

MAY 2023

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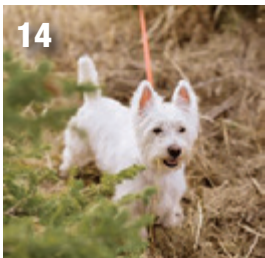
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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**WILLOW PARK**

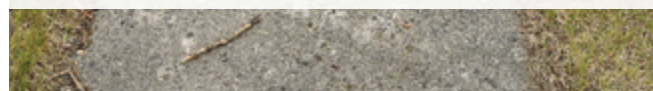


**MAPLE RIDGE**



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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

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Casino	Vacant	
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Volunteer Coordinator	Vacant	
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Director-at-Large	Jacielle Alfonso	jalfonso@mywillowridge.ca
Director-at-Large	Haley Hartos	hhartos@mywillowridge.ca

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	Leslie Smith	

## WRCA Staff

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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

Tyler Shandro	403-640-1363	calgary.acadia@assembly.ab.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.**



## 2023 Volunteer of the Year

Each year, our community association selects one volunteer whose contributions go above and beyond to help our community thrive. This year, our Volunteer of the Year was nominated by several members of our rink crew for her exemplary leadership and the hundreds of hours of work contributed towards building and maintaining one of the best outdoor community rinks in Calgary. On behalf of our WRCA Board of Directors, staff, and members, we are happy to announce that Christy Linn is our 2023 Volunteer of the Year.

Christy helped lay down the initial floods to establish a good base for our two outdoor rinks. This involved hours of dragging heavy hoses, standing outside in subzero temperatures, often late at night, and often

by herself. Once the rinks were established, they were flooded with Ollie (our ice resurfer) a total of 433 times throughout the season. Christy did 148 of those floods!

She was also instrumental in the construction and maintenance of our new curling rinks, ensuring that our loaner equipment was kept in good condition, and keeping the Rink Room open, accessible, and clean all winter long! We could not have had such a successful outdoor season without the hundreds of hours of volunteer work she put in.

Congratulations, and thank you for setting an outstanding example of community service.

*Jason Carling*

WRCA Board President



## 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
- Willow Park Preschool
- Queens & Jacks Square Dancing (Monday and Friday)

### Saturdays

- Devotion Danceworks

## Neighbour Day Vendors Wanted



We are looking for a variety of vendors to participate in our Neighbour Day event this year! Here are a few things we are hoping to offer. If you would like to be part of this event, or know someone who might be interested, please contact us!

### Youth Hiring Fair

We would like a long row of local businesses who are looking for summer students or new staff. Promote your business and meet local youth who might be interested in joining your team!

### Arts and Craft Market

Just like a Christmas craft fair, but outside in June. Looking for all types of handicrafts and home businesses.

### Food Trucks

Any suggestions? We will do our best to get them here.

### WRCA Business Members and Hall Programs

WRCA business members and youth and adult programs that run out of the WRCA are welcome to attend. Promote your business and meet our friendly neighbours!

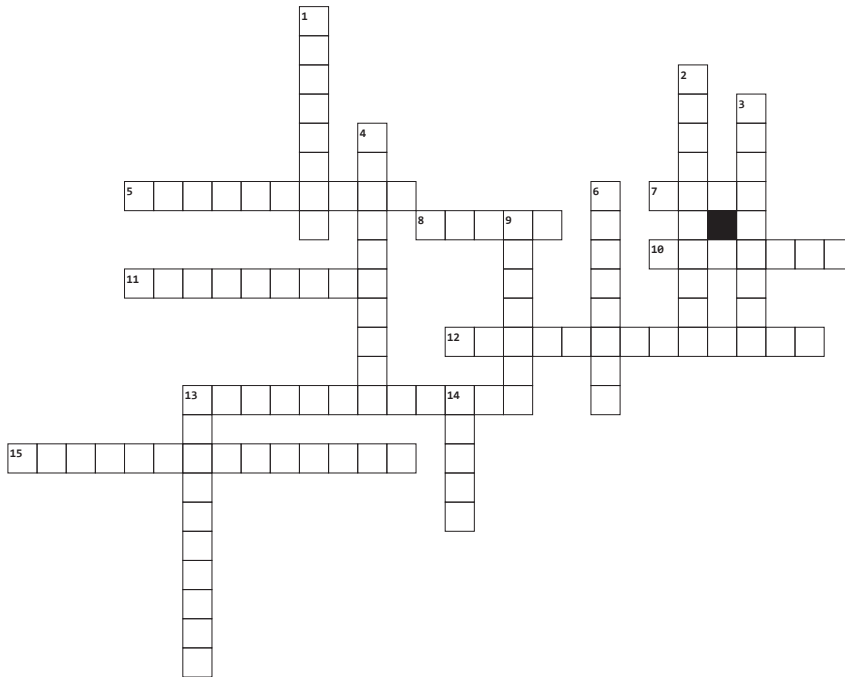
### Entertainment

What's a Neighbour Day party without some entertainment?! If you have a special talent that you would like to showcase, this is the event for you.

