

AUGUST 2023

DELIVERED MONTHLY TO 3,050 HOUSEHOLDS



# myWILLOWRIDGE.ca

THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER



## WILLOW RIDGE COMMUNITY ASSOCIATION

**PRESIDENT'S MESSAGE**  
PAGE 7



**Dr. Lucas Curran**  
General Dentist

**GET READY FOR BACK TO SCHOOL, BOOK YOUR APPOINTMENT NOW!**

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**SOLD**



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General Dentist



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[www.willowsidedentist.ca](http://www.willowsidedentist.ca)

580 Acadia Dr SE

Second level

Entrance located on west facing side of building

 Wheelchair accessible

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# WRCA

\$5.00  
drop in  
fee

# summer

# kids club

Get active this  
summer with our  
WRCA Summer Staff



**Mon/Wed/Fri**  
**9:00am-Noon**

**Tue/Thurs**  
**12:00-3:00pm**

**July 4-August 31**  
**excluding stat holidays**

## Activities:

- Painting
- Arts & Craft
- Fun Games
- Music & Dance
- Clay Work
- Water Fights



For more information:  
Call 403-271-8044

[www.mywillowridge.ca](http://www.mywillowridge.ca)

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

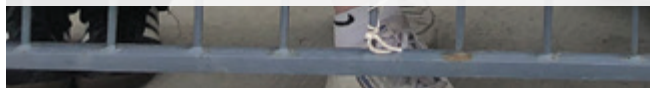
**WILLOW PARK**



**MAPLE RIDGE**



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# WILLOW RIDGE COMMUNITY ASSOCIATION OF CALGARY COMMUNITY CENTRE AND SPORTS FACILITIES

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044

F: 403-278-3718

Website: mywillowridge.ca

Email: info@mywillowridge.ca

We are available by phone Monday to Friday 9:00 am to 3:00 pm

(Voicemail is checked daily and will be responded to by the end of day the next business day). In-person by appointment only.

\*\*Closed Weekends and Holidays

## Board Members

President	Jason Carling	president@mywillowridge.ca
Vice President	Chris Nyberg	casino@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
Secretary	Dustin Byrnes	secretary@mywillowridge.ca
Membership Coordinator	Vacant	
Facilities	David Hughes	facilities@mywillowridge.ca
Sports and Recreation	Vacant	
Funding	Don Boykiw	dboykiw@mywillowridge.ca
Social	Vacant	
Casino	Vacant	
Communications Director	Heather Cook	comm@mywillowridge.ca
Volunteer Coordinator	Vacant	
Strategy	Andres Galindo	agalindo@mywillowridge.ca
Civic Affairs	Gord Rouse	grouse@mywillowridge.ca
HR Director	Mike Krisa	mkrisa@mywillowridge.ca

## Directors At Large

Director-at-Large	Marshall Horne	mhorne@mywillowridge.ca
Director-at-Large	Peter Gibson	pgibson@mywillowridge.ca
Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Tom Firth	tfirth@mywillowridge.ca
Director-at-Large	Jacielle Alfonso	jalfonso@mywillowridge.ca
Director-at-Large	Haley Hartos	hhartos@mywillowridge.ca

## Other Contacts

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

## WRCA Staff

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

## Community Resources

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

### Councillor - Ward 11

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

Diana Batten		diana.batten@albertandp.ca
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### MP - Calgary Midnapore

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

Pavel Adaikin		PAadaikin@calgarypolice.ca
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### Girl Guides of Canada Calgary Area

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

# 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
- Embers
- Expand Yoga
- National Sports Academy
- Calgary Karate
- Simple Harmonies

### Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Queens & Jacks Square Dancing (Monday and Friday)
- Side Quest Child Care
- Creations Child Care Inc.

### Saturdays

- Devotion Danceworks

I am delighted to announce that after two years of work, our new community association elevator is finally in place and operational! This latest addition to our facility isn't just a simple mode of transport from one floor to the next; it symbolizes our community association's focus on ensuring that everyone, regardless of age or mobility, can enjoy our community centre to the fullest.

The project would not have been possible without the support of the City of Calgary, Government of Alberta, and our community association staff. Most importantly, this project was made possible by the dedication of Don Boykiw, who has volunteered many hours raising the funds and shepherding the project from start to finish, through countless hurdles along the way.

Our Community Association wants to be an active agent in improving the quality of our neighbourhood, and the elevator project is just one of many projects we have undertaken to make Willow Ridge the best it can be. To continue achieving our mission, we are in desperate need of the visions and contributions of volunteers like Don.

