# **myWILLOWRIDGE.ca**

THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

EASTER EGG HUNT PAGE 13 MONTHLY HEALTH TALK PAGE 14





CALL TODAY AND BOOK YOUR FREE TEETH WHITENING OR ELECTRIC TOOTH BRUSH INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING



Dr. Lucas Curran General Dentist • OPEN EVENINGS & SATURDAYS

• EMERGENCIES WELCOME

• WE DIRECT BILL YOUR INSURANCE

580 Acadia Dr SE

403.455.3220

www.willowsidedentist.ca

Mheelchair accessible

mywillowridge.ca

Shirley & Jeff Mikolajow

Your Willow Ridge Specialists

Dedicated Service with Integrity, Always! Proven Top Sales Knowledge.

Exceptional Marketing and Negotiating.

Consistently Selling for You.

CALL SHIRLEY & JEFF MIKOLAJOW TODAY TO BUY OR SELL.



# Thank You For Your Referrals







#### **People Are Our Business**

Call Now for a FREE MARKET EVALUATION of Your Home & Facts to Help Sell Your Home

What Determines "Value" of Real Estate?
International and Interprovincial Migration

We will help you to maximize the value of your real estate. Call us now or email your questions. We will also be here for you monthly with more facts! We love real estate. We know real estate.

# **Shirley & Jeff Mikolajow** RE/MAX FIRST



shirley@mikolajow.com jeff@mikolajow.com www.mikolajow.com

403-804-3990



### **Welcoming New Patients**



403.455.3220 www.willowsidedentist.ca

580 Acadia Dr SE

Second level

Entrance located on west facing side of building Wheelchair accessible • Open evenings & **Saturdays** 

- Emergencies welcome
- We direct bill your insurance

CALL TODAY AND BOOK YOUR FREE TEETH WHITENING OR ELECTRIC TOOTH BRUSH INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING. WE BILL IN ACCORDANCE WITH THE ADA FEE GUIDE.



MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

#### **Available monthly by community:**

- Community Real Estate Stats Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
- Local Classified Ads

☐ @MyCalgary | ☐ MyCalgary | У @My\_Calgary news@mycalgary.com | 403-243-7348 **Made by Great News Media** 

Scan to visit MyCalgary.com



#### GREAT NEWS MEDIA

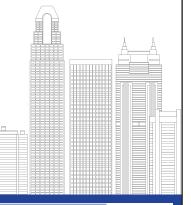
#### LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us, call 403-720-0762 or email sales@greatnewsmedia.ca

Scan for an advertising quote







Visit our YouTube channel to learn about the latest in print and digital marketing!



#### **CONTENTS**

- 8 PRESIDENT'S MESSAGE
- 11 RENT OUR SPACE
- 15 BRUSHSTROKES FOR KIDS
- 18 PET OF THE MONTH
- 23 RECIPE: TWO SIDES
- 28 BUSINESS CLASSIFIEDS









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





**MAPLE RIDGE** 





**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# 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	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 IIsley	bookkeeper@mywillowridge.ca		
Community Resourc				
	es			

Community Resour	ces				
Councillor - Ward 11					
Kourtney Penner	403-268-2430	ward11@calgary.ca			
MLA - Calgary Acadia	1				
Tyler Shandro	403-640-1363	calgary.acadia@assembly.ab.ca			
MP - Calgary Midnap	ore				
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			
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.



CUSTOMER SATISFACTION GUARANTEED

#### WE SPECIALIZE IN ALL FORMS OF **CONSTRUCTION & LANDSCAPE**

INCLUDING SMALLER IN-HOME PROJECTS



#### **Services**

Residential Landscaping

**Landscape Construction** 

Year-Round Maintenance Spring and Fall Cleanup

**Commercial and Condo Property Management** 

Snow and Ice Removal

#### **Contact Us**

Address 20 Sunvale Place SF Calgary, AB T2X 2R8

Call us now (403) 256-9282



Email us

info@jacksonjackson.ca contact@jacksonjackson.ca

www.jacksonjackson.ca



#### **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!

#### A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League

Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.