If you would like to participate, please email [gm@mywillowridge.ca](mailto:gm@mywillowridge.ca).



# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## 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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Courts  
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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.





Willow Ridge Community Association - 680 Acadia Dr. SE

# NEIGHBOUR DAY

Saturday, June 10th  
Noon - 4:00pm

YYC Food Trucks  
Live Music  
Gaga Ball  
Face painting



Arts & Crafts Market  
Lemonade  
Youth Hiring Fair  
Fun for all ages!



## Cats, Canines, & Critters of Calgary



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Rigby, Huntington Hills



Riley, Dover



Whiskey, Walden

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## GAMES & PUZZLES

### Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE  
FOR THE ANSWERS!



## Willow Park Preschool

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



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## Pet of the Month

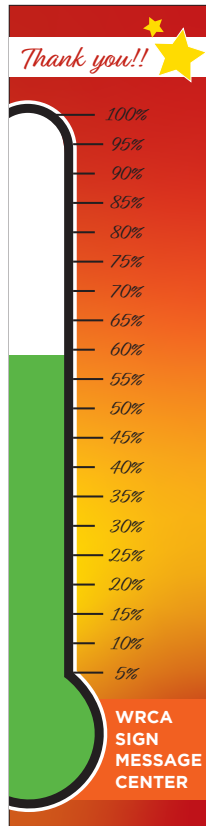


Hey there! My name is Marshall. I'm a Westie in Maple Ridge and I just celebrated my second birthday!

My mom and dad say I'm stubborn, but I'd like to think I'm more independent. I love chasing squirrels, barking at the mailman, getting treats, and going to Sue Higgins Dog Park with my brother! I don't much care for the vacuum cleaner or when my parents don't share their supper with me.

I like to keep an eye on the neighbourhood, so if you ever see me watching you out of my window, feel free to give me a wave! Hope to see you at the off leash park!

## New Building Sign



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

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

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

# THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!



## Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
  - a. The first Sunday of May
  - b. The second Sunday of May
  - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
  - a. United States
  - b. Canada
  - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
  - a. Emily Green Balch
  - b. Gerty Theresa Cori
  - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
  - a. Abba
  - b. Blondie
  - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
  - a. \$52
  - b. \$111
  - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
  - a. 23%
  - b. 37%
  - c. 45%
7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
  - a. Coincidence
  - b. Repetition
  - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
  - a. Almost 10 million
  - b. 12 million
  - c. Almost 13 million



Courtesy of Springbank Hill Community Association

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





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**Seniors' Coffee Break**

Join us for coffee, tea, snacks, board games, cards (optional), and a social visit with friends and neighbours. This event is free for all WRCA membership holders.

Check our website, mywillowridge.ca, for upcoming dates and times!




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### Calgary's Birding Heritage

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

World Migratory Bird Day is celebrated on the second Saturday of May across North America. With over 200 bird species living in or visiting Calgary throughout the year, birds have been an integral part of the region's heritage since human habitation of Moh'kinsstis.

Certainly, the Inglewood Bird Sanctuary comes to mind. Colonel James Walker homesteaded the area in 1883. In 1929, his son, Selby, successfully applied to designate the area a federal migratory bird sanctuary given the variety of species found year-round. It was the first natural area protected in Calgary and has been managed by the City since 1970. Wetland restoration and the building of the Nature Centre took place in 1996. Soon, the area will become part of Bend in the Bow Park, which will connect the Sanctuary to Pearce Estate Park.

Pearce Estate was founded by William Pearce, a federal civil servant who helped survey Red Deer and the international boundary. In 1884, he moved to Calgary to become Superintendent of Mines and built a sandstone house in 1889 (it was torn down in 1957). On the Estate, Pearce experimented with urban forestry and river weirs, and promoted irrigation for agriculture. In 1929, he donated land to the City, where nature interpretation facilities continue to explore and preserve nature in the heart of Calgary.

Calgary's bird heritage continues to this very day. In 2021, the City was named one of Canada's first certified Nature Canada "Bird Friendly Cities". The certification will help to mitigate threats to birds, such as from lights and pets, support habitat maintenance and restoration, and increase outreach and education.

And in May last year, Calgarians voted on designating the City's official bird, the Black-capped Chickadee. At its unveiling, Corinne Eagletail-Frazier, councillor for the Tsuut'ina Nation, said birds are valuable to many First Nations, "We see them as messengers and healers."



Wood Ducks (CHI)



Colonel Walker House (CHI)



Inglewood Bird Sanctuary Sign ca. 1940 (Libraries and Cultural Resources Digital Collections, University of Calgary)



Inglewood Bird Sanctuary 1929 (CPL Postcards from the Past)

# MONTHLY HEALTH TALK



with  
*Meadows Mile Pharmacy*

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680 Acadia Dr. SE  
2:00 - 3:00pm

**APRIL  
SESSION:  
Wed,  
May 24th**

## DIABETES

What is new in treatment & testing. Signs to watch for and tips for prevention.

For more info:  
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[hello@meadowsmilepharmacy.com](mailto:hello@meadowsmilepharmacy.com)

*Information session  
followed by open Q&A*



# WRCA



# FRIENDS *of* Fish Creek



## May in Fish Creek

### Fish Creek Community Terrace - Reserve Your Brick Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

### WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, surcharges not included. Blackout dates and restrictions apply. Tickets are 1 for \$10, 5 for \$20, 50 for \$25, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more info visit <https://friendsoffishcreek.org/programs/flight>.

### The Buzz on Calgary Bumble Bees Thursday, May 11, 7:00 to 8:30 pm

### Presented by Syd Cannings, Biologist, Canadian Wildlife Service, Prairie Region Environment and Climate Change Canada

Bumble bee populations pose a conservation concern these days, and several species from the Calgary area have been assessed as at risk by the Committee on the Status of Endangered Wildlife in Canada. This talk will provide an introduction to bumble bees and their basic biology, examine bees whose numbers have declined, the reasons for the decline, and what we can do about the situation. Syd Cannings is a Species at Risk Biologist with the Canadian Wildlife Service in Whitehorse, Yukon. He is a member of COSEWIC, the Committee on the Status of Endangered Wildlife in Canada, and has led the development of the national recovery strategies and management plans for four species of bumble bees. He has also written several books, including *British Columbia: A Natural History*, and *The New BC Roadside Naturalist*. To register, visit <https://friendsoffishcreek.org/event/buzz>.

### Friends of Fish Creek - Annual General Meeting Wednesday, May 24, 2023

7:00 to 8:30 pm

Registration opens at 6:30 pm

### Fish Creek Environmental Learning Centre, Shannon Terrace

The Friends would like to thank all our members, volunteers, donors, community partners, and other supporters for helping to make 2022 a truly memorable year. The Annual General Meeting presents an opportunity to meet with Friends staff, board of directors, members, and volunteers as well as learn about the year that has come to a close and hear about our exciting plans for 2023 already underway. At this year's AGM, we will bid a fond farewell to some of our board members and welcome new volunteers to our board of directors. This event is free to all community members, however only current 2023 members are eligible to vote. To register or for more information, please visit <https://friendsoffishcreek.org/event/agm>.



# Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Servings:** 4

## Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tpb. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

## Directions:


- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



# How to BEE a Community Scientist



## Help us document the different pollinators in Calgary!

**1** Go to  **inaturalist.ca** or download the app.

**2** Look around your favourite park or backyard for any **insects visiting a flower.**



**3** Take a least **2 clear photos of an insect**, preferably from multiple angles.






**4** Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.



**5** Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



**6** Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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## Love Where You Live: Host a Block Party!

*A Message from the Federation of Calgary Communities*

Summer is almost here! What better way to kick off the season than to host a block party? Whether you want to get to know your neighbours, celebrate your community, discover something new about the area, or just have a good time, look no further!

There is no better way to get to know your neighbours than to have a block party. Neighbourhood block parties can develop relationships among neighbours, which creates a strong sense of community and a safer place to live. Block parties provide an opportunity for neighbourhood residents to get to know one another, have some fun, and mingle! A connected neighbourhood can create a sense of pride, safety, and cohesion for all who live there. Neighbours who know each other can look out for one another and create a safer community.

A block party isn't just about gathering people together on a street; it's about bringing a community together. Block parties offer the rare opportunity to bring a sense of small-town life into Calgary. Block parties don't have to happen on a road or a street; they can happen anywhere that brings neighbours together.

