca">facilities@mywillowridge.ca</a>
Sports and Recreation	Vacant	<a href="mailto:sports@mywillowridge.ca">sports@mywillowridge.ca</a>
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Social	Haley Anderson-Hartos	<a href="mailto:hhartos@mywillowridge.ca">hhartos@mywillowridge.ca</a>
Casino	Chris Nyberg	<a href="mailto:casino@mywillowridge.ca">casino@mywillowridge.ca</a>
Communications	Tom Firth	<a href="mailto:comm@mywillowridge.ca">comm@mywillowridge.ca</a>
Volunteer Coordinator	Vacant	<a href="mailto:volunteer@mywillowridge.ca">volunteer@mywillowridge.ca</a>
Strategy	Andres Galindo	<a href="mailto:agalindo@mywillowridge.ca">agalindo@mywillowridge.ca</a>

## Directors At Large

Director-at-Large	Mike Krisa	<a href="mailto:mkrisa@mywillowridge.ca">mkrisa@mywillowridge.ca</a>
Director-at-Large	Ashlyn Beatty	<a href="mailto:abeatty@mywillowridge.ca">abeatty@mywillowridge.ca</a>
Director-at-Large	Marshall Horne	<a href="mailto:mhome@mywillowridge.ca">mhome@mywillowridge.ca</a>

## Other Contacts

Soccer Administration	Rich Cree	<a href="mailto:soccer@mywillowridge.ca">soccer@mywillowridge.ca</a>
Garden Liaison	Rob Kettle Leslie Smith	<a href="mailto:wrveggiesandherbs@gmail.com">wrveggiesandherbs@gmail.com</a>

## WRCA Staff

General Inquiries		<a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>
Community Services Manager	Anna Glickman	<a href="mailto:gm@mywillowridge.ca">gm@mywillowridge.ca</a>
Office Administrator		<a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>
Bookkeeper	Ron Ilsley	<a href="mailto:bookkeeper@mywillowridge.ca">bookkeeper@mywillowridge.ca</a>

## Community Resources

City of Calgary Liaison	Christa Zaharychuk	<a href="mailto:christa.zaharychuk@calgary.ca">christa.zaharychuk@calgary.ca</a>
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## Community Resources

### Councillor - Ward 11

Kourtney Penner	403-268-2430	<a href="mailto:ward11@calgary.ca">ward11@calgary.ca</a>
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### MLA - Calgary Acadia

Tyler Shandro	403-640-1363	<a href="mailto:calgary.acadia@assembly.ab.ca">calgary.acadia@assembly.ab.ca</a>
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### MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	<a href="mailto:stephanie.kusie.c1@parl.gc.ca">stephanie.kusie.c1@parl.gc.ca</a>
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### CPS Community Resource Office

Pavel Adaikin	<a href="mailto:PAdaikin@calgarypolice.ca">PAdaikin@calgarypolice.ca</a>
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### Girl Guides of Canada Calgary Area

403-283-8348	<a href="mailto:ggcinfo@calgarygirlguides.com">ggcinfo@calgarygirlguides.com</a>
--------------	--

### Scouts Canada Chinook Council

403-283-4993	<a href="http://www.scouts.ca">www.scouts.ca</a>
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## The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

## The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

**GET WRCA NEWS IN YOUR INBOX** – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

## SOCIAL MEDIA



@willowridgecommunity



@mywillowridge

**WRCA website**

[mywillowridge.ca](http://mywillowridge.ca)

Monthly Board of Directors Meetings are normally held on the third Wednesday of each month, but please check with the office as these meeting dates may change. They commence at 7:00 pm in our WRCA Boardroom. If you would like to make a brief presentation to the WRCA Board, please notify the WRCA office at least three (3) days prior to the meeting date and state the topic you wish to address.

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## Joke of the Month

I asked the gym instructor, "Can you  
teach me to do the splits?"  
"How flexible are you?" she asked.  
I said, "I can't make Tuesdays."

## Seniors' Coffee Break

Join us for coffee, tea, snacks, board games,  
cards (optional), and a social visit with friends  
and neighbours. This event is free for all WRCA  
membership holders.

Check our website, [mywillowridge.ca](http://mywillowridge.ca), for  
upcoming dates and times!



