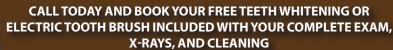
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## **Welcoming New Patients**



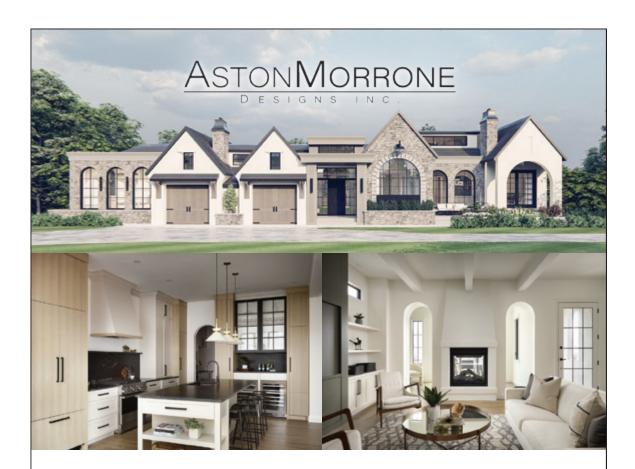
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**WILLOW PARK** 



**MAPLE RIDGE** 





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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

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403-283-4993		www.scouts.ca				
The Willow Pidge Community Association (WPCA) Vision						

#### 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

**WRCA website** mywillowridge.ca



@mywillowridge

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.

#### PRESIDENT'S MESSAGE

When you think about our community association, you might think about our ice rinks, tennis courts, gardens, soccer fields, events, and the programs and services found in our building. All of these things are important parts of our community association, but our CA also plays an important role in community advocacy and engagement.

Over the past year, you've probably noticed new cellphone towers, more traffic issues, and more development issues, all of which our CA has been actively involved in. Our community association has a unique ability to engage directly with the City of Calgary to discuss these matters and provide advocacy on behalf of our residents. The community association has several key ways to advocate on your behalf.

First, at our monthly board meetings, we have representation from our City Councillor, City Services, and the Calgary Police, which gives us an opportunity to bring issues and matters directly to key representatives from the City, which we then follow up on during future board meetings.

Secondly, we have the ability to collect feedback from our community to provide letters of opinion to the City, which can carry more weight than a letter from an individual alone, such as our recently submitted letter of recommendation on cellphone tower siting processes.

Third, we can partner with the City to enrich our neighbourhood, such as our recent partnership with the City of Calgary to install community benches. If you are interested in helping advocate on behalf of our community, or if you don't feel like you are being heard on important civic topics, our community association is here to help.

Jason Carling

President, Willow Ridge Community Association president@mywillowridge.ca



#### TAKE ON WELLNESS

### **Load up on Legumes for Lunch**

from Alberta Health Services







Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

#### Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- · Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

#### Or try making a chickpea salad:

- 1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
- 2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
- 3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.

## **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
- Fmbers
- Expand Yoga
- National Sports Academy
- Calgary Karate
- Simple Harmonies

#### **Mondays to Fridays**

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

#### **Saturdays**

Devotion Danceworks





### Spring into a healthy smile!

The Apple Dental Team is here to help you spring clean your dental health. That's why our team is pleased to offer a \$50 New Patient Exam\*. Our team of amazing doctors came together to ensure that our new patient exams are affordable, accessible, and offer the highest standard of expertise & care for every patient we see.



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\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hamilton

## Willow Ridge Community Association - 680 Acadia Dr. SE

## NEIGHBOUR DAY

Saturday, June 10th Noon - 4:00pm

e-Bike demos Live Music

Face



- Viet 2 Go
- Kona Ice
- Mumbai **Bites**

**Arts & Crafts Market with** over 25 vendors! **Youth Hiring Fair** Interactive activities for all ages!

#### **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!

#### **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)



Support your

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, 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.
- · Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.

























#### **Willow Park Preschool**

680 Acadia Dr SE

Learn through play!

Limited spots available for morning preschool classes.

Registration is now available for 2023/2024 three-year-old and four-year-old classes. Check out our website https://willowparkpreschool.com/ or email willowparkpreschool@gmail.com to find out more about our programs.





## Adoption Event <sup>®</sup>

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#### Friday, June 30

2pm – 6pm



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# FRIENDS Fish Creek

#### June in Fish Creek

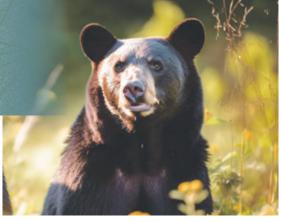
#### **WestJet Gift of Flight**

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two quests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, and surcharges are not included. Blackout dates and restrictions apply. Tickets are one for \$10, five for \$20, 25 for \$50, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more information, visit https://friendsoffishcreek.org/programs/flight.

#### **Calgary Connect: Maintaining Ecological Connectivity** Thursday, June 8, 7:00 to 8:30 pm Presented by Nicole Kahal, Conservation Analyst with

## the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit https:// friendsoffishcreek.org/event/connect.



#### Capture Nature Photo Contest 2023

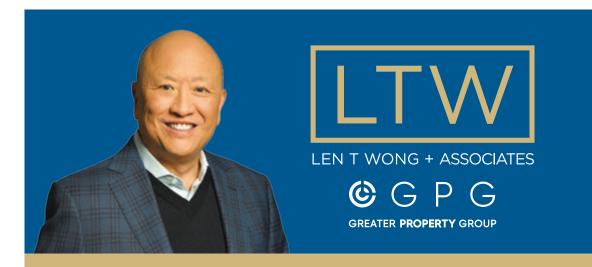
Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit https:// friendsoffishcreek.org/programs/capturenature.

#### Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.



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## Willow Ridge Pickleball Spring Tournament

The first Willow Ridge Spring Pickleball Tournament was held April 29 and 30. The spring weather cooperated, and it was perfect for both days. There were 124 participants and multiple volunteers. The tournament was organized by Brett, Trudy, and Francine, with additional support from the WRCA office.

There were 10 divisions run over the two days. It was a tremendous success with many accolades received from the participants. It could not have been done without our spectacular volunteers: Roger, Alison, Marg, Christy, and Susan.

The division winners are as follows:

Division	Medal	Winners	
	Gold	Don/Leon	
Men's Novice	Silver	Patrick/Mark	
	Bronze	Glen/John	
	Gold	Charlotte/Deborah	
Ladies' Novice	Silver	Janet/Lynn	
	Bronze	Cora/Connie	
	Gold	Albert/Brian	
Men's Intermediate	Silver	Gary/Dean	
	Bronze	David/Brent	
	Gold	June/Joan	
Ladies' Intermediate A	Silver	Tracy/Young	
	Bronze	Chanelle/Doris	
	Gold	Diane/Dyan	
Ladies' Intermediate B	Silver	Tamara/Teena	
	Bronze	Patricia/Christy	
	Gold	Vern/Michel	
Men's Advance	Silver	Gordon/Harry	
	Bronze	David/Barry	
	Gold	Charlotte/Neil	
Mixed Novice	Silver	Helen/Robert	
	Bronze	Debbie/Albert	
	Gold	Tracy/Robert	
Mixed Intermediate A	Silver	Young/David	
	Bronze	Dina/Gord	
	Gold	Diane/Milt	
Mixed Intermediate B	Silver	Cindy/Gary	
	Bronze	Bobby/Wayne	
	Gold	Tiffany/Arturo	
Mixed Advance	Silver	Allison/David	
	Bronze	Sefrah/Jordan	



Special thanks to our sponsors who provided prizes for the tournament:

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Greetings Lake
Bonavista Community!!!

We are happy to present our latest exterior transformation in the area.

"Night Gray" James Hardie siding and shakes with "Arctic White" trims gave this house a beautiful look!

Natural "Rundle Rock" from great Canadian Rocky Mountains in Canmore finished perfectly with slightly tapered pillars!

Tongue and groove prestained soffit added a little hint of modern!

We could not be happier with the final look of this home!

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#### Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4 **Ingredients:** 

• 3 boneless, skinless chicken breasts

• 1/3 cup fresh lemon juice

- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 34 tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

#### **Directions:**

 Prepare lemon dressing by combining lemon iuice, garlic, Diion mustard, Worcestershire salt, pepper, sauce. honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend



for about one minute. Transfer dressing into a Mason jar for easy storage.

- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 34 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



#### **SAFE & SOUND**

## **Backyard Play Safety**

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

#### **Water Hazards**

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### **Lawn and Garden Tools**

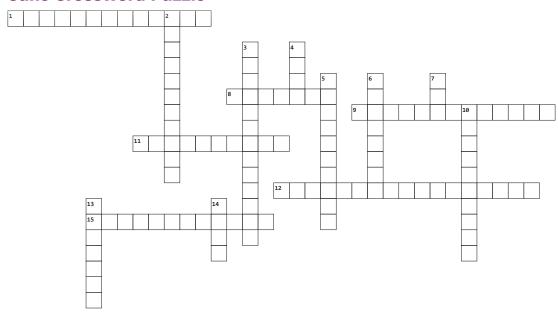
- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### **Insect Bites and Stings**

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- •To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



#### **June Crossword Puzzle**



#### Across

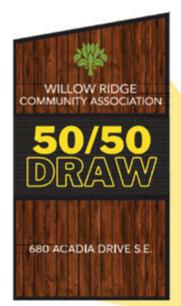
- 1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most wellknown songs in the English language.
- 8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- 9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- 11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- 12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- 15. This Calgary landmark was opened to the public on June 30, 1968.

**SCANTHE QR CODE FOR** THE ANSWER KEY



#### Down

- 2. The song "I Will Always Love You," first recorded on June 12, 1973, by \_\_\_\_\_ gained renewed popularity with a re-release by Whitney Houston.
- 3.43 years ago, this NHL hockey team relocated to Calgary.
- 4. The month of June is named after this Roman goddess.
- 5. In North America, National Day is celebrated on June 8.
- 6. 29 years ago, this popular Disney movie, based on Shakespeare's play, Hamlet, was released.
- 7. The first Friday after Father's Day is National Take Your to Work Day.
- 10. On June 2, 1967, this band released their iconic album, "Sqt. Pepper's Lonely Hearts Club Band," in the US.
- 13. This European country experiences the longest summer solstice due to its geographical location.
- 14. The official Father's Day flower.



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#### **Pet of the Month**

Hi neighbours, I'm Daisy! I love people, dogs, cheese, and eating sticks. My favourite things are exploring everywhere I go with my amazing sniffer and shopping with my parents (they take me to the good stores that give me duck treats at the till).

I hope to meet you on a walk one of these days.

**XO** Daisy



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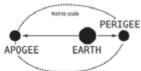


#### RESIDENT PERSPECTIVES

# Stargazing with Pat J: Why Don't We Have a Supermoon Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada





The Moon's orbit around Earth is oval shaped with the Earth offset slightly to one side.

Because of this, our distance from the Moon varies from about 360,000 kms when it is closest to Earth (perigee) and 400,000 kms when it is furthest away (apogee).

A full Moon takes place when the Earth is directly between the Moon and the sun.

If it occurs when the Moon is at 100% perigee (absolute closest point to Earth), this is a true Supermoon and can make the Moon appear 14% larger and 30% brighter than if it were to happen when the Moon was at apogee.

Unfortunately, a true Supermoon is a very rare event. The last one took place on January 15, 1930, and won't happen again until December 6, 2052.

In 1979, an astrologer named Richard Nolle felt 122 years was just too long to wait, so he put forward the idea that whenever a full Moon occurs at 90% perigee or greater, that too should count as a Supermoon. Why Richard chose 90% as his cut off, is unclear.

2023 will have four of these 90% Supermoons, occurring on July 3, August 1, August 31, and September 29.

Incidentally, 2023 has 13 full Moons instead of 12, something that only occurs every two to three years. That extra full Moon, which falls on August 31, is called a 'Blue Moon.'

Traditionally speaking, a 'Blue Moon' is the third full Moon of an astronomical season containing four full Moons. No. it won't be blue.

Because they will not be as close to Earth as the genuine article, the 2023 Supermoons will appear only 7 to 10% larger than a regular full Moon.







## Friday June 23 6pm-Midnight

The age range is 11 to

(you can leave when you want)

18 and game supervisor would be appreciated!

The price: 10\$ for nonmembers 5\$ for members



Organized by the WRCA junior Board

**Willow Ridge** community centre 680 Acadia Dr.SE

Location:

Register online at wrca.getcommunal.com



BE FROM TOPS (POP WILL BE INCLUDED





## O Brave New World!



You might think Aldous Huxley's 1932 novel, Brave New World, could have nothing to do with a 400-year-old play. However, the name for Huxley's novel comes from a line in Shakespeare's *The Tempest*. An island-dwelling girl named Miranda exclaims

"O brave new world" when a group of shipwrecked men wash up on the shore of her secluded island.

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SESSION:
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continued on next page

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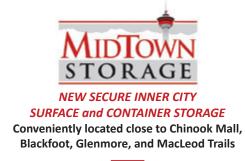
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