Let us help you throw the best block party that Calgary's ever seen! All you'll need to do is follow these steps:

- 1. Put together your party planning committee.** It may seem like a daunting task, but planning a block party is easier than it seems – especially with a good group of neighbours working together! It's best to begin this step at least two months before the date of your event to leave time for planning, petitioning, and permits.
- 2. As soon as possible, get out there and get your petition signed by all affected neighbours!** This is an important step that must be completed early in the process. The following information should be indicated on the petition:
  - a. Date of the party/activity.
  - b. Address of the party/activity.

- c. Names and addresses of all affected residents within the block area.
- d. One adult signature from each household either accepting or rejecting the block party/street activity. If rejected, obtain a brief statement explaining why so that consideration may be given by approving authorities on the applicant's request.
- e. Whether the resident owns or rents the property within the block area.
- f. Home and business telephone number of the applicant.
- g. Map showing closure of road for the block party/activity.

### **3. Apply for a Block Party and Play Street Permit with the City of Calgary.**

Cost: Free

Timeline: Minimum of 15 business days with completed petition

- 4. Put your idea together.** Think of the fun, different things you can do! Your block party could follow any number of themes: a BBQ, potluck, catered meal, picnic, garden tour, cultural gathering, water park, or historical walk. Will you have games? Live music? An outdoor movie? A talent show? The options are endless for what a block party could be. Have fun with mixing and matching ideas!

- 5. Let's talk logistics!** A crucial step in bringing your block party to life is planning the logistics. Here are a few things for you to think about:

Parties cost money! How are you planning to pay for your block party? Neighbours can chip in for the party, but also consider reaching out for donations/sponsorships from local companies to cut costs on food and entertainment! Be sure to check for any grants or funding opportunities you may be eligible for. Otherwise, you could hold a local bottle drive or a community garage sale to help fundraise for your block party!

Will you need tables/seating? Volunteer supervisors? Decorations? Equipment? A rain-out option? What is your plan for food and drinks?



## Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.

While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.
- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to [BBB.org](https://www.bbb.org).



**6. Promote your party!** Let's talk promotion – after all, you want people to show up! Chances are that your neighbours were made aware of the party when you petitioned to them earlier. But have you updated them with a date, time, and location? Consider making a flyer to pass around door-to-door! Social media is also a great free tool to spread the word. Consider partnering up with your local community association to help spread the word! They might also have some resources or tips and tricks to help you throw the best block party possible.

\*Note that some grants require partnership with insured organizations (e.g., community associations) to receive funding.

### 7. Have fun!

For more information, check out this handy guide to block parties: <https://calgarycommunities.com/wp-content/uploads/2023/03/Tip-Sheet-Love-Where-You-Live-Host-a-Block-Party.pdf>.

# Understanding Our Natural Supports

*from Alberta Health Services*

Social connection positively impacts our health and wellbeing in many ways! It can boost our mood, assist with emotional regulation, increase self-esteem and empathy, and even improve our immunity.

The concept of Natural Supports captures all the mutually beneficial connections present in our life. It acknowledges that connection can grow in a variety of ways and helps us understand different kinds of relationships. These can be on a closer level with family and friends but can also be found on a broader level with neighbours and community organizations. There are different types of connecting; it can be in the moment (social snacking) or planned (mentoring). Whether it is one-on-one or in a group, all connections add value to our support network.

Take a moment to reflect on where you find meaningful connection with others in your life. See if you can find examples of the following:

**Social Snacking:** Although they are usually easy and casual, social snacking adds to happiness, identity, and our sense of belonging. Examples include saying “hi” to people you pass on your walk, smiling at others as you wait in line for coffee, or chatting with your new neighbour.

**Naturally Supportive Communities:** Living in naturally supportive communities helps people cope with difficult challenges life may throw at us. It takes a group effort between individuals, organizations, and businesses to develop a sense of belonging and connectedness. This can include coming together to map out current opportunities for connection, set collective goals, and share resources.

**Mentorship/Mentoring:** This relationship is between a caring individual that assists a young person with support, advice, friendship, and constructive role modelling. This connection commonly grows through coaching or getting involved in local youth groups.



**Professionals Facilitating Natural Supports:** This is a planned type of support that links individuals with professionals to ensure wellbeing and connection. These professionals can also help individuals bond with their closer natural supports. For instance, a social worker can support the reconnection between members of extended family.

Natural supports look different for everyone in terms of their strength, how they enhance our life, and how they develop over time. However, the key thing to always remember is that connectedness is essential!

## Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

### What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

### Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca).



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**5**

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**4**

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