# 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
- 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

#### **President's Message**

First, a huge thank-you to everyone who came out to celebrate our February Winter Carnival and all the volunteers and staff who made it happen. We had hundreds of people show up to skate, curl, enjoy horse rides, drink hot chocolate, and enjoy a beautiful winter day with neighbours.

As we look towards spring, we see an extremely busy season of new projects beginning at the WRCA. A few highlights of projects we'll be undertaking this year include rebuilding the playground on 99 Avenue, installing a new sign in front of our building, hopefully expanding our parking, installing benches in green spaces throughout our community, adding a new mural to our sea can, completing our building elevator, and more!

We live in an amazing community and our community association is proud to help invest in making it even better. We'll be sending out specific updates on the many exciting things we have planned for 2023, and you can get a sneak peek into the details by attending our upcoming Annual General Meeting on Wednesday, April 5 at 7:00 pm.

None of our projects would be possible without volunteers, so stay tuned to see how you can be part of the action!

Jason Carling

President, Willow Ridge Community Association

President@mywillowridge.ca





#### Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!







Lacey Wells Chartered Accountant Office: 403-313-2262 Cell(text): 403.477.6010 Email: taxes@laceywells.ca Website: www.wearetaxes.ca

- ✓ Friendly Tax Specialist
- ✓ Affordable and Efficient
- ✓ Flat Rate Bookkeeping Available, if Preferred
- ✓ Corporate and Personal Tax Filings
- ✓ Financial Statement Preparation
- ✓ CRA Representation
- ✓ Contract CFO
- ✓ USA Qualified
- ✓ Senior and Student Discounts!

#### FREE TAX CONSULTATION!

10% OFF personal taxes 15% OFF corporate taxes **10% OFF** any specialized tax services Bring coupon or mention this ad.



#### ig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



#### PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



Cosmetic Injectables | Lasers | ThreadLifts | Chemical Peels

Non-surgical consults are complimentary! Call us today or book online

ceruleanplasticsurgery.com

Suite 385 - 11012 Macleod Trail SE, Calgary, AB T2J 6A5 Ph: 403-225-2141 F: 403-271-4546



F Cerulean Plastic Surgery Centre



@ceruleanplasticsurgery



#### **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.
- 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



#### **Willow Ridge Community Association AGM**

Notice of Annual General Meeting of Members to be Held on Wednesday, April 5, 2023, at 7:00 pm.

Notice is hereby given that the annual general meeting (the "meeting") of the members of Willow Ridge Community Association of Calgary (the "association") will be held on Wednesday, April 5, 2023 (Calgary-time) at the Willow Ridge Community Association (680 Acadia Drive SE Calgary, AB).

The purpose of the meeting is to:

- · Place before the members the audited financial statements of the association for the financial period ended August 31, 2022, together with the auditors' report thereon;
- · Appoint the auditors of the association for the ensuing fiscal year;
- Elect the president and directors of the association for the ensuing year;
- Transact such other business as may properly be brought before the meeting or any adjournments thereof.

Only members recorded on the association's register on the date of the meeting are entitled to vote at the meeting, or any adjournment thereof. If you would like to purchase a membership, you can do so by visiting www.mywillowridge.ca. You must be a member in good standing of WRCA for a period of 30 days prior to the meeting.

If you would like a copy of the agenda or the association's financial statements prior to the meeting, please contact our staff at info@mywillowridge.ca or at 403-271-8044 and a copy will be provided to you.

By Order of the Board of Directors





# MONTHLY 4with HEALTH TALK & \*\*

With Meadows Mile Pharmacy

at Willow Ridge CA 680 Acadia Dr. SE 2:00 - 3:00pm

MARCH SESSION: Wed, Mar 29th

# PHARMACIST PRESCRIBING

What can your pharmacist do for you?

