

SEPTEMBER 2023

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

**PRESIDENT'S  
MESSAGE**

**PAGE 7**

**UNITY THROUGH  
COMMUNITY  
BENCHES**

**PAGE 23**



Doris



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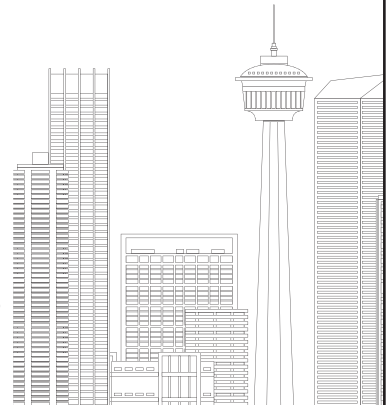


# My Calgary

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

## Available monthly by community:

- Community Real Estate Stats
- Community Crime Stats
- Community News/Content
- Digital Community Newsletters
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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

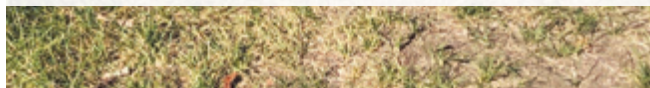
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**MAPLE RIDGE**



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# Activities at the Willow Ridge Community Centre

For the most up-to-date information check our website at <https://mywillowridge.ca/activities/events-calendar>.

### Sundays

- Unity of Calgary Spiritual Community
- Church of Christ
- Dance with Maya

### Mondays

- Expand Yoga
- Pathfinders
- Sparks

### Tuesdays

- Devotion Danceworks
- National Sports Academy

### Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Sports Ball
- Simple Harmonies

### Thursdays

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

### Mondays to Fridays

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

### Saturdays

- Devotion Danceworks

It's September, and once again, our roads are beginning to see more traffic as school and our autumn routines begin. Willow Ridge provides several very important traffic corridors for local businesses and neighbouring communities which results in high volumes of traffic and an increase in road safety issues. Over the past year, our community association has worked with the City and Calgary police to help better understand and improve our traffic situation. I'd like to highlight some improvements and data for you.

In April of 2023, we worked with the City to set up traffic data collection points on both Acadia and Maplecreek Drive. We found that Acadia Drive sees roughly ~3,000 vehicles per day traveling in either direction (i.e., 3,000 northbound, 3,000 southbound), with an 85% percentile speed of 56km/h, which means that 85% of traffic traveled at 56km/h or less. Maplecreek Drive, which is a 40km zone often used as a shortcut for people wanting to bypass Acadia, saw 500 cars traveling north and 550 cars traveling south, with an 85% percentile speed of 49km/h. We continue to work with the police and the City to improve safety on Maplecreek Drive, including looking at an increased number of speed signs to remind people of the speed zones.

In addition to collecting traffic data, our CA has been advocating for increased safety at the intersection of Fairmont/Southland and Southland/Maplecreek Drive, where the pedestrian crosswalk is very unsafe. We are happy to highlight that the City has put in an advance left turn on Fairmont/Southland, as well as a controlled crosswalk on Maplecreek. While the CA does its best to advocate for traffic safety, the City is ultimately data driven and your feedback as residents is paramount to the City providing a response. To provide traffic feedback (e.g., speeding, pedestrian safety issues), you need to file a Calgary Police "Traffic Service Request" which is different than a 311 request!

If you are interested in learning more about traffic in our neighbourhood, we have some resources posted on our website, [mywillowridge.ca](https://mywillowridge.ca). If you are interested in working with our CA to become an active advocate for traffic safety in our neighbourhood, please contact me at [president@mywillowridge.ca](mailto:president@mywillowridge.ca).

