

FEBRUARY 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

JUNIOR BOARD OF DIRECTORS
PAGE 5

WINTER CARNIVAL
PAGE 7



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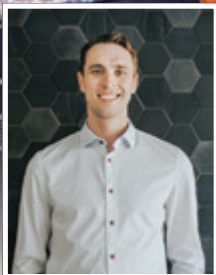


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680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044

F: 403-278-3718

Website: mywillowridge.ca

Email: 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	president@mywillowridge.ca
Vice President (Acting)	Peter Gibson	facilities@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
Secretary	Dustan Byrnes	secretary@mywillowridge.ca
Membership Coordinator	Vacant	memberships@mywillowridge.ca
Facilities	Peter Gibson	facilities@mywillowridge.ca
Sports and Recreation	Vacant	sports@mywillowridge.ca
Funding	Don Boykiw	dboykiw@mywillowridge.ca
Social	Haley Anderson-Hartos	hhartos@mywillowridge.ca
Casino	Chris Nyberg	casino@mywillowridge.ca
Communications	Tom Firth	comm@mywillowridge.ca
Volunteer Coordinator	Vacant	volunteer@mywillowridge.ca
Strategy	Andres Galindo	agalindo@mywillowridge.ca

Directors At Large

Director-at-Large	Mike Krisa	mkrisa@mywillowridge.ca
Director-at-Large	Ashlyn Beatty	abeatty@mywillowridge.ca
Director-at-Large	Marshall Horne	mhorne@mywillowridge.ca

Other Contacts

Soccer Administration	Rich Cree	soccer@mywillowridge.ca
Garden Liaison	Rob Kettle Leslie Smith	wrveggiesandherbs@gmail.com

WRCA Staff

General Inquiries		info@mywillowridge.ca
Community Services Manager	Anna Glickman	gm@mywillowridge.ca
Office Administrator		info@mywillowridge.ca
Bookkeeper	Ron Ilsley	bookkeeper@mywillowridge.ca

Community Resources

City of Calgary Liaison	Christa Zaharychuk	christa.zaharychuk@calgary.ca
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Community Resources

Councillor - Ward 11

Kourtney Penner	403-268-2430	ward11@calgary.ca
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MLA - Calgary Acadia

Tyler Shandro	403-640-1363	calgary.acadia@assembly.ab.ca
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MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
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CPS Community Resource Office

Pavel Adaikin	PAdaikin@calgarypolice.ca
---------------	--

Girl Guides of Canada Calgary Area

403-283-8348	ggcinfo@calgarygirlguides.com
--------------	--

Scouts Canada Chinook Council

403-283-4993	www.scouts.ca
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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
	@willowridge

WRCA website
mywillowridge.ca

The My Willowridge.ca is the official newsletter of the Willow Ridge Community Association and is distributed monthly for free to all residents of Willow Ridge (approximately 3,050 households).

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.

Junior Board

Are you between the ages of 12 to 17? Do you want to make a meaningful difference in your community? Introducing our Junior Board of Directors! The JBOD will meet twice a month, the first and third Thursday from 6:00 to 7:00 pm, to brainstorm ideas, develop action plans, learn the role of a board, and help with new and ongoing community initiatives. We have a dedicated mentor ready to support you! Email gm@mywillowridge.ca for more information.

WRCA JUNIOR BOARD OF DIRECTORS

Leadership Volunteerism
Mentoring Event Planning
Community Growth



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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, for upcoming dates and times!

To View Additional Willow Ridge Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

SCAN HERE



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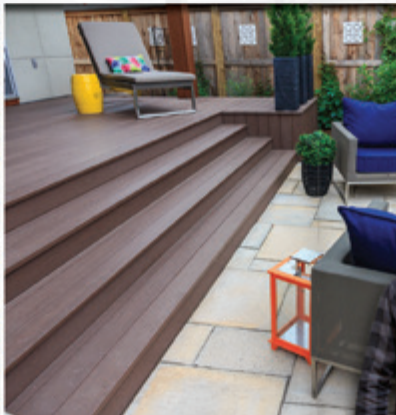
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Winter Carnival

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Saturday, Feb 4

1:00pm - 4:00pm

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**WILLOW RIDGE
COMMUNITY
ASSOCIATION**

Activities at the Willow Ridge Community Centre

Schedule subject to change. 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
- FLC Line Dancers
- Pathfinders
- Queens & Jacks Square Dancing
- Sparks

Tuesdays

- Devotion Danceworks
- FLC Line Dancers
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- FLC Line Dancers
- Sports Ball

Thursdays

- Because You Can Fitness
- Brownies
- Expand Yoga
- FLC Line Dancers
- National Sports Academy
- Calgary Karate

Fridays

- FLC Brushstrokes (Monday to Friday)
- FLC Line Dancers (Monday to Friday)
- Queens & Jacks Square Dancing (Monday and Friday)

Saturdays

- Devotion Danceworks

WOULD YOU LIKE TO SUPPORT YOUR LOCAL
NON-PROFIT COMMUNITY CENTRE?