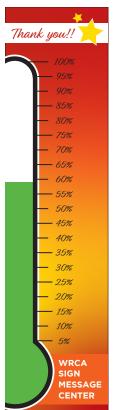
Information session followed by open Q&A

For more info: 403-253-5700 or hello@meadowsmilepharmacy.com

**Meadows Mile** 

**PHARMACY & COMPOUNDING** 

#### **New Building Sign**



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

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

Shirley Mikolajow, a long-time volunteer with our community

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



#### Ages 5 to 7

You will use your favourite colours to cover the substrate background, and using a stencil, you will paint around it to create the perfect painting.

#### Ages 8 to 10

Using techniques like scribbling, blowing, and splattering, we will paint up the cutest ostriches vou've ever seen.

#### Ages 11 to 13

Using a resist technique and black background, we will create a splash from a goldfish. You can't miss painting this gorgeous little artwork!



The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!

#### **RESIDENT PERSPECTIVES**

#### The Children of Weather

by Ananya Mirok, Grade 5

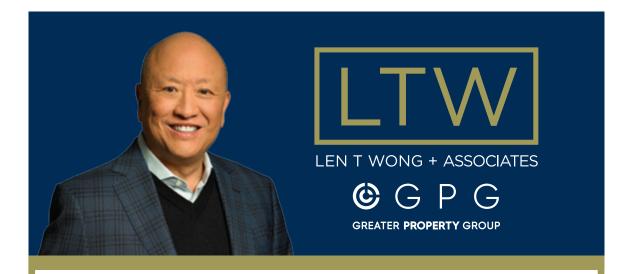


Icicles are like shards of glass growing on the windowpane Wind whirls around it as it goes
Trees put on its coat of snow
The pine dances in the air
Doing the waltz with the snow
The frost lands lightly on the hill
Chilly wind sways the trees and bends the leaves
Sparks of snow, fall so bright
Glittering even in the night
The only colour is grey and white
Throughout the day and in the night

The snow is now melting
Frost is all gone
Ice is slipping off the bark
And now it's dawn
Sprouts and beans are growing now
The butterflies are flying around
Petals are growing but not here yet
People are planting, knees on the ground
Seedlings are hatching, growing right now
Caterpillars are crawling around
Eating every leave in sight
With the butterflies in the sky
They wish they could take to flight

Petals in the sky Blossoms in my eye Day as bright as light As well as in the night Sky as blue as the sea But is lighter than thee Birds are coming back And that is a fact In the warmth and light The sun comes very bright At the beach we play In the hotness of the day Greenest grass in all the land Same with the trees and leaves Summer is coming to an end That means school will start again

The smell of apple pie walks through the air Filling our nostrils with the scent of cinnamon We see streaks of colour hitting the ground All the leaves floating around Autumn is leaving us once more Winter is now walking through the door



### YOUR HOME SOLD GUARANTEED!\*

#### Call to find out more about our **Innovative Consumer Programs**

**Virtual Tours Guaranteed Sale Program\*** Trade Up Program\* **Blanket Home Warranty Program\* Accepting Crypto Currency** 

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 **Email len@lentwong.com** 

\*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

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



My name is Lola. I'm a 10-year-old Pomeranian Chihuahua. I live where I have a great view of the soccer field and the playground. I spend most of my day looking out the window and barking at any and all dogs walking by, telling them to get off my block. I am the boss of this block.

My hobbies are barking at dogs that walk by, running at the dog park, and sniffing other dogs, (especially huge boys), riding in the car and sticking my head out the window, eating treats, drinking water, cuddling, and rolling around on the carpet on my back. I hate my sweater but they make me wear it in the cold.

I sleep on the bed and basically rule the house. I am the manager; the people are my staff. They say I'm a really good girl. I have them all fooled!







