

NOVEMBER 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

**COMMUNITY
ENGAGEMENT
SESSION**

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**HOLIDAY
MARKET**

PAGE 16



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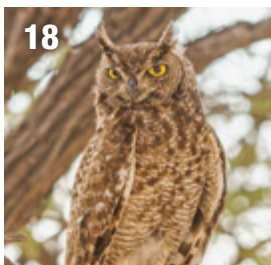
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

WILLOW PARK



MAPLE RIDGE



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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	Chris Nyberg	casino@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
Secretary	Dustan Byrnes	secretary@mywillowridge.ca
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Facilities	David Hughes	facilities@mywillowridge.ca
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Funding	Don Boykiw	dboykiw@mywillowridge.ca
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Casino	Vacant	
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Volunteer Coordinator	Vacant	
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Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Tom Firth	tfirth@mywillowridge.ca
Director-at-Large	Jecielle Alonso	jalonso@mywillowridge.ca

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	Leslie Smith	com

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Community Services Manager	Anna Glickman	gm@mywillowridge.ca
Office Administrator		info@mywillowridge.ca
Bookkeeper	Jenna Burns	jburns@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
-----------------	--------------	--

MLA - Calgary Acadia

Diana Batten		diana.batten@albertandp.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/mywillowridge)

WRCA website

mywillowridge.ca

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

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

COMMUNITY ENGAGEMENT SESSION!

**TOPIC: HELP US THINK ABOUT HOW
WE CAN REDESIGN THE FIELDS
AND PARKING LOT AT THE WRCA
COMMUNITY HALL!**

**ALL AGES ARE
ENCOURAGED
TO ATTEND**

**ALL YOU NEED
TO BRING IS
YOUR IDEAS...**

**November 10, 2023 from 6 - 8pm
WRCA Community Hall - Maple Hall**



WRCA + DIALOG

With special thanks to Parks Foundation Calgary and the Stella Conceptual Drawing Grant, WRCA has signed a contract with DIALOG to come up with a new conceptual model for part of our fields.

- The conceptual model is a starting point to redevelopment - it may take a few years to gather funds and execute.
- A key focal point for the concept is replacing the existing end-of-life baseball diamond and expanding our car park.
- Some community ideas we have heard include urban forest, native grasses, another rink, skate park, another baseball diamond, who knows?!

We want people, young and old, from across our community to provide input to DIALOG on what they would like to see. Please join us on Friday, November 10 between 6:00 to 8:00 pm for an informal engagement session where Landscape Architects from Dialog, as well as staff and board members from the WRCA will be available to answer questions and hear your thoughts. We would love to hear your ideas!

ONE DAY ONLY

Over 20 talented Local artists



Join us November 5 from 1pm - 7pm
Willow ridge community centre
680 Acadia Dr SE

FINE ART SALE

www.Calgaryartcommunity.ca



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
- Dance with Maya

Mondays

- Expand Yoga
- Pathfinders
- Sparks
- Pyramid Psychology

Tuesdays

- Devotion Danceworks
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Sports Ball
- Simple Harmonies
- Zumba with Maan, Marian, and MJ

Thursdays

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

Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Queens & Jacks Square Dancing (Monday and Friday)
- Creations Child Care Inc.
- Willow Park Preschool
- Willow Kids Club (Daycare)

Saturdays

- Devotion Danceworks

PRESIDENT'S MESSAGE

After two years of community-led work, the playground on 99th avenue should now be renewed for another generation of children to enjoy. The project would not be possible without the support of our community volunteers, the City of Calgary, Parks Foundation Calgary, and our local businesses who supported the playground build - ARC Resources, Tops Pizza, Italian Market, and Starbucks. I would also like to thank Mark Burley for taking the position as our community playground project manager as the project unfolded.

To realize community-led projects like the playground upgrade, we need to hear voices from many different perspectives in our community. Our board of directors is very strong, with 15 community members of different ages and backgrounds; however, I feel like females are under-represented as we only have one female board director left! A diverse board is a healthy board - so, if you are interested in helping improve our board diversity, please reach out to me at president@mywillowridge.ca to talk!

Jason Carling

President, Willow Ridge Community Association



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The End of Time

by Danielle Robbertze

It's that time of year again to change all your clocks and timers in the house. It comes every year, yet it doesn't get less annoying or confusing. Of course, I am talking about Daylight Saving Time (DST) which ends November 5, 2023.



This change of time addresses the polarizing seasons in Canada and brings up polarizing opinions. Not everyone in Canada implements Daylight Saving Time to their time zones. But here in Calgary we do. So how did it come to be?

In 1895, George Vernon Hudson, an entomologist, submitted a paper to the Wellington Philosophical Society in New Zealand. In his paper he proposes that there be a two-hour shift forward and backward in October and March respectively. Hudson thought this shift would encourage productivity. But secretly, it gave him more time to chase insects after work (his favourite pastime).