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## Activities at the Willow Ridge Community Centre

For the most up-to-date information check our website at <https://mywillowridge.ca/activities/events-calendar>.

### Sundays

- Unity of Calgary Spiritual Community
- Church of Christ

### Mondays

- Expand Yoga
- Pathfinders
- Sparks

### Tuesdays

- Devotion Danceworks
- National Sports Academy

### Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Sports Ball

### Thursdays

- Because You Can Fitness
- Embers
- Expand Yoga
- National Sports Academy
- Calgary Karate

### Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Willow Park Preschool
- Queens & Jacks Square Dancing (Monday and Friday)

### Saturdays

- Devotion Danceworks

## President's Message

Spring is in the air, and in the spirit of rejuvenation, I'm extremely excited to share some news with you on what the WRCA is doing to revitalize and invest in our community. First off, our community association has approved our capital budget, which guides how we invest in our facility and space over the next few years. There are two large and important investments approved in the capital plan. First, our CA will dedicate the remaining funds required to see through the design and installation of a new community sign. Secondly, parking has become a real challenge at our facility, and we have earmarked funds to increase the size of our parking lot with an eco-friendly approach.

In addition to improving our facility, the community association has been leading an effort to rebuild the small playground on 99 Avenue, next to the Boardwalk community. We have secured 100% of the funds necessary and the playground is scheduled to be upgraded on September 15 and 16. This project would not be possible without the support of our partners: Parks Foundation Calgary, City of Calgary, Government of Alberta, BDI Play Designs, and our local community volunteers. The playground installation will be community-driven, so if you are interested in volunteering to help install, please reach out to [playgrounds@mywillowridge.ca](mailto:playgrounds@mywillowridge.ca).

Finally, our AGM is coming up on April 5. The AGM is a great place to hear what is happening in the community and to make connections with neighbours. I hope to see you there!

*Jason Carling*

President, Willow Ridge Community Association

[president@mywillowridge.ca](mailto:president@mywillowridge.ca)



### Want to Homeschool?

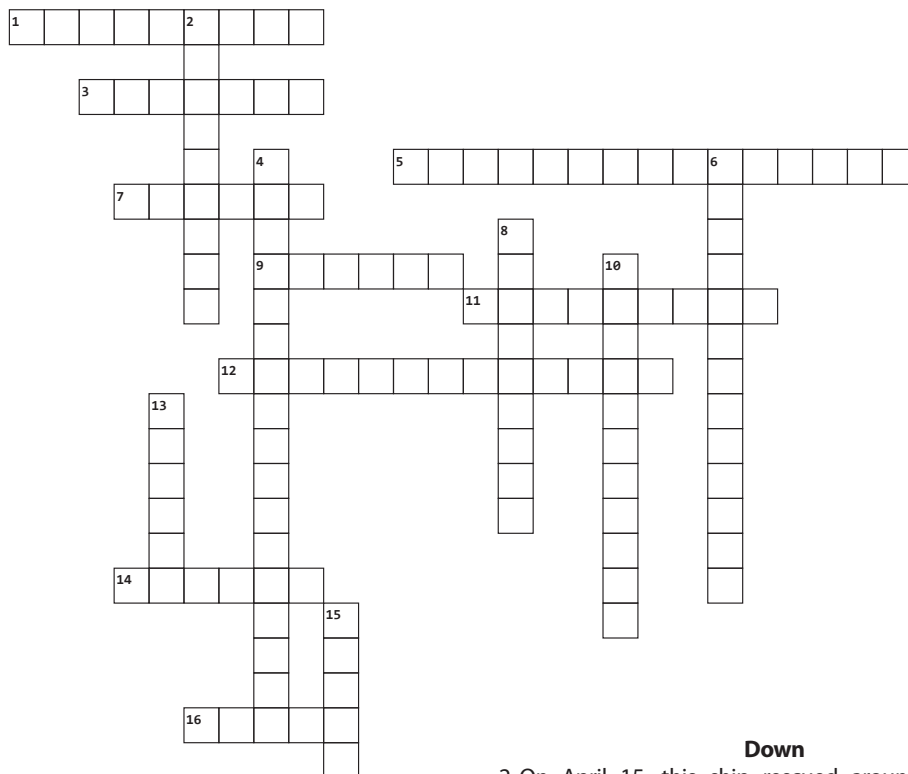
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# April Crossword Puzzle



## Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National \_\_\_\_\_ Month.
16. A colourful and popular marshmallow Easter treat.

## Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## Rental Rates:

Minimum three-hour rental on weekends.

Room	Weekday Hourly 7:00 am Monday to 5:00 pm Friday	Weekend Hourly 5:00 pm Friday to end of day Sunday	Weekend Full-Day Rental *Up to 12 hours	Weekend Half-Day Rental *Up to 6 hours	Deposit
The Willow	\$60/hr	\$90/hr	\$1,000	\$500	\$500
The Maple	\$50/hr	\$75/hr	\$800	\$400	\$400
The Herard	\$30/hr	\$45/hr	\$500	\$250	\$250

\*Full Day rentals (up to 12 hours) and Half Day rentals (up to 6 hours) are for weekends only, between 5:00 pm Friday and end of day Sunday. The Hall can be booked until 1:00 am any day.

WRCA members receive a 5% discount on one-time rentals. Contact [info@mywillowridge.ca](mailto:info@mywillowridge.ca) or 403-271-8044.

## Are you a member? Join the WRCA Family!

Cash, debit, credit, cheque accepted at the office M-F from 9am-3pm.  
Online purchase available at [mywillowridge.ca](http://mywillowridge.ca). All amounts below include GST.



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**WILLOW RIDGE  
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## Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more!

Located outside are two private parking lots, crockicurl (in the winter), newly refinished pickleball/tennis courts, a lacrosse box/hockey rink, a baseball diamond, community gardens, and a large green space which we use for our WRCA Soccer League in the summer and a pleasure skating rink in the winter.

### Our Newly Renovated, Air-Conditioned Building Has the Following Spaces Available for Rent!

- **The Willow** – 1,924 sq ft North Hall (135 dining/200 seated) with large windows, built in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- **The Maple** – 1,200 sq ft South Hall (60 dining/135 seated) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- **The Herard Room** – 540 sq ft Board Room (30 people) with large windows, available TV and projector, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings.

### The Community Centre Has the Following Additional Features:

- The Ridge Lounge, an upstairs gathering area for members with view of the rinks/fields.
- Large floor to ceiling windows to allow for more natural light.
- Internal stairs to lower level and a rough elevator, coming soon!
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
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**APRIL  
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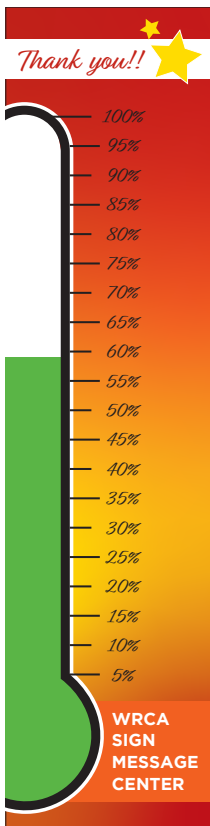
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## New Building Sign



People love our community, but sometimes it's hard to know what is happening – this is a message we've heard over and over. Well, what better way to help us communicate on the fun events and programs at our CA than a proper building sign!? A sign is something our community association has long had on our wish list, but the expense has always put it out of reach.

Our community association was therefore greatly surprised and appreciative when long-time residents, the Schreiner family, agreed to become a keystone donor to help us realize our sign dreams. With support from the Schreiner family, we have been able to secure over half of the funding required to install a beautiful new building sign that reflects the pride and love we all have for our community.

Shirley Mikolajow, a long-time volunteer with our community association, has taken point in leading the design and installation of our new sign, and we hope to have it installed this year. You can help us realize the sign of our community dreams by donating today. For more information on how to contribute, please contact our office at 403-271-8044 or [info@mywillowridge.ca](mailto:info@mywillowridge.ca).