*Jason Carling*

President, Willow Ridge Community Association



# 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](http://mywillowridge.ca)

Email: [info@mywillowridge.ca](mailto: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	<a href="mailto:president@mywillowridge.ca">president@mywillowridge.ca</a>
Vice President	Chris Nyberg	<a href="mailto:casino@mywillowridge.ca">casino@mywillowridge.ca</a>
Treasurer	Kody Shiels	<a href="mailto:treasurer@mywillowridge.ca">treasurer@mywillowridge.ca</a>
Secretary	Dustin Byrnes	<a href="mailto:secretary@mywillowridge.ca">secretary@mywillowridge.ca</a>
Membership Coordinator	Vacant	
Facilities	David Hughes	<a href="mailto:facilities@mywillowridge.ca">facilities@mywillowridge.ca</a>
Sports and Recreation	Vacant	
Funding	Don Boykiw	<a href="mailto:dboykiw@mywillowridge.ca">dboykiw@mywillowridge.ca</a>
Social	Vacant	
Casino	Vacant	
Communications Director	Heather Cook	<a href="mailto:comm@mywillowridge.ca">comm@mywillowridge.ca</a>
Volunteer Coordinator	Vacant	
Strategy	Andres Galindo	<a href="mailto:agalindo@mywillowridge.ca">agalindo@mywillowridge.ca</a>
Civic Affairs	Gord Rouse	<a href="mailto:grouse@mywillowridge.ca">grouse@mywillowridge.ca</a>
HR Director	Mike Krisa	<a href="mailto:mkrisa@mywillowridge.ca">mkrisa@mywillowridge.ca</a>

## Directors At Large

Director-at-Large	Marshall Horne	<a href="mailto:mhorne@mywillowridge.ca">mhorne@mywillowridge.ca</a>
Director-at-Large	Peter Gibson	<a href="mailto:pgibson@mywillowridge.ca">pgibson@mywillowridge.ca</a>
Director-at-Large	Roger Lohrey	<a href="mailto:rlohrey@mywillowridge.ca">rlohrey@mywillowridge.ca</a>
Director-at-Large	Tom Firth	<a href="mailto:tfirth@mywillowridge.ca">tfirth@mywillowridge.ca</a>
Director-at-Large	Jacielle Alfonso	<a href="mailto:jalfonso@mywillowridge.ca">jalfonso@mywillowridge.ca</a>
Director-at-Large	Haley Hartos	<a href="mailto:hhartos@mywillowridge.ca">hhartos@mywillowridge.ca</a>

## Other Contacts

Soccer Administration	Rich Cree	<a href="mailto:soccer@mywillowridge.ca">soccer@mywillowridge.ca</a>
Garden Liaison	Rob Kettle Leslie Smith	<a href="mailto:wrveggiesandherbs@gmail.com">wrveggiesandherbs@gmail.com</a>

## WRCA Staff

General Inquiries		<a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>
Community Services Manager	Anna Glickman	<a href="mailto:gm@mywillowridge.ca">gm@mywillowridge.ca</a>
Office Administrator		<a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>
Bookkeeper	Ron Ilsley	<a href="mailto:bookkeeper@mywillowridge.ca">bookkeeper@mywillowridge.ca</a>

## Community Resources

City of Calgary Liaison	Christa Zaharychuk	<a href="mailto:christa.zaharychuk@calgary.ca">christa.zaharychuk@calgary.ca</a>
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## Community Resources

### Councillor - Ward 11

Kourtney Penner 403-268-2430 [ward11@calgary.ca](mailto:ward11@calgary.ca)

### MLA - Calgary Acadia

Diana Batten [diana.batten@albertandp.ca](mailto:diana.batten@albertandp.ca)

### MP - Calgary Midnapore

Stephanie Kusie 403-225-3480 [stephanie.kusie.c1@parl.gc.ca](mailto:stephanie.kusie.c1@parl.gc.ca)

### CPS Community Resource Office

Pavel Adaikin [PAdaikin@calgarypolice.ca](mailto:PAdaikin@calgarypolice.ca)

### Girl Guides of Canada Calgary Area

403-283-8348 [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com)

### Scouts Canada Chinook Council

403-283-4993 [www.scouts.ca](http://www.scouts.ca)

## The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

## The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

**GET WRCA NEWS IN YOUR INBOX** – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

## SOCIAL MEDIA

 [@willowridgecommunity](https://www.facebook.com/willowridgecommunity)  
 [@mywillowridge](https://www.instagram.com/willowridge)