However, there are some indications that Daylight Saving Time had been practiced by ancient civilizations such as the Roman Empire. The Romans utilized water clocks to tell time and would use different scales in different months to suit solar time (a method of recording time using the Sun's movement).

DST was first introduced in Canada in 1908, in Ontario. Other provinces would soon follow suit and adjust their clocks by one hour. And in 1918, DST was formally introduced by the Canadian government to increase productivity during both World Wars.

However it came to be, it is important to remember a few changes that need to be implemented in your home. It is not only the time that is changing but also the season. So, prepare for DST by closing crawl space vents, swapping clothes for winterwear, adjusting your sleep schedule, setting up emergency winter kits, and last but not least, don't forget to change those clocks!

Cats, Canines, & Critters of Calgary



Ari, Millrise



Byron, Britannia



Marley, Brentwood



Nacho, Panorama Hills

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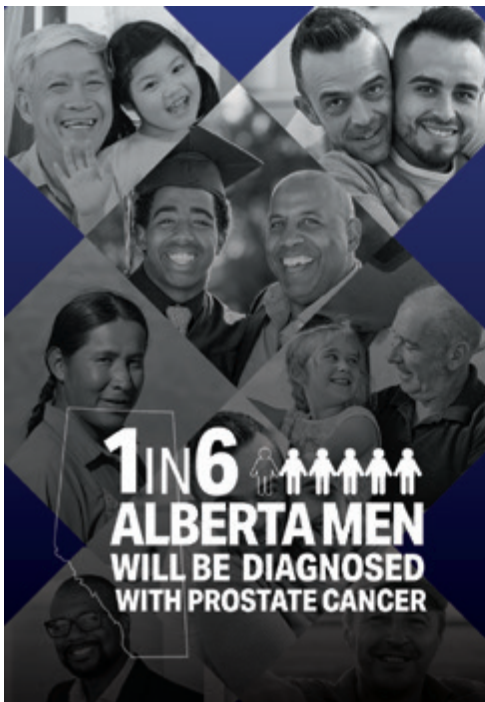
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CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



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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.



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\$15.75 (Individual)



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Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more! Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, 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 standing) 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 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room – 540 sq. ft. Board Room (25 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- 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.





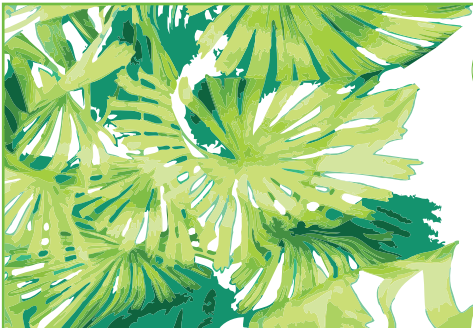
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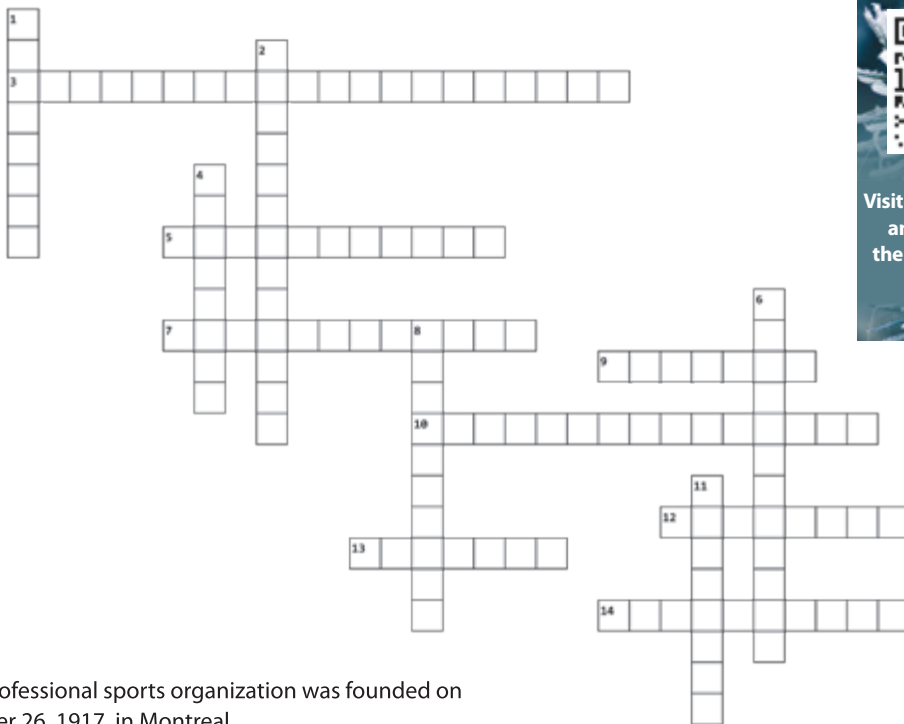
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Google Images

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

November Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.