LET US BE YOUR

BUSINESS BOOSTER



TELL ME MORE!

Willow Ridge Community Association has prime space available to advertise your business on our outdoor hockey rink. Located in a high traffic area, beside two schools and visible to hundreds of patrons who use the surrounding area for skating, basketball, renting the facilities (Girl Guides, preschool, church groups, and dance classes, to name just a few). Choose your preferred spot today and get noticed!

HOW MUCH DOES IT COST?

Advertising is \$500/year for a 4x4' panel or \$900/year for an 8x8' panel. All advertising fees go directly towards the care and maintenance of our outdoor ice rinks. If you are a WRCA business member, you will receive a 10% discount off the annual fee. The cost of the sign is an additional \$90 to \$150+GST, based on size. There may be additional fees for design services, if required.

WHERE ARE THE SIGNS PRINTED?

Digital Post, located at #5, 8720 Macleod Tr South is our vendor of choice. The signs are made from a premium polystyrene, 0.03" thin, malleable, and waterproof, and will easily withstand a full year of Calgary weather. They are mounted underneath a full sheet of plexiglass, to further protect your sign from the elements and slapshots! You can work with them directly to create a sign that highlights your business or you can design it yourself. WRCA is not responsible for replacing the sign due to damage or defacement.



CONTACT US FOR MORE INFO



403-271-8044



gm@mywillowridge.ca



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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 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. All amounts below include GST.



Family
Membership
\$36.75



Seniors 60+
Membership
\$21.00



Individual
Membership
\$26.25



Business
Membership
\$42.00



Courts
Membership
\$21.00 (Family)
\$15.75 (Individual)



**WILLOW RIDGE
COMMUNITY
ASSOCIATION**

*Support your
Community*

Visit mywillowridge.ca for more info

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.
- **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.
- A large 1,500 sq ft storage space under the hall for long-term renters/sports clubs.
- Internal stairs to lower level and a rough elevator, coming soon!
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Willow Park Preschool on the lower level.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



WRCA Community Garden

Registration opens

Feb 1st for returning gardeners

Feb 15th for new gardeners



Book your garden
plot online at
mywillowridge.ca

We Want You!

WRCA needs some fresh faces in a couple of key areas, and I am reaching out to you as one of our proven volunteers to ask for your help in either raising your hand or spreading the word to others in our community.

1. Winter Rink Maintenance and Ice Crew Coordinator

Over the past 18 or so years, our Ice Crews have been built and supported by many, but basically led by two people. We have built one of the best volunteer outdoor winter flooding teams and rink facilities in the city and have a well-oiled machine in place with some great teams of experienced volunteers, excellent equipment, and a great safety record. However, it is time for someone else (or a team of two) to step up and take on the Ice Crew and Rink Leadership role. We promise a smooth transition and will of course continue to help keep the fridge stocked and Ollie running!

2. Director Portfolio - Facilities

Since our renovation, Roger Lohrey and Pete Gibson have been in charge of keeping our building and facility ship shape. We need a volunteer who may be interested in our building and its upkeep to join the board and transition into this important role. Our excellent staff manage our building on a day-to-day basis, but strategy, guidance, supervision, support, and decision making on building matters are needed. Please give Pete a call, or email facilities@mywillowridge.ca if you have any interest at all in building related matters, and he can tell you more about the role and how great our staff is in managing the workload for this key board position.

3. Director Portfolio - Sports

Dustan Byrnes has been our Sports Coordinator for the past two years, supervising our strong and growing soccer program and helping support and guide our staff on the many sports and recreation programs WRCA is implementing. Dustan is transitioning into a new board role, so the Sports position is available to be filled. Email Dustan at sports@mywillowridge.ca if sports are your thing!

There are other volunteer opportunities available at WRCA as well, so please reach out to any board member or our staff if you would like to get involved. With the first snow comes the opportunity to step up, take the torch from failing hands, and make your community a better place!

Regards,

Don Boykiw

Director, Funding

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Pet of the Month



Hey everyone, I'm Tank, a 3-year-old English Bulldog. Us bulldogs aren't really known for our athletic ability but more for our laziness. However, I sure do love chasing bubbles around my beautiful backyard.

Sometimes though, my owner leaves this scary thing called a leaf blower in the yard and that doesn't make me happy. Those things are vicious, but don't worry I am able to stand my ground and fight back.

I am very fond of long walks around the neighborhood but that usually ends with me passed out on the couch. I would consider myself to be a very affectionate dog who enjoys stopping people in their tracks and begging for scruffles. If you ever notice me around the neighborhood don't be afraid to come and say hello.



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



FRIENDS *of* Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: <https://friendsoffishcreek.org/brick>

Dedication Gift: <https://friendsoffishcreek.kindful.com/?campaign=1048472>

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: <https://friendsoffishcreek.org/programs/speaker-series>.



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. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.



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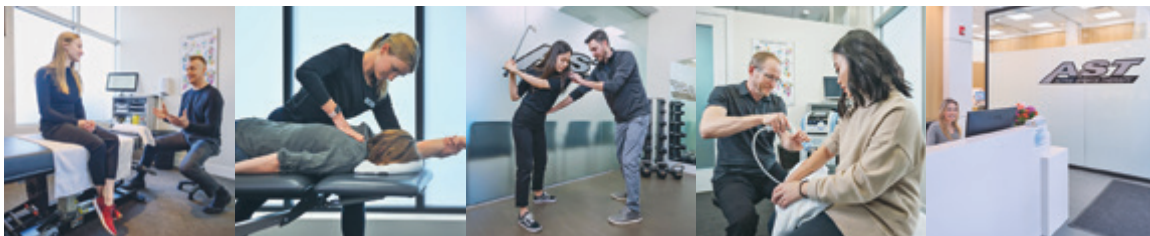
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What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick.

Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at high risk of infections.

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

SPONSOR A COMMUNITY BENCH

"Benches start conversations; conversations build communities"

- Marshall Horne, WRCA Volunteer

Dedicate a bench to:

- a loved one
- a pet
- a community volunteer
- a local business
- a hero

The Willow Ridge Community Association will be installing 5 benches and 3 picnic tables around Willow Park & Maple Ridge. Each sponsorship is \$1,000 and will include a plaque engraved with your message.

Contact us for more information

(403) 271-8044

gm@mywillowridge.ca

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



MP Calgary Midnapore

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February has arrived and like many of you I am hoping no shadows are seen this Groundhog Day and we can move on from this frigid winter!

This past month I was fortunate to be back home in Calgary Midnapore gathering with family, friends, and constituents.

On February 9, the Federal Electoral Boundaries Commission for Alberta will be tabling their revised proposal for Alberta's electoral boundaries in the House of Commons. I am hopeful that the Commission will have listened to the feedback of Albertans and many here in Calgary Midnapore who presented and wrote to the Commission with their concerns and objections.

The House of Commons has now resumed sitting. With parliamentarians busy preparing for the upcoming budget, which is expected to be tabled in March. In my role as the Conservative Shadow Minister for Treasury Board, I will be meeting with stakeholders from across the country to hear directly from them on how the federal government can assist Canadians. I will also be reviewing all budget estimates on the Standing Committee on Government Operations and Estimates (OGGO) on behalf of the Official Opposition. As always, my Conservative colleagues and I will be pressuring the government to spend your tax dollars both responsibly and reasonably. This includes ending the tax hikes and ensuring that every dollar spent is matched by a dollar in government revenue.

With Family Day on the horizon, I hope all families here in Calgary Midnapore have an exciting and relaxing day with their loved ones.

For a more in-depth update about my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and follow along on my social media platforms. All information can be found online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

CRIME STATISTICS



Willow Park Crime Activity was Down in December 2022

The Willow Park community experienced 15 crimes in December 2022, in comparison to 16 crimes the previous month, and 18 crimes in December one year ago. Willow Park experiences an average of 14.3 crimes per month. On an annual basis, Willow Park experienced a total of 172 crimes as of December 2022, which is up 18% in comparison to 146 crimes as of December 2021. To review the full Willow Park Crime report visit will.mycalgary.com.

Maple Ridge Crime Activity was Unchanged in December 2022

The Maple Ridge community experienced 0 crimes in December 2022, in comparison to 0 crimes the previous month, and 1 crime in December one year ago. Maple Ridge experiences an average of 1.3 crimes per month. On an annual basis, Maple Ridge experienced a total of 16 crimes as of December 2022, which is down 36% in comparison to 25 crimes as of December 2021. To review the full Maple Ridge Crime report visit mplr.mycalgary.com.

How To Report Crime In Willow Park | Maple Ridge: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text [tttTIPS to 274637](tel:403274637).

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21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling _____."
26. Complete this sentence: "I wish I had someone with whom I could share _____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



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The Heritage Communities Local Area Plan is ready.

Wondering what the Plan's all about?

③ The Heritage Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and investment.

③ A few of the key ideas in the plan include:

- Foster vibrant transit station areas
- Connect the Heritage Communities
- Increase housing choice
- Enhance parks, open spaces, and natural areas
- Revitalize the Macleod Trail South area

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/heritagecommunities to:

- ③ Review the final draft Heritage Communities Local Area Plan.
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12

New Properties



3

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124

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Maple Ridge

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6

New Properties



3

Sold Properties



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