**WRCA website**  
[mywillowridge.ca](http://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.**





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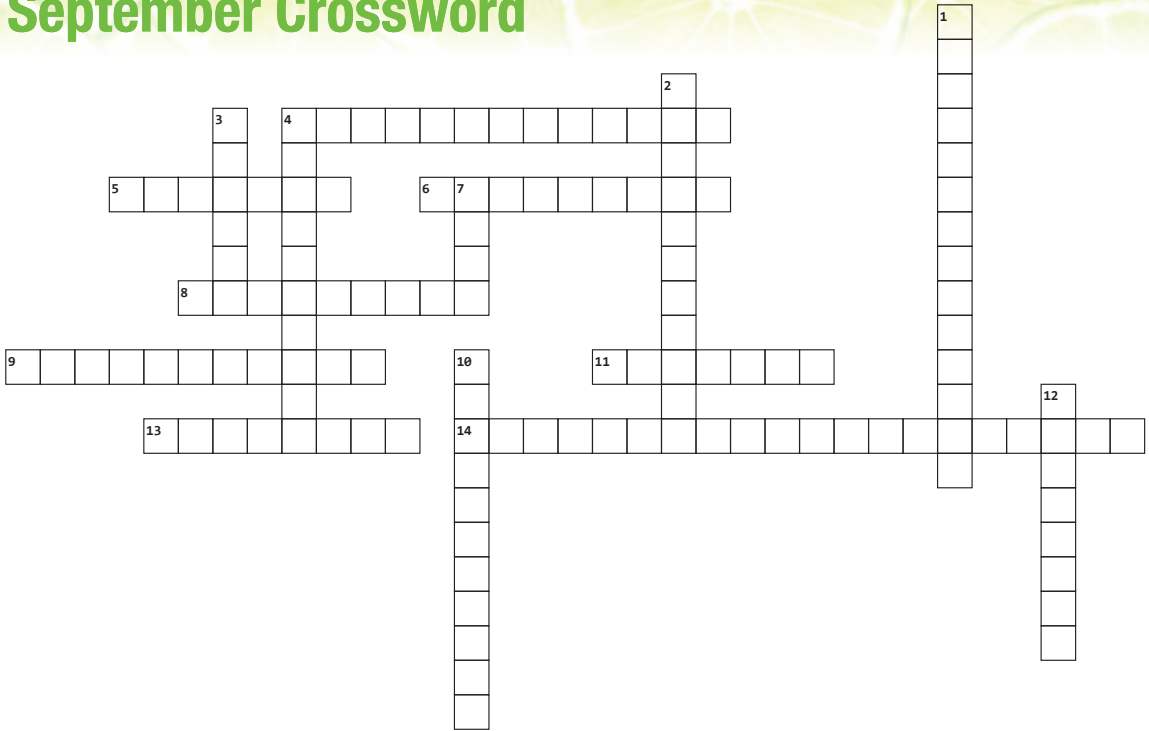
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# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE  
FOR THE ANSWER KEY

Tues. Sept 26 ~ Wed. Sept 27

# WRCA CASINO FUNDRAISER



## CALL FOR VOLUNTEERS

Would you like a free dinner and a night out?  
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Buy your dinner tickets &  
CAP bucks before Sept 5th!  
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# Community *Appreciation* PARTY

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Where community comes together

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# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



## Rental Rates:

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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.  
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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.



# Seniors Coffee Hour!



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## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

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



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.



## The Victoria

On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!





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# 10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

# Call for Help with Child Development Questions

*from Alberta Health Services*

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at [myhealth.alberta.ca/pediatric-rehabilitation/webinars](https://myhealth.alberta.ca/pediatric-rehabilitation/webinars). You may also find information by searching “pediatric rehab” at [together4health.albertahealthservices.ca](https://together4health.albertahealthservices.ca).

# Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

### Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plant-based beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

### If you choose plant-based beverages, serving advice is as follows:

#### Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

#### For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.



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WILLOW RIDGE VOLUNTEERS

# 99TH AVE PLAYGROUND

IS GETTING AN UPGRADE!

Volunteers will be working hard on Fri. Sept 15th & Sat. Sept 16th.  
Located at 99th Ave & Warren Rd. SE. If you are interested in  
volunteering, please contact [president@mywillowridge.ca](mailto:president@mywillowridge.ca)



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# Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

## Unity Through Community Benches

Recently, you may have noticed the installation of five new benches within the Willow Ridge community and three picnic tables in the field behind the community hall. These aesthetically pleasing additions not only provide comfortable seating spots, but also symbolize the strong sense of togetherness that defines our neighbourhood.

These new benches were made possible by the Parks Foundation Calgary, the Inspiring Neighbourhoods Grant through the City of Calgary, and the Willow Ridge Community Association. Additionally, each bench and picnic table were available for sponsorship by a community member. So far, four of these benches have been sponsored by community residents for a variety of reasons that resonate with them.

The initiative, spearheaded by the Willow Ridge Community Association Green Team, aims to create inviting spaces where residents of all ages to relax, socialize, and enjoy the beauty of our surroundings. These benches, strategically placed in parks, green spaces, and bustling street corners, have already become gathering spots for neighbours to exchange greetings, share stories, and forge new friendships. Beyond their aesthetic appeal, these new benches are a symbol of our community's dedication to fostering a sense of belonging and inclusivity. They enhance community infrastructure, support accessibility, encourage outdoor recreation and relaxation, and support environmental initiatives by encouraging people to spend more time outdoors.



*WRCA Member Doris sitting on the bench she dedicated to her late husband Dave.*

We encourage you to visit these benches and take time to read the dedication plaques on each one. These plaques represent the personal connections that each of our residents have with the community, whether it be through honouring an individual, a pet, or just wanting to participate in community growth.

### **New Bench Locations:**

1. Green space by Acadia Dr and Willowglen Pl
  2. Small playground by Maplemont Rd
  3. Adopt-a-rink and playground by Maplecrest Rd and Mapleburn Dr
  4. In front of the south WRCA parking lot, along Acadia Dr
  5. Dog park between Mapleglade Cl and Anderson Rd
- \*Still looking for a sponsor\*

## THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, *Alouette-1* was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



## Pet of the Month Wanted

Do you have a pet at home? Would you like your pet to be Willow Ridge famous? Please submit an article

about your furry friend (slimy, smooth, bumpy, and spiky also accepted) in 250 words or less along with a photo and we will let you know which monthly newsletter they will be appearing in!

Submissions can be sent to [info@mywillowridge.ca](mailto:info@mywillowridge.ca).



## Celebrate Calgary Culture Days

*from the City of Calgary*

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

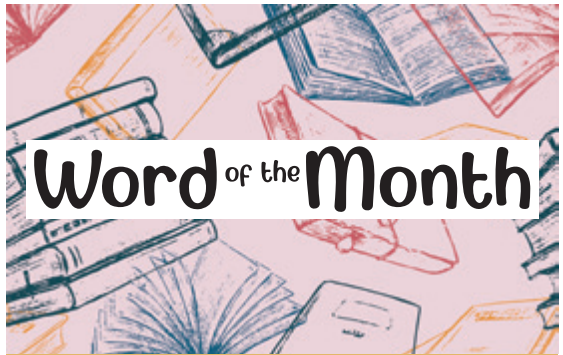
Find out more information on Calgary Culture Day events on [calgary.ca/culturedays](http://calgary.ca/culturedays).

### BRAIN GAMES

## SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



## Word of the Month

**Metanoia: noun**  
(met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”





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New — Management

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**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.



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# FRIENDS *of* Fish Creek

## **The September Fish Creek Speaker Series - Bats of Alberta**

Thursday, September 14, 2023, 7:00 to 8:00 pm - Online and in person

Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd SE

Presented by Susan Holroyd MSc, Calgary Regional Coordinator, Alberta. The Alberta Community Bat Program's mission is to raise awareness of bat conservation issues, help residents manage bats in buildings, and to collect data needed to monitor and better understand bats in the province. Susan Holroyd of the Alberta Community Bat Program will discuss this province's bat species, the threats bats face, the ecological services that they provide, and how Albertans can help with bat conservation. At this presentation, you can also learn about what to do if you find a bat, how to construct a bat house, and have your questions answered about these fascinating flying mammals. Free for Friends members and \$10 for non-members. Free for youth 16 years of age and younger with a registered adult. Registration is required. To register, visit [www.friendsoffishcreek.org/event/fishcreekbats](http://www.friendsoffishcreek.org/event/fishcreekbats).

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

You may have seen Friends' dedication benches throughout Fish Creek Provincial Park. These beautiful and sturdy benches present the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. If you are interested in a bench, please complete the online dedication bench form. This will ensure that you are added to the waitlist for a bench so that we can contact you in the future when a bench becomes available. There are approximately 105 bench locations in the park and each year several benches become available. In 2024, there will most likely be some benches available in the west end of the park - Bebo Grove, Shannon Terrace, and Marshall Springs areas. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit [www.friendsoffishcreek.org/dedication-bench](http://www.friendsoffishcreek.org/dedication-bench).



## **Become a Fish Creek Provincial Park Protector Today!**

Fish Creek Provincial Park is a cherished natural green space that we are fortunate to have in the city. All the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment so that future generations can enjoy this area as much as we do. We rely on a variety of funding sources like grants, memberships, program fees, sponsorships, fundraising efforts, as well as corporate donations and personal donations from community members like you to support our conservation, stewardship, and engagement activities here in this park. We are inviting community members to become Park Protectors and help support the Friends and the park. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park everyday. For more information on becoming a Park Protector, please visit [www.friendsoffishcreek.org/park-protector-signup](http://www.friendsoffishcreek.org/park-protector-signup).