If you want to help, we are specifically looking for volunteers who can:

- Help us ideate and coordinate events. We love hosting events for the community. We have money and a great team to help support event leaders. We need volunteers who can come forward with great event ideas and the ability to lead them. No event is too small!
- Help us raise funds. Our Community Association has a casino on September 26 and 27. This is a very important fundraising event that is vital to our funding, and we truly need people to volunteer to help us with this event.
- Community Party Helpers. Our annual community party is scheduled for September 9, and we need volunteers to help with setup/takedown and other event tasks.

If you are interested in any of these opportunities or another way of volunteering, pop into the community centre for a chat, or connect with me at [president@mywillowridge.ca](mailto:president@mywillowridge.ca).

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# Community *Appreciation* PARTY

[WWW.MYWILLOWRIDGE.CA](http://WWW.MYWILLOWRIDGE.CA)

THE place to be on  
**September 9th 5-8pm**  
680 Acadia Dr. SE

Catered BBQ Dinner

**MUST PRE-PURCHASE FOOD TICKETS**

Purchase at [wrca.getcommunal.com](http://wrca.getcommunal.com)



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MAGICIAN - DANCING - BEER GARDEN - LIVE BAND - INFLATABLES**

**EVERYONE WELCOME!!**



**WILLOW RIDGE  
COMMUNITY ASSOCIATION**

# FAMILY KARAOKE NIGHT

**TICKETS @ DOOR  
FAMILY  
TICKETS: \$5**

**SINGLE  
TICKET: \$2**

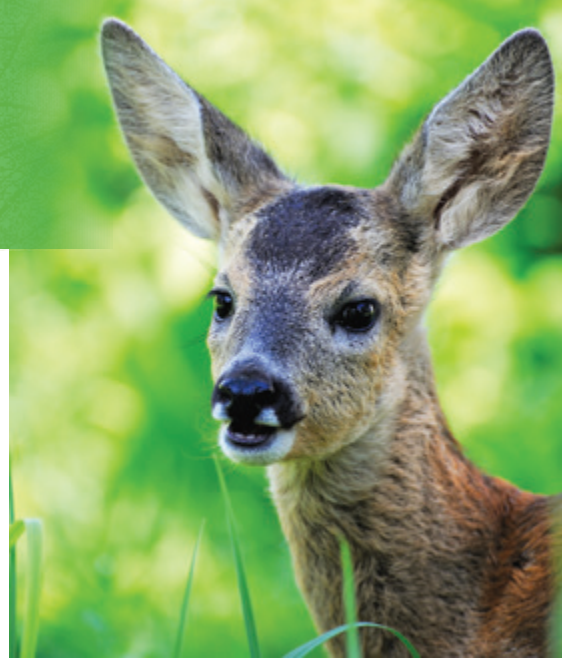


**FRIDAY, AUGUST 11, 2023**

**6:30PM-8:30PM**

**LOCATION: WILLOW RIDGE COMMUNITY ASSOCIATION  
680 ACADIA DR SE, CALGARY, AB T2J 0C1**

# FRIENDS of Fish Creek



## August in Fish Creek

### Support Outdoor Education in Fish Creek and Your Donation Will Be Matched Up to 50 %

The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! Birdies for Kids, now in its eighth year, has a profound benefit for charitable organizations that support children's programming. This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament.

Through Learning Naturally, close to 3000 students between grades K to 6 from economically disadvantaged Calgary schools are provided a field trip to Fish Creek Provincial Park. Many of these students are new to Canada, and this unforgettable experience acts as not only their first visit to Fish Creek, but also their first real visit to a natural setting in this country. The lessons imparted on these students during their Learning Naturally field trip help to support a lifelong concern for conservation and environmental stewardship.

This essential program does not receive regular funding and its continuation is in jeopardy. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Please consider making a donation to Learning Naturally through Birdies for Kids and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek.

We would like to thank the Greenfield Foundation once again for supporting Learning Naturally this year with a very generous donation. Thank you to the Shaw Charity Classic Foundation, the Patron Group, Shaw Communications, Suncor, and Shaw Birdies for Kids presented by AltaLink for hosting this amazing program: <https://shawcharityclassic.com/charity/participating-charities/friends-of-fish-creek>.

### Tru Earth - New Partnership with the Friends of Fish Creek

Tru Earth is a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at

least 20% of every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <http://tru-earth.sjv.io/FriendsOffishCreek>.

