

JULY 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

PRESIDENT'S MESSAGE
PAGE 9



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CONTENTS

- 7 PRESIDENT'S MESSAGE
- 10 50/50 RAFFLE WINNER
- 13 MENTAL HEALTH MOMENT: HOW TO GET THE MOST OUT OF YOUR COUNSELLING/THERAPY SESSIONS
- 15 SUMMER CAMPS
- 20 RECIPE: MOROCCAN STYLE MEATBALLS
- 30 BUSINESS CLASSIFIEDS



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.

PRESIDENT'S MESSAGE

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

Every community and community association in Calgary has their own unique character. As part of our community association strategy, we have decided that we want to be an association that operates a respectful and sustainable facility, but also an association that is meaningfully engaged in enriching our community.

As you walk around our neighbourhood, you will see several new benches installed in City green spaces and in our facility fields that are nicer than your typical City bench. The benches were installed by our community association in collaboration with the City, our funding partners, community donors, and our community (not the City!) is responsible for maintaining the benches going forward. These new benches are truly by community for community, and we hope that they are the first of many more community enrichment projects to come.

In fact, our community association is leading a new project to replace the small playground on 99 Ave in the middle of September. If you have ideas on how to enrich our community, no matter how big or small, or if you are interested in volunteering to help us install our new playground, please contact me at president@mywillowridge.ca.

Jason Carling

President, Willow Ridge Community Association

president@mywillowridge.ca



Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!

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WRCA



**CONGRATULATIONS
to our 50/50 winner
Tom F.
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**Watch for our new sign,
coming this Fall**



The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!





July in Fish Creek

Capture Nature Photo Contest 2023

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

Registration runs until July 31, 2023. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1. To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Shaw Birdies for Kids Presented by AltaLink

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! This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament. 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%! Learning Naturally does not receive regular funding and its continuation is in jeopardy. Please consider making a donation and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek. Donate today at <https://bit.ly/3IUUYAw>.

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! This summer, the Friends of Fish Creek need

volunteers to help 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>.

Stop into the Bow Valley Ranch Visitor Centre

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

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How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

WRCA

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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, 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.



After careful consideration and feedback from community members, the east side of our outdoor sea can/storage container has new life! If you are in the vicinity, come down and see just how beautiful it is.

The concept, design, and mural were completed by Larissa Schuler of Schux Murals, and represents the diverse culture and demographics of Willow Ridge on one side and the beauty of our Community Garden on the other. Which section do you identify with?

Larissa has generously offered a 10% discount for WRCA community residents and businesses, so if you have a blank wall in your house or need the brick sidewall on your business to get a face lift, give her a call.



Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

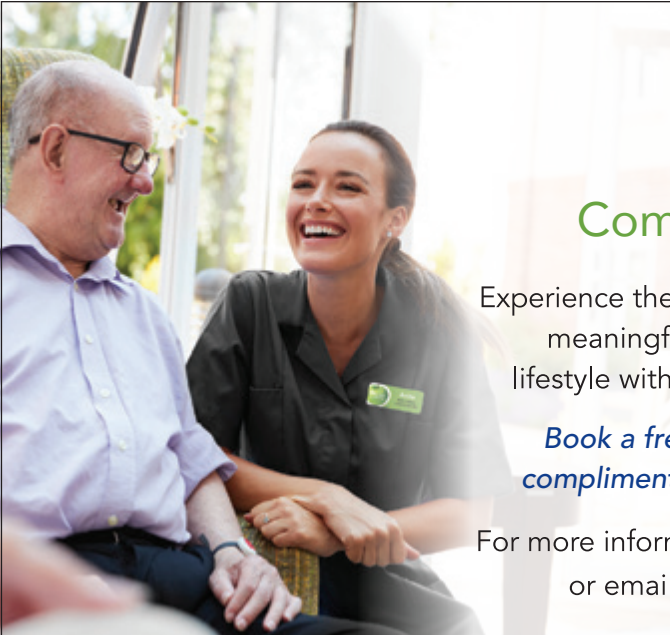
Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tpsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!



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Volunteer Thank-You

On Friday, June 9, the WRCA hosted a Volunteer Appreciation Event and Funny Money Casino. It was a wonderful opportunity to thank our many community volunteers (173 invitations were sent out!) and have some fun. We wanted to share the thank-you speech for all those who were unable to attend. We sincerely appreciate everything you do and wanted you to hear it from us firsthand!

"Thank you for joining us today. We have invited you here to express our deepest gratitude and appreciation for the exceptional group of individuals who make up the Willow Ridge Community Association volunteers. Tonight, we gather not only to celebrate our community's achievements, but also to acknowledge the incredible dedication of these remarkable individuals.

Volunteering is a true testament to the strength of a community, and our volunteers exemplify the very essence of this spirit. Each day, you give your time, energy, and expertise to make our community a better place. Whether it's organizing events, maintaining our rinks, picking up garbage, or lending a helping hand to those in need, your efforts have a profound and lasting impact on the lives of our community members and the hundreds of people who use our facilities.

It is said that volunteers do not necessarily have the time, they simply have the heart. And it is abundantly clear that the volunteers of Willow Ridge possess hearts of gold. You consistently go above and beyond, embodying the WRCA vision of being an integrated community connecting partners, families, neighbours, and nature.

Through your tireless efforts, you have created a sense of belonging, fostering a community where neighbours look out for one another, where friendships flourish, and where support is readily available. But your impact extends beyond our community borders. Your work serves as an inspiration to others, encouraging them to get involved, to make a difference, and to be a force for positive change. Your commitment to volunteerism sets an example for the next generation, instilling in them the values of empathy and civic responsibility. The ripple effect of your actions will be felt for years to come.

We want to express our heartfelt thanks to each one of you. The WRCA office staff, Anna, Faye, and Ron, along

with our lovely group of summer students, will be here to support you with any project that is close to your heart. However, it is only with a dedicated group of volunteers that large scale projects and community initiatives will be completed. Our most successful programs (the community garden, youth soccer, ice rink, curling rinks, and our pickleball club) have a dedicated and passionate group of volunteers who ensure their continued success.

We recognize that you have given us the gift of time, which is the most valuable gift you can give, and we thank you."

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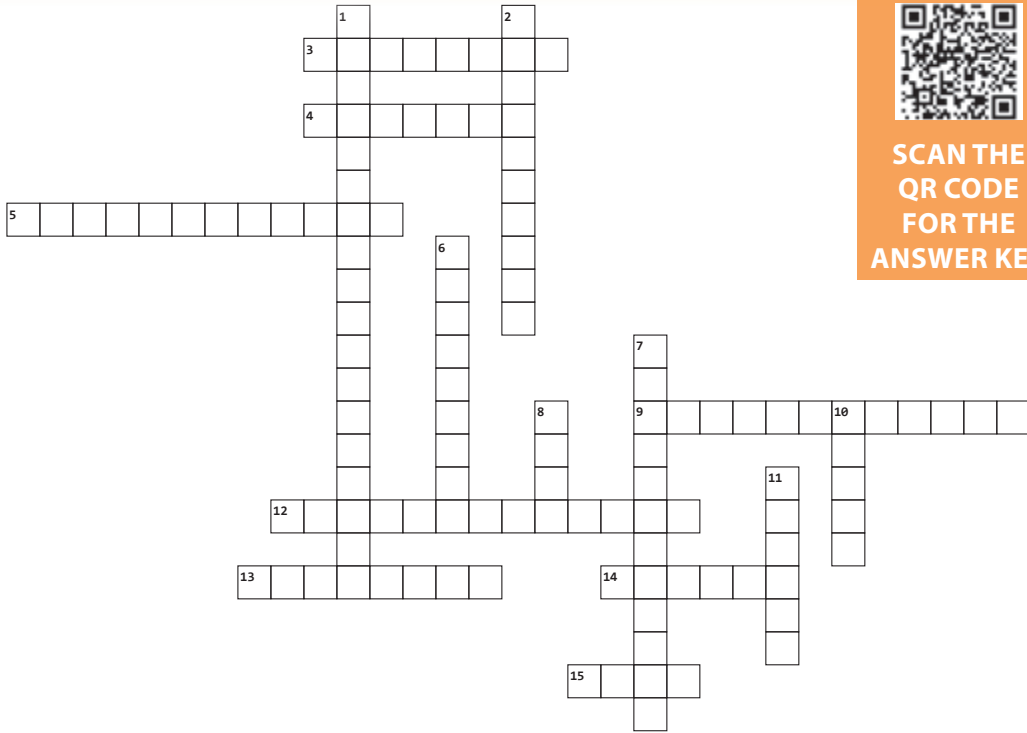
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July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



Pet of the Month

Hi there,

I'm Fergus, a hilarious furry doodle. I have tons of fun in the mountains and in the local park. I love my favourite pink pillows that I have completely wrecked and ignore the new toys and beds (they're too clean!). I don't always like cuddles, but I always bark at the doorbell. I am a golden doodle terrier poodle mix and am proud to be the colour of s'mores.

XO, Fergus



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Scam Alert: Watch Out for Fake Coupons on Social Media

from the Better Business Bureau

Everyone loves a good deal, and scammers know it. Counterfeit coupons are a popular way for scammers to steal your identity and money. Motives and methods vary, but phony coupons often mean serious losses for retailers, consumers, or both.

How the Scam Works

You come across a website, either through a web search or an ad on social media, for coupons from major retailers. Usually, fake coupons are worth much more than real ones, offering steep discounts like 80% off. By using brands' official logos, it's nearly impossible to tell if it's fake or not.

In some cases, getting the "coupons" requires subscribing to a coupon service and paying a monthly membership fee. Once you sign up, the service promises to either send you digital coupons or paper coupons in the mail. You may never receive any coupons, or you might receive coupons that are fake. Plus, by signing up, you've handed over your personal details and possibly your credit card information to a dishonest stranger.

You may also come across coupons that offer deals in exchange for sharing a link on social media. Don't do it! The link leads to a third-party website where visitors enter personal information in exchange for the coupon. In most cases, after signing up, you never receive any coupons. Instead, you've given your personal details to scammers.

How to Avoid Coupon Scams

Don't fall for deals that are too good to be true. Be skeptical. If a coupon is valued near or above the retail price of an item, consider it a red flag.

Check the source of the coupon. If the coupon doesn't come from a recognized coupon distributor, the manufacturer, or a specific store, be wary. If you aren't sure about a coupon, visit the company's website directly to look for the coupon on their official site or contact their customer service line to inquire.

Think before you click on links in emails. If you receive a coupon via email, hover your mouse over the link without

clicking on it to see where it will take you. If the URL looks like a random assortment of letters and numbers, or if it is a shortened link that doesn't reveal where it's taking you, don't click it. Only visit official websites to avoid downloading malware onto your computer.

Read coupons carefully. If a coupon doesn't have an expiration date, if it looks photocopied, or if it contains spelling and grammar errors, you're probably dealing with a fake.

Don't trade personal information for perks. A real business will not ask for your personal information, such as your credit card number or bank account information, in exchange for a coupon or to enter a giveaway. Promotional offers that ask for personal information are usually scams. You shouldn't have to pay to receive a coupon either.

Do a search for coupon scams. When in doubt, search the coupon offer along with the word "scam." This will often bring up similar offers that are fake and can help you determine whether a coupon is real or not.



Stargazing with Pat J: Indoor Astronomy

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



Orion nebula: through two panes of glass



Sun spots



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.



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PREY

July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Midthunder, didn't even know she was auditioning for a *Predator* movie!



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Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



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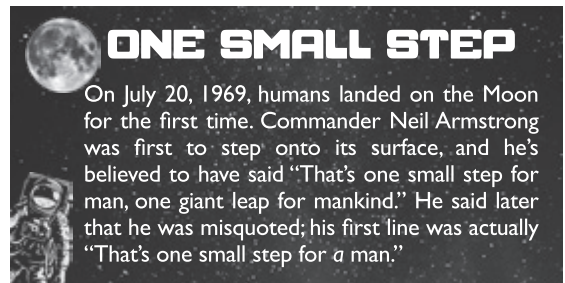
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ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for a man."

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23

New Properties



12

Sold Properties



21

Average Days on Market



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Median Sold Price

Maple Ridge

Detached Home Stats - Last 45 Days



11

New Properties



5

Sold Properties



10

Average Days on Market



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