FRIENDS *of* Fish Creek

Dedicate a Bench in Fish Creek and Leave a Lasting Legacy!

You may have seen Friends of Fish Creek Dedication Benches throughout Fish Creek Provincial Park. There are approximately 105 bench locations and each year several benches become available. Donors can dedicate a bench for ten years for a fee of \$5,250 as a tax-deductible donation, and have a personalized plaque affixed to the bench. At the end of the term the donor will have the opportunity to renew the contract or cancel it.

These beautiful and sturdy dedication benches provide the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. In 2024, there will most likely be some benches available in the west end of the park namely Bebo Grove, Shannon Terrace, and Marshall Springs areas. So, if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit friendsoffishcreek.org/dedication-bench.

GivingTuesday – November 28

After the excitement of Black Friday take some time to give back on GivingTuesday. GivingTuesday is a global movement designed to support the spirit of philanthropy and generosity. This year, the Friends are asking you to help support our conservation initiatives in Fish Creek by making a tax-deductible donation. Your hard-earned donation dollars will be used effectively and efficiently right here in Fish Creek Provincial Park. To support Fish Creek this GivingTuesday, please visit friendsoffishcreek.org/ffc-donate.

The Fish Creek Community Terrace

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley



Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. The Friends are now offering bricks for Phase 4 of the Terrace to be installed in 2024. For more information, please visit friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of the year to renew your Friends of Fish Creek membership or to become a member. The Friends do not receive regular support to run our programs that benefit the park and community and rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' 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 valid until December 31, 2024. To renew your commitment to Fish Creek please visit friendsoffishcreek.org/membership.

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4	8	5	7	1	3	9	2	6
1	6	2	9	5	8	4	7	3
9	3	7	2	6	4	5	1	8
6	2	9	4	8	7	3	5	1
5	4	3	1	2	6	8	9	7
7	1	8	3	9	5	6	4	2

Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.





The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0004302 ADV-23056calgary.ca/rpp



Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

Still Working Remotely? Here's What You Need to Know

by Better Business Bureau's

People were working from home before the pandemic, but the events of 2020 made a perk into a necessity. Teams made the shift; now, not everyone wants to go back. For many, remote work makes sense. It's not a fad, it's here to stay. Here's what you should know whether you're an employer or an employee.

Who is still working remotely?

Younger workers, ages 25 to 54, were more likely to telework than other age groups. Women were more likely to work remotely than men because of the pandemic. However, the numbers of remote workers were much lower when job responsibilities included manual work or physical labour.

Benefits of working remotely:

- Improved work-life balance – People spend less time commuting. They have more control over their schedule, so they can more effectively juggle personal and professional tasks.
- Fewer work-related expenses – Workers save on transportation costs. They can prepare food at home rather than eating out and may need less work-related attire.
- Reduced stress – Healthier eating, no racing to work in heavy traffic, and a more balanced schedule can mean better physical and mental health.
- Increased productivity – Not everyone fits in the same nine-to-five cubicle. Remote work allows staff to pick their own most productive schedules and environments. Improved autonomy can lead to increased engagement.

Problems reported by telecommuters.

Some workers found themselves surprised by some harsh realities of remote work. While most people envisioned laid-back hours working from the beach or cozy on the couch while the dog napped at their feet, the reality was something very different.



Remote workers started reporting high levels of stress and signs of impending burnout for many reasons.

- Work schedules blurred. Because employees had flexible schedules, some felt they needed to be available for longer hours.
- Personal interaction became scarce. Video meetings don't provide the same level of interaction as seeing co-workers face to face daily.

Drawbacks for employers

Companies can also need help when staff shift to part- or full-time remote work. Communication is more complicated when everyone is rarely together in one place. Company culture is more challenging to maintain and convey when onboarding new employees. Security is more challenging because employees access data using off-site networks and devices.

Bosses trying to manage teams with disparate schedules can become overworked and exhausted. While some employers save money because they don't have to maintain as much office space, others spend more because they must divert resources to multiple locations.

Word of the Month

Opine: verb (oh-pahyn)

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Newborn Screening Awareness

by Alberta Health Services



If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

The Alberta Early Hearing Detection and Intervention (EHDI) Program identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age.

Visit ahs.ca/ehdi to learn more.

The Alberta Newborn Screening Program (ANSP) uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to help prevent irreversible problems, improve health, and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Visit ahs.ca/ansp to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.

Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced

- 3 tbsp. of fresh coriander leaves, finely sliced
- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



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THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.

Yielding to Emergency Vehicles

by Alberta Health Services

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.

- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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9

Sold Properties



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Average Days on Market



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