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**MOVIE IN THE
PARK
PAGE 11**

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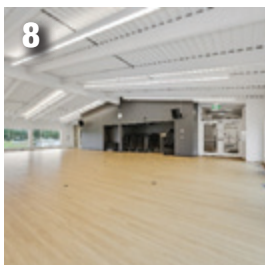
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GREAT NEWS MEDIA

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

WILLOW PARK



MAPLE RIDGE



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WILLOW RIDGE COMMUNITY ASSOCIATION

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044
Website: mywillowridge.ca
Email: info@mywillowridge.ca

We are available by phone Monday to Friday 8:30 am to 3:30 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	vp@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
Secretary	Dustan Byrnes	secretary@mywillowridge.ca
Membership Coordinator	Vacