

JANUARY 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

WINTER CARNIVAL

PAGE 14

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PAGE 23



Dr. Lucas Curran
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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

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	Kelly Edwards	secretary@mywillowridge.ca
Membership Coordinator	Vacant	memberships@mywillowridge.ca
Facilities	Peter Gibson	facilities@mywillowridge.ca
Sports and Recreation	Dustan Byrnes	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
---------------	--------------	--

MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
-----------------	--------------	--

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](https://www.facebook.com/willowridgecommunity)



[@mywillowridge](https://www.instagram.com/willowridge)

WRCA website

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.

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.

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



To View Additional Willow Ridge Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and More...

SCAN HERE



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Heritage Location | 403-255-1212 | info@toscanagrill.ca



FREE DESSERT WITH PURCHASE!*

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Expires April 30, 2023



Greek Next Door

8330 MacLeod Trail SE | 403-255-1222
www.GreekNextDoor.com

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/yr for a 4x4' panel or \$900/yr 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



www.mywillowridge.ca



**WILLOW RIDGE
COMMUNITY
ASSOCIATION**

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

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!

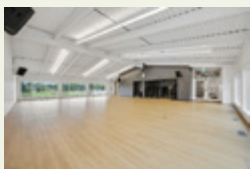
Located outside are two private parking lots, crockicurl (in the winter), newly refinished pickleball/tennis courts, a lacrosse box/hockey rink, a baseball diamond, community gardens, and a large green space which we use for our WRCA Soccer League in the summer and a pleasure skating rink in the winter.

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.



Chinese New Year: Celebrating a New Future for Calgary's Chinatown

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to Heritage Inspires YYC



Chinese Cultural Centre (Calgary Heritage Initiative)

Our first Chinatown was settled as the homestead for Chinese immigrants brought to build Canada's first transcontinental railway, the Canadian Pacific Railway. First established in 1883 at 8 Avenue and 2 Street SE where the Calgary Municipal Building is today, it was relocated to 10 Avenue and 1 Street SW after the Great Calgary Fire of 1886. In 1910, the Canadian Northern Railway announced plans for a train station and a hotel at the location of the second Chinatown. Speculation drove up land and property values, resulting in landlords selling their properties and displacing Chinese tenants for a second time. Despite racist opposition, Chinatown moved in 1910 to its third and current location at the foot of the Centre Street Bridge. The first building occupied was the Chinese-owned Canton Block, built by Chinese business owners despite opposition by Calgary lawyer James Short and others who promoted relocation of Chinatown. This rare surviving example of the Edwardian Commercial style remains as a community historic resource. Completion of the Calgary Chinese Cultural Centre in 1992 signalled Chinatown's revival. Despite racist discrimination over the years, Chinatown has thrived, and the Chinese community has contributed significantly to Calgary as a multi-cultural city.

Its residences and businesses are enjoyed by Calgarians and visitors alike.

In 2016, the "Tomorrow's Chinatown" project was initiated in response to redevelopment pressures. In 2022, the City in close collaboration with the

community, completed the Chinatown Cultural Plan, Calgary's first such plan. It provides direction for investing in Chinatown's cultural future, considering the unique experiences and amenities that the community can offer. An Area Redevelopment Plan lays out a comprehensive planning vision for sensitive redevelopment in Chinatown.



Chinatown (Calgary Heritage Initiative)

An important first step in building trust and implementing the plan was the renaming of James Short Park and Parkade to Harmony Park in November 2022.

2023, the year of the rabbit, marks the 100th anniversary of the Chinese Exclusion Act, that banned immigration of Chinese people to Canada until 1947.

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

403-630-1311

YOUR CITY OF CALGARY

Snow and Ice Road Conditions: Online Map Shows Calgary's Road Conditions

from the City of Calgary

Winter is in full force, which means a potential for snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. This map is located at <https://maps.calgary.ca/RoadConditions/>.



Legend

Plow/Sander



Snow Clearing Progress

Roads

- Priority 1 routes - completed
- Priority 2 routes - completed
- Plowed, sanded/salted in the last hour
- Plowed, sanded/salted in the last 2 hours
- Plowed, sanded/salted over 2 hours ago

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

Seniors' Socials

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

Check our website, mywillowridge.ca, for upcoming dates and times!

Winter Carnival

COME ONE, COME ALL!

Saturday, Feb 4

1:00pm - 4:00pm

680 Acadia Dr. SE



**WILLOW RIDGE
COMMUNITY
ASSOCIATION**

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Ask Charles

"I've just been elected to my condo board. How do I know which responsibilities fall under the condo corporation, the condo board, and the condo manager?"

Making sense of the different bodies responsible for overseeing a condominium complex's day-to-day operations can be a bit overwhelming at first. Hopefully, I can help clear up some of the confusion.

Condo Corporations

The condominium corporation is made up of, and represents, all unit owners of that condo complex. So, if you own a unit in the condo complex, you are a part of the condo corporation. It is a legal entity that has all the rights and responsibilities of any other legal entity (i.e., individual or business).

In Alberta, the Condominium Property Act governs the operations of condo corporations and sets out responsibilities related to managing the common property, preparing the annual budget, collecting fees, holding insurance, and enforcing the corporation's bylaws and rules. The Condominium Property Act also sets out the requirement that all duties of the condo corporation be carried out by an elected board of directors (i.e., the condo board).

The Condo Board

As with other elected entities, the condo board represents and acts on behalf of the individuals that elected it. In this case, the individuals that make up the condo corporation.

So, the condo corporation is synonymous with all unit owners in the complex and is responsible for

the business of the corporation. The condo board is elected by the condo corporation to carry out the business on its behalf.

Still with me? Okay, so this is where a condo manager may come into the equation.

Condo Managers

It takes a lot of work to manage a condo complex and many volunteers on the condo board, understandably, don't have the time. While the condo board can choose to self-manage the complex, they also have the choice to hire a condominium manager to oversee the day-to-day tasks.

The tasks that the condo manager is ultimately responsible for will be determined by the contract or written service agreement between the condo corporation and the condo management brokerage. These agreements usually expire annually, to be renewed and renegotiated and voted on by the corporation at the Annual General Meeting (AGM). As a new director on your condo board, it's important to review and understand the current written service agreement.

Your condo board should also be aware that as of December 1, 2021, condo management companies (brokerages) and individual condo managers must hold a licence with RECA. Check to see if your condo manager is licensed using the 'Find a Licensee' tool on reca.ca.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Buying, selling, and managing real estate in Alberta can be confusing, but it doesn't have to be.

If you have a new question for Charles, please email askcharles@reca.ca.

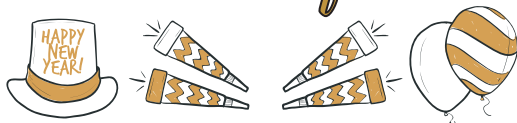
Pet of the Month

Hi! I'm Marcus. I'm a hot dog. I like to bark (a little bit), especially at the Amazon guy. My best friend is Amanda. She calls me "poochy poochy" and cuddles me often.

Cheers (from the cutest dachshund in Willow Park)!



New Year's Eve in Times Square



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

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FEDERATION OF
CALGARY COMMUNITIES

Protect Yourself from Identity Theft

A message from the Federation of Calgary Communities

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN, or your phone number.
- Minimize the identification, personal information, and number of cards you carry.
- Do not give personal information on the phone, through the mail, or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements, and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave them in a secure place.
- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).
16032-CalgaryScamsBooklet. In CalgaryScamsBooklet
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YOUR CITY OF CALGARY

Learn More About Property Assessment at Ask the City Assessor Q&A Session

from the City of Calgary

Learn more about how The City determines property assessments at Ask the City Assessor Q&A session. This virtual information session is free and open to Calgary home and commercial property owners, who may have questions about the 2023 Property Assessment process. During this session, City Assessor Eddie Lee will answer questions on how property assessments work. There will be a short presentation followed by a question-and-answer period. Property owners are encouraged to ask general questions.

Note: Due to privacy concerns, Mr. Lee will not answer property specific questions during this session. Citizens are invited to call 403-268-2888 to ask questions specific to their Property Assessment.

When: Tuesday, January 17, 7:00 to 8:00 pm.

Where: Virtual on Microsoft Teams. Register via calgary.ca/assessment.





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The Good Food Box Program is part of the Community Kitchen Program of Calgary, where anyone can purchase boxes of fresh fruit & vegetables at an affordable price.

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One Odd Animal



Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!



Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Please visit www.calgarywildlife.org for more information.



Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

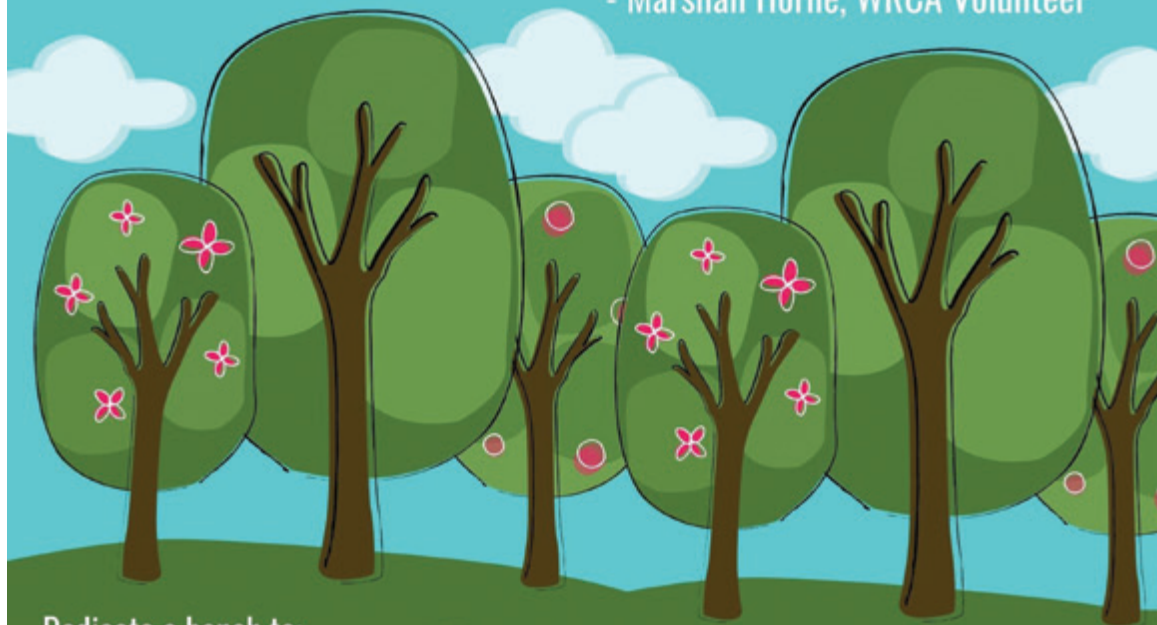
Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

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.



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National Hot Tea Day

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

Swallowing Button Batteries is Dangerous

from Alberta Health Services



Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. With Christmas around the corner, many children may receive gifts powered by button batteries and because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Button batteries can cause chemical burns and damage your internal organs.

If your child swallows a button battery, it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After ingesting a button battery your child might have one or more of these symptoms:

- Trouble breathing
- Wheezing, drooling
- Coughing and gagging when eating
- Trouble swallowing
- Chest pain
- Belly pain
- Nausea, vomiting
- No appetite
- Fever

There may not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- Do not try to make them vomit.
- Take them to an emergency department immediately.

To keep children safe this holiday season and beyond:

- Keep all batteries locked up, out of reach, and out of sight of children.
- Supervise children when they use products containing button batteries.
- Ensure children do not play with button batteries or are able to remove them from toys.
- Look for loose batteries on floors, tables, and counters. Dispose of batteries so that children cannot find them.
- Store or dispose of batteries in a secure place so that children cannot gain access to them. Cover the ends of the battery with tape before storing and disposing. Ensure button batteries are not left out, even if they are dead.

Visit [MyHealth.Alberta.ca](https://myhealth.alberta.ca) to learn more about button batteries, the signs and symptoms of button battery ingestion, as well as treatment.

FRIENDS *of* Fish Creek

The Fish Creek Community Terrace

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in Phase 3 of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only 100 spaces available so make sure to get yours today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit <https://friendsoffishcreek.org/brick>.

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 we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day. 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>.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2023. To renew your commitment to Fish Creek, please visit <https://friendsoffishcreek.org/membership>.



Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2023 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. 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>.

Stay Up to Date on Fish Creek Provincial Park

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to be on our email list. The Friends' seasonal newsletter, the Voice of the Friends, now in its 27th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at friendsoffishcreek.org > Contact Us > Sign Up for Email List.

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International Sweatpants Day

In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!



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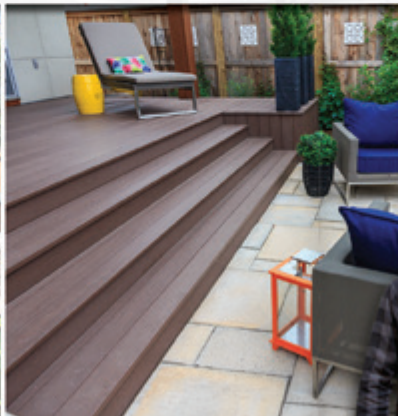
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