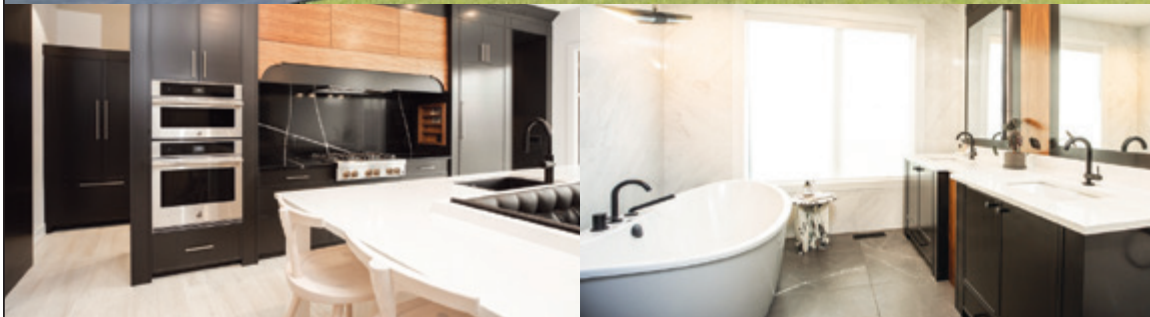
### Volunteers Needed in Fish Creek Provincial Park

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! The Friends of Fish Creek needs volunteers to help this summer with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at <https://friendsoffishcreek.org/volunteering-basics>.

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✉ info@astonmorrone.com

📍 #208 - 908 17th Avenue SW, Calgary, AB



# Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

### When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



### Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

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SOUTH SIDE



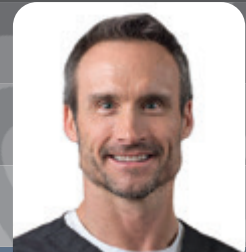
DENTURE CENTRE

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New — Management

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FEDERATION OF  
CALGARY COMMUNITIES

## Bike Safety

*A message from the Federation of Calgary Communities*

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to! The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

**Ring, Ring!** Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

**Stop!** Being a cyclist means you must follow similar rules to driving a vehicle. Pay attention to posted signs, speed limits, and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

**Increase Your Visibility!** Use reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

**Be Diligent!** You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities.



## Seniors Coffee Hour!



Join us on the 2nd & 4th Tuesday  
of every month from 10am-12pm

Members: FREE  
Non-members: \$2



**WRCA**

\$200 AND  
BELOW  
FINE ART  
SHOW

NEVER STOP  
MAKING ART



Willow ridge community centre

680 Acadia Dr SE

AUGUST 12/2023 11AM-4PM

@CALGARYARTCOMMUNITY

## 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](mailto: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](http://mywillowridge.ca). All amounts below include GST.



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Seniors 60-  
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\$21.00



Individual  
Membership  
\$26.25



Business  
Membership  
\$42.00



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



WILLOW RIDGE  
COMMUNITY  
ASSOCIATION

Support your  
Community

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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, 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.



## Impressions of a Summer Student Working at WRCA

One of the most valuable lessons I have learned as a student is the importance of immersing myself in various environments and workplaces. As a health science student at Queen's University, my interest lies in working within healthcare settings. Similarly, a computer science student might aspire to work in a tech company to become familiar with that environment. However, what I have discovered is that regardless of the field, mastering skills such as management, organization, and communication is crucial in the workplace.

For instance, being a doctor entails not only having knowledge of medical terminology and patient care, but also the essential skill of effectively communicating with patients, managing their files, organizing their medical records, and keeping track of their histories. Likewise, as a software engineer, one's responsibilities extend beyond programming; they involve clear communication with clients to understand their specific program requirements, concise organization to ensure desired functionality, and efficient time management to meet deadlines.

My experience working as an administrative assistant at the Willow Ridge Community Association has further emphasized the immense value of these skills in any academic or professional field. In the month I have been here, I have gained experience organizing files, finalizing rental agreements, and managing and coordinating community events. I have become proficient in writing professional emails, adept at customer communication, experienced in proposal writing for grants, and have honed my managerial and organizational abilities. Though my time here has been brief, I can confidently attest that I have acquired a wealth of knowledge and skills that will undoubtedly benefit me both as a student and in my future career.

Therefore, whether one's aspirations lie in health science like mine, aiming for a medical career, computer science with the goal of becoming a software engineer, or business studies in pursuit of entrepreneurship, the Willow Ridge Community Association provides an invaluable platform for gaining practical experience and essential skills. It encompasses all the necessary elements for success in any chosen field, allowing individuals to flourish in their respective endeavors.

*Sam Abraham*

Administrative Assistant

Canada Summer Jobs Student

## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE  
FOR THE ANSWERS!