## **Tru Earth**

The Friends are pleased to partner with Tru Earth, 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>.



**MP Calgary Midnapore  
Stephanie Kusie**  
204 – 279 Midpark Way SE  
Calgary, AB T2X 1M2  
📞 403-225-3480 📠 403-255-3504  
✉️ stephanie.kusie.c1@parl.gc.ca  
🌐 stephaniekusiemp.ca

Dear constituents,

My team and I have been busy over the past few months engaging with constituents and groups at various community events and meetings here in Calgary Midnapore. It was a pleasure to meet with many new and familiar faces over the summer months.

I hope all constituents enjoyed their summer and are ready to get back to school and other activities this fall.

As summer comes to a close, I'd like to extend a special "thank you" to all community associations here in Calgary Midnapore. These community associations help provide the fabric of our community and deserve to be recognized for the work they do. Every summer, I have the privilege to meet and engage with many community associations at local events, and this year was no exception. As you begin planning for the winter months and year ahead, please know how appreciated your work is and the critical role it plays in Calgary Midnapore.

Later this month, I will be returning to Ottawa once again to stand up for the interests of Calgary Midnapore in Parliament. Our common-sense conservative team, led by Pierre Poilievre, has a plan to bring home lower prices, safer streets, powerful paycheques, freedom for Canadians, and homes workers can afford. We will be fighting every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

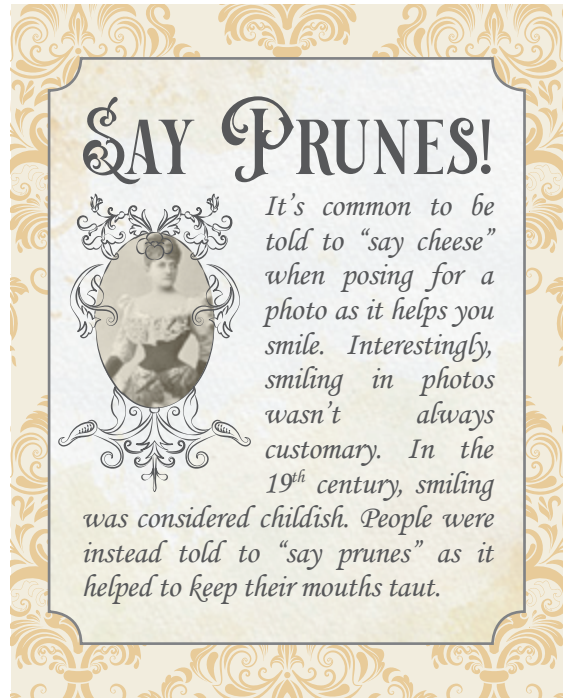
To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://StephanieKusieMP.ca). Another way to keep engaged is through my social media – @StephanieKusiePoliticain (Facebook), @StephanieKusie (Twitter and Instagram), @StephanieKusieMP (YouTube).

Have a wonderful September!

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore



## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!



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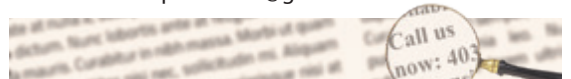
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\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

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# DID YOU KNOW?

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**

**YOUR LOCAL SOCCER PROVIDER U4-ADULT**

## DEVELOPING EXCELLENT PLAYERS AND OUTSTANDING PEOPLE

- Canadian Soccer Association - Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
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**calgaryfoothills soccerclub**

- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

**INDOOR 2023/2024 REGISTRATION:** Program details and online registration available **AUGUST 15<sup>TH</sup> TO SEPTEMBER 30<sup>TH</sup>** at [www.gfoothills.ca](http://www.gfoothills.ca)

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## Willow Park

Detached Home Stats - Last 45 Days



**16**

# New Properties



**8**

# Sold Properties



**19**

Average Days on Market



**\$764,125**

Median Sold Price

## Maple Ridge

Detached Home Stats - Last 45 Days



**9**

# New Properties



**2**

# Sold Properties



**18**

Average Days on Market



**\$1,018,250**

Median Sold Price

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ROYAL LEPAGE  
Solutions

**Jordy Huntrods**  
jordy@royallepage.ca

**Lindsey Bezanson**  
lindseyb@royallepage.ca

**Chad Peffers**  
chadp@royallepage.ca