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## Tennis and Pickleball Lessons

### Kids Lessons

#### Spring Tennis Lessons

**May 7, 14, 28, June 4, 11, 18**

Ages 5 to 7, Sundays from 9:00 to 10:00 am (\$150)

Ages 8 to 11, Sundays from 10:00 to 11:00 am (\$150)

Ages 12+, Sundays from 11:00 am to 12:00 pm (\$150)

#### Summer Tennis Lessons

**July 9, 16, 23, 30, August 13, 20**

Ages 5 to 7, Sundays from 9:00 to 10:00 am (\$150)

Ages 8 to 11, Sundays from 10:00 to 11:00 am (\$150)

Ages 12+, Sundays from 11:00 am to 12:00 pm (\$150)

### Adult/16+ Lessons

#### Spring Tennis Lessons

**May 4, 11, 18, 25, June 1, 8**

Beginner Tennis, Thursdays from 6:00 to 7:30 pm (\$200)

Cardio Tennis, Thursdays from 7:30 to 8:30 pm (\$150)

#### Spring Pickleball Lessons

Beginner, Fridays (May 5, 12) from 5:30 to 8:00 pm (\$40)

Intermediate/Advanced, Sundays (May 14, 28, June 4, 11) from 6:00 to 8:00 pm (\$190)

#### Summer Adult/16+ Tennis Lessons

**July 6, 13, 20, 27, August 3, 10**

Beginner Tennis, Thursdays from 6:00 to 7:30 pm (\$200)

Cardio Tennis, Thursdays from 7:30 to 8:30 pm (\$150)

*You must be a WRCA member to register.*

wrca.getcommunal.com'."/>

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# Join the WRCA Soccer Program

**Season Dates:** April 29 to June 22, 2023

**Location:** WRCA Soccer Fields (680 Acadia Dr SE)

Registration includes uniform, team photos, and wind-up party.

*You must be a WRCA member to register.*



The poster features a green background with a soccer ball pattern. On the right is the WRCA Soccer logo, which includes a Canadian flag and a soccer ball. The text 'WRCA SOCCER 2023' is prominently displayed in white. Below it, 'REGISTRATION CLOSING APR 21' and 'WWW.MYWILLOWRIDGE.CA' are listed. At the bottom, a table shows registration fees and times for various age groups. A starburst graphic on the right side of the table indicates 'Co-ed Ages 3-11 All skill levels'.

Age Group	Fee	Schedule
U4	(\$90)	Sat 10-11am
U6	(\$120)	Mon/Wed 6:15-7:15pm
U8	(\$120)	Tue/Thu 6:15-7:15pm
U10	(\$120)	Mon/Wed 6:15-7:15pm
U12	(\$120)	Tue/Thu 6:15-7:15pm

**Co-ed Ages 3-11 All skill levels**

## Thank You, Mike!

*from Gladys and Gary Severson*

This is a snow angel thank-you to Mike on Woodbend Rd SE. Throughout the winter, he has taken it upon himself to clear sidewalks (both City and private) on a consistent basis for a large number of neighbours. He refuses compensation so the very least that can be done is public acknowledgement of his kindness. Mike is a gem of a gentleman. We all so appreciate him.



## SAFE & SOUND



## Bicycle Helmet Safety

*from Alberta Health Services*

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

## Pet of the Month



Hi, I'm Ozzy. I am a rescue terrier and I am obsessed with squirrels. If you haven't seen me, you have probably heard me. I tend to bark with sheer excitement at the sight of a squirrel and feel like I can't stop. I'm not actually sure what I would do with it if any allowed me to come close, but I sure do try (much to my mom's irritation).

I also have a love/hate relationship with my next door neighbor; his name is Scout and he's a terrier too. We love to bark at each other and run along the fence, trying to see who is the fiercest protector of their territory. I'm really not sure who wins but it does make both our parents mad.

I'm actually a pretty relaxed dog at home with my family...unless someone comes to the door! My favourite treat is popcorn and my human family loves those big bags from Costco of Boom Chicka Pop, so that's good. One could always get more treats, but I mean I am pretty lucky.

See you around!



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# FRIENDS *of* Fish Creek

## April in Fish Creek

### Fish Creek Community Terrace

#### Phase 3 Bricks are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

### Volunteers Needed

Do you have free time and want to take part in volunteering opportunities occurring in Fish Creek Provincial Park? The 2023 volunteering season is just around the corner, and no matter your skill level or availability, we have a volunteer activity that is perfect for you. If you are looking to get outside and get your hands dirty, then you might like stewardship programs like invasive species management or restoration. One of the biggest environmental concerns in the park is invasive plant species and we need your help to locate and remove these plants and help minimize their impact on this park. You can also support biodiversity in Fish Creek through our restoration program by helping with pruning, staking, flagging, weeding, repairing fences, maintaining the stewardship vehicles, and so much more! The Friends are also looking for Park Watch Stewards and Fish Creek Ambassadors to help park visitors and engage with community members. Get to know the park and meet some amazing people here in the Fish Creek community. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.



### Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

### Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser.

# 27 Ways to Say No

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

### Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

\*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

## GAMES & PUZZLES

### Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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## Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

### How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?," or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

### Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).





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Spring is in the air, Calgary Midnapore!

Throughout the winter months, I enjoyed hearing from constituents at various community events. Thank you to all the Community Associations for organizing these great events and for all the work you do to bring us together! I look forward to attending more in the upcoming months.

Last month, you should have received my 2022 Tax Guide which is aimed at saving you more. The deadline to file your tax return is Monday, May 1.

In Parliament, my colleagues and I have been fighting for lower taxes and an end to inflationary spending. However, on April 1, Justin Trudeau raised taxes on you once again. This time his carbon tax went up an additional 30% which will not only cost you more at the pump, but will also make the food you buy, energy you use, and everything else more expensive.

While the current government continues to make life unaffordable, Conservatives have a plan to lower your bills, turn hurt into hope, and ensure Canadians prosper once again.

To stay up-to-date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and participate in my monthly survey question at [StephanieKusieMP.ca](http://StephanieKusieMP.ca).

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

*\*Correction from March edition: For Valentine's Day, my office partnered with Le Roi Daniels School in providing handcrafted Valentine's cards to residents of the AgeCare Midnapore facility. Thank you to the staff and students for bringing such joy to our cherished seniors.*



## Willow Park Real Estate Update

Last 12 Months Willow Park

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$634,900	\$622,700
January 2023	\$587,450	\$590,000
December 2022	\$307,450	\$295,000
November 2022	\$497,444	\$472,500
October 2022	\$562,500	\$549,000
September 2022	\$624,900	\$590,000
August 2022	\$427,450	\$409,500
July 2022	\$429,900	\$431,500
June 2022	\$549,900	\$540,000
May 2022	\$584,900	\$603,118
April 2022	\$549,900	\$570,000
March 2022	\$349,000	\$360,010

Last 12 Months Willow Park

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	10	8
January 2023	6	2
December 2022	4	4
November 2022	3	8
October 2022	9	14
September 2022	8	11
August 2022	20	12
July 2022	12	7
June 2022	14	7
May 2022	9	11
April 2022	10	17
March 2022	25	11

To view more detailed information that comprise the above MLS averages please visit [will.mycalgary.com](http://will.mycalgary.com)

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**DRAIN CLEANING •**

**HOT WATER TANKS •**

**FURNACE REPAIR •**

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**587 316 4064**





# Active Sports Therapy

WILLOW PARK WESTMAN VILLAGE

- Chiropractic
- Physiotherapy
- Massage
- Laser Therapy
- Active Release Techniques
- Muscle Activation Technique
- Integrated Medicine
- Naturopathic Medicine
- Shockwave
- Exercise Rehab
- Holistic Nutritional Consulting
- Traditional Chinese Medicine



## ActiveSportsTherapy.ca



AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780

## ACADEMY

### DENTURE CLINIC

*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 initial consultations

**NEW! Suction-Enhanced BPS® Dentures**

Due to the current COVID pandemic, we are seeing patients by appointment only, and have implemented enhanced infection control protocols.



**Southcentre Mall**  
Suite 126A, 100 Anderson Rd SE

**Book an Appointment**  
**(403) 269-8308**

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

If you are considering selling, call us for a  
**Zero Obligation Home Evaluation** and  
strategy discussion on how to achieve  
**Top Dollar** for your home!

## Willow Park

Detached Home Stats - Last 45 Days



**15**

# New Properties



**5**

# Sold Properties



**37**

Average Days on Market



**\$737,080**

Median Sold Price

## Maple Ridge

Detached Home Stats - Last 45 Days



**8**

# New Properties



**4**

# Sold Properties



**28**

Average Days on Market



**\$577,625**

Median Sold Price



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**LB** **LINDSEY BEZANSON**  
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ROYAL LEPAGE  
Solutions