## BRAIN GAMES SUDOKU

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

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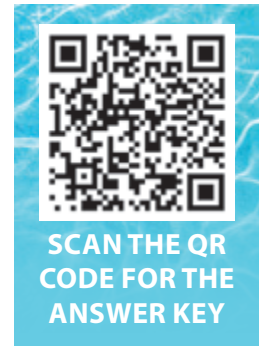
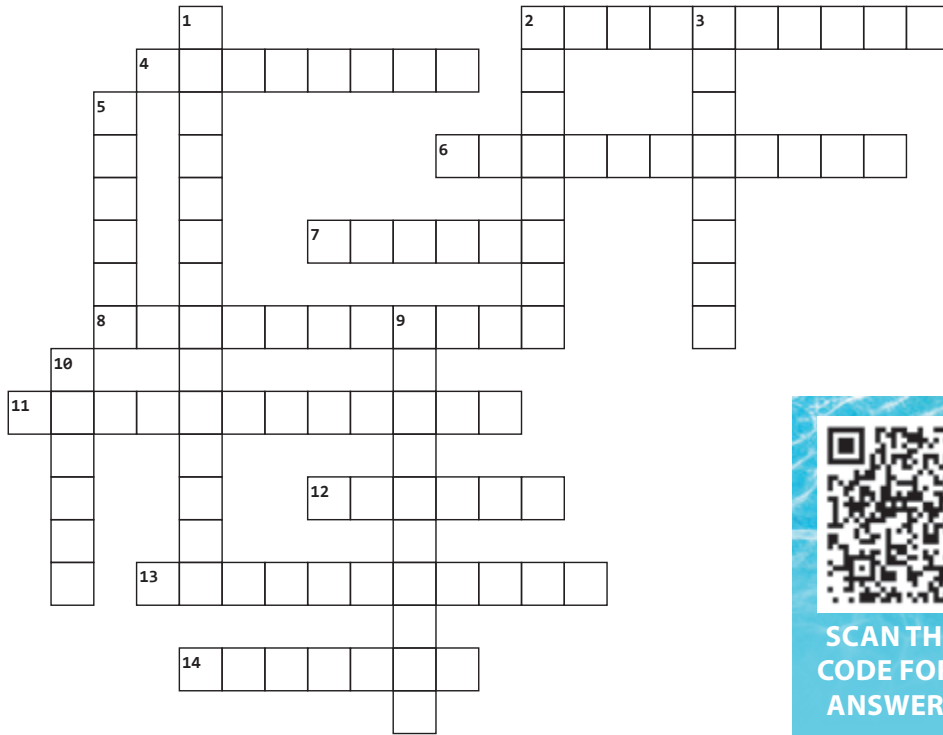


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# August Crossword



## Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and \_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National \_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National \_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

## Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

## RESIDENT PERSPECTIVES

### Pet of the Month



"Hi, my name is Brodie, I'm 12 years old although I still have that puppy energy at heart! Upon greeting my humans, I always give them a welcoming smile. I love to swim and play fetch in the park! My favourite treat is buttered popcorn!"

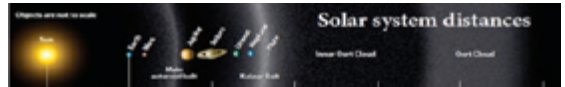
### Stargazing with Pat J: A Tale of Two Comets

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

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

#### Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

#### Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.

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# Hawaiian Rice Bowl

by Jennifer Puri



**Ingredients:**

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

**Directions:**

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

\*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

**Prep Time:** 25 minutes

**Cook Time:** 5 minutes

**Servings:** 4



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# Wildfire Smoke and Your Health

from Alberta Health Services

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

### **If smoke is a problem where I live, what can I do to lower my health risk?**

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

### **What can I do if it's too warm inside my home?**

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

### **How can I stay aware of what's going on in my community?**

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

### **What if I need to leave my home?**

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

### **Can I still be active when there's wildfire smoke in the air?**

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20



times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

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## Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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**PIANO FOR SENIORS:** Have you ever wanted to learn to play the piano? Or would you prefer to listen to live piano music? I have a Piano Teacher's diploma and I'd be happy to teach you or play your favourite classical or popular tunes in your home. Contact Jill at 403-629-0735.

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!

### Willow Park

Detached Home Stats - Last 45 Days



**23**

# New Properties



**18**

# Sold Properties



**24**

Average Days on Market



**\$857,972**

Median Sold Price

### Maple Ridge

Detached Home Stats - Last 45 Days



**11**

# New Properties



**7**

# Sold Properties



**26**

Average Days on Market



**\$738,200**

Median Sold Price

**Your Home is in High Demand! Call Today!**



**JH** **JORDY HUNTRODS**  
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