#### YOUR CITY OF CALGARY

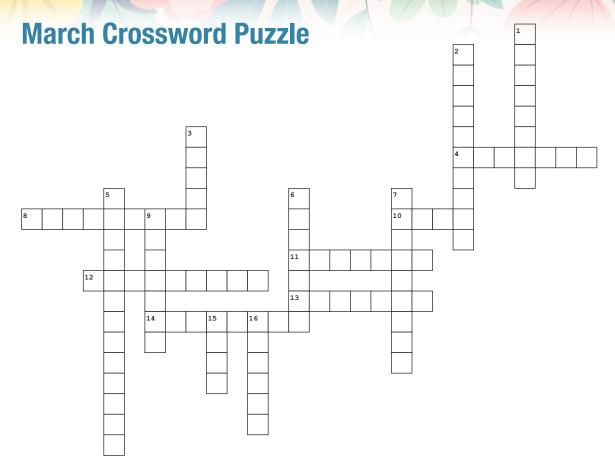
# **Business Map: Online Map Shows Calgary Businesses and Business Licence Information**

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at https://maps.calgary.ca/businessmap/.To view more City of Calgary maps, please visit the Map Gallery at https://mapgallery.calgary.ca/.

# The Full Worm Moon The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



#### Down

- 1. March's birth flower
- 2. This best-selling French-Canadian singer was born on March 30, 1968
- 3. You get pinched if you don't wear this
- 5. Both a dessert and a celebration of mathematics that takes place on March 14
- 6. The saint most popularly associated with March 17
- 7. Popular chocolate and what you might find at the end of a rainbow
- 9. This children's author and cartoonist was born on March 2, 1904
- 15. Roman god of war who shares a name with this month
- 16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

#### Across

- 4. This day signals the start of spring in the northern hemisphere
- 8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
- 10. On March 6, we celebrate this cookie's 111th birthday
- 11. According to ancient Greeks and Romans, this was believed to be a path from the gods
- 12. An important international holiday celebrating gender equality
- 13. Each March, this city's river is dyed green
- 14. Another word for a three-leaf-clover

#### SCAN THE QR CODE FOR THE ANSWER KEY



#### **HERITAGE STORIES**

# Heritage Stories: Have You Ever Been to Rouleauville?

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

If you've wandered the avenues of Calgary's historic community of Mission, you most certainly have visited what was once the Village of Rouleauville. Mission Notre Dame de la Paix (Our Lady of the Peace) was founded in 1875 by French-Catholic Oblate missionaries and relocated to a peaceful spot along the Elbow River. In 1884, Father Albert Lacombe oversaw the subdivision of a two quarter-section block of land with the intent of establishing a Roman Catholic Francophone settlement south of Calgary. A sandstone church was built in 1889, later to become St. Mary's Cathedral when the Diocese of Calgary was created in 1912. The current Cathedral opened in 1957.

In 1885, the Sacred Heart Convent was established, along with the first Francophone Catholic education system in southern Alberta, helped by Supreme Court Justice Charles Rouleau. Around 1887, Dr. Édouard Rouleau, Charles' brother, moved to an 1885 Oueen Anne Revival house, now known as the Rouleau House, and became medical chief of staff when Holy Cross Hospital was founded by the Grey Nuns in 1892. A year after Édouard purchased the home, he had it moved two lots over to 114 St. Joseph's Street (now 18 Ave SW) and extended. The charming home featured a simple gable-fronted structure, tall bay windows, and ornamental fretwork with a kitchen at the rear. The home was sold in 1905 and continued to function as a private residence, and at times a boarding house. It survived a fire in 1950, then was slated for demolition in 2003. Thanks to public outcry, the home was saved and moved again in 2005 onto a new foundation at 1880 1 St SW. It is adjacent to St Mary's Parish Hall, once a railway station, and now home to Alberta Ballet. The Canadian Northern Railway Bridge and tracks are still visible at the rear. Restoration began in the spring of 2019 and in September of 2020, it was designated a Municipal Heritage Resource. Rouleau House is the oldest surviving building in Calgary's historic Mission district.



Holy Cross Hospital (CPL Postcards from the Past)



Rouleau House (CHI 2021)



St. Mary's Church 1908-10 (CPL Postcards from the Past)



Sacred Heart Convent ca 1894 (CPL Postcards from the Past)



St. Mary's Parish Hall CNR Station (CHI 2017)



St. Mary's Parish Hall (CHI 2019)

#### **Choosing a Meal Delivery Service**

from the Better Business Bureau

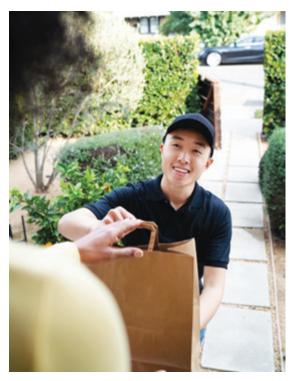
Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### The following tips will help select an ideal meal delivery service for your household:

- · Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- · Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- · Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem - a missing recipe card or ingredient, for

- example you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- · Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.







# TOURNAMENT

APRIL 29 & 30, 2023 visit mywillowridge.ca for more info

Mens - Ladies - Mixed - Novice - Intermediate - Advanced

#### **Two Sides**

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread: all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



**Glazed Rainbow Carrots** Prep Time: 10 minutes Cook Time: 20 minutes

Servings: 4

#### **Ingredients:**

- 1 lb organic rainbow carrots
- · 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

#### **Directions:**

- Peel and wash carrots and place in a large pan.
- · Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- · Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes Cook Time: 15 minutes

Servings: 4

#### **Ingredients:**

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- · 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- · Salt and black pepper to taste

#### **Directions:**

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!





Specializing in bespoke residential projects, AstonMorrone Designs Inc. prides itself on bringing each of our unique client's visions to life. No matter what project we are designing, we always aim to make an impact.

- **(**403) 830-6492
- #208 908 17th Avenue SW, Calgary, AB









### 403.256.2252

#### www.landartist.com

We are providing our award winning landscaping design and construction services in your area!

Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens









## **South Calgary Community**

**Clothing GIVEAWAY** 

Saturday, May 6, 2023 10:00 am to 1:00 pm

380 MIDPARK BLVD SE **All Saints Lutheran Church** 



#### RESIDENT PERSPECTIVES

#### **Houseplant Design**

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

#### **Fun Fact**

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.



#### 403-287-3958

5308 4th Street SE T2H 1K5 info@thfireplaces.ca www.thfireplaces.ca

#### Winter is Not Over Yet!

Gas Fireplace Manufacturers recommend an annual clean and check by a qualified technician. Our experienced team can provide you with a thorough maintenance check for optimal performance of your fireplace with these services:

 Inspect the ignition system and check air shutter • Clean and vacuum logs/ media and burner assembly • Clean and check the blower system • Clean and test the thermopile, thermocouple, and pilot assembly • Clean and test electronic ignition system • Check gaskets and seals for leaks • Measure valve readings for optimal operation • Test for gas leaks • Test for venting leaks • Test for correct switch/thermostat operation • Test spill switch connections and current flow Polish glass panel with fireplace cleaner

Service rates starting at \$185(+GST) Take advantage of this promotion before April 17, 2023.

Use CODE "2023" for our special rate starting at \$165(+657)

#### Call to book your service today!

\*Does not include parts replacement cost or return trip charges.

# **BUSINESS CLASSIFIEDS**

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Willow Park and Maple Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

WILLOW PARK | MAPLE RIDGE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**HERITAGE WEST PLUMBING AND HEATING:** 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**YOUR HANDYMAN:** All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

**JUNKTOTHE DUMP/ODD JOBS:** Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**ACTIVE SPORTS THERAPY:** Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Willow Park? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

**AFFORDABLE DENTAL CARE MINUTES FROM WILLOW PARK | MAPLE RIDGE!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters. com. Save money, smile, be happy!

**BRH HOME SERVICES (FREE ESTIMATES):** Trusted for over 40 Years - Doing It Right The First Time. Electrical, plumbing, tiling, flooring, insulation, drywall, taping, mudding, sanding, painting, carpentry, kitchen/bathroom renos, locks, appliance installs, interior/exterior doors, baseboards, trim, garage door repairs, parging, decks, fences. If you don't see what you want, just call Richard at 403-481-1774.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**WORK TO EARN EXTRA MONEY:** We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$18 per hour to start. Call 403-225-3441.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates, Phone Cliff at 403-620-8170.

**CURVES:** Is a facility specifically designed for women featuring a complete 30-minute workout that is fast, fun, and safe. We have leading technology that monitors your heart, and we are also extending a discount on registration for ladies 70 years of age or older. Unit 410, 9737 Macleod Trail SW, Calgary. 403-457-9531.

ED'S HANDYMAN SERVICES: "No job too small- give me a call!" Free estimates and seniors' discounts! 25 years of experience in general repairs, painting, tile installation, laminate/hardwood flooring, bathroom repairs/renovations and fencing. Call 587-998-2858 or email diaz180@telus.net.

INCOME TAX TIME IS COMING, BE PREPARED: Professional CPA with more than twenty years' experience in personal and corporate tax services. I prepare financial statements, T4, T5 and GST returns. Payroll and bookkeeping services are also available. Call Janice at 403-617-8956 or email jawilcpa@telus.net for a free consultation.

**HOUSE CLEANER IN WILLOW PARK | MAPLE RIDGE:** Highly experienced cleaning ladies looking for more houses to clean in Willow Park | Maple Ridge. We're offering excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction quaranteed! Ask me about a bonus! Text 587-225-4413 or email greatcleaningstar@gmail.com.

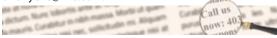
FLO'S VOCAL ARTS STUDIO: Discover your vocal potential. For personal development and enjoyment, and if you are preparing for upcoming auditions, singersongwriter events, adult choirs, open mic showcases or school performances. Contemporary vocal coaching for ages 7 to 77. Forty-four years of experience. Florence Shustack, BScOT. Member of the Calgary Musicians Association. florencesinger@shaw.ca | www.vocal-artsstudio.com | FB@FlosVocalArtsStudio | 403-397-6737.

**LET GEORGE DO IT:** Home repair and installation services. 30+ years serving Calgary communities. Providing plumbing and electrical repairs, new fixture and appliance installation, interior and exterior repair and painting. No job is too small! Contact George at 403-650-9182 or letgeorgedoit@shaw.ca.

OKONBOOKS PROFESSIONAL ACOUNTING AND **INCOME TAX SERVICES:** Experience in public accounting, CPA, CMA provides multiple year filings, mobile services, Canada and US personal and corporate tax preparation, bookkeeping, GST, and source deduction. Please call 403-305-0955, email okonbooks@ gmail.com, or visit www.okonbooksaccounting.com.

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

**SENIOR ASSISTANCE:** Helping seniors stay in their own homes with greater ease! Whether it's cleaning, organizing, yard work, or light repairs. Shopping, meal prep, online assistance, pet care, outsourcing or a companion to play a game with, I'm your gal! Available for weekly/biweekly/monthly schedules at a flat hourly rate. Contact Tiffany Thomson, 403-801-8036, tiffanveve@live.com.



### Female Clergy



On March 12, 1994, the Church of England, which is headed by the British monarch, ordained 32 female priests. Prior to this, all clergy in the

Church of England were male. As a result, 700 male clergy and thousands of church members left the church in protest. On a happier note, in 2015, the Church of England welcomed its first female bishop, Libby Lane!



Exam\*. Our team of amazing doctors came together to ensure that our new patient exams are affordable, accessible, and with the highest standard of expertise and care for every patient we see.



10233 Elbow Dr SW, Suite #380, Calgary, AB T2W 1E8 Phone: (403) 640-4000 | info@appledentalgroup.ca www.appledentalgroup.ca

\*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 Hygiene.





## ---- DMC CONSTRUCTION -----

STUCCO-SIDING-STONE-DECKS-SOFFITS/FASCIA-AND MORE



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!

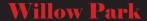
Tongue and groove prestained soffit added a little hint of modern!

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

--- CALL US TODAY FOR A FREE ESTIMATE! ---

403-477-8711

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



Detached Home Stats - Last 45 Days



11

# New Properties



2

# Sold Properties



111

Average Days on Market



\$845,000

Median Sold Price

#### Maple Ridge

**Detached Home Stats - Last 45 Days** 



4

# New Properties



1

# Sold Properties



76

Average Days on Market



\$515,000

Median Sold Price







403.681.4457 jordy@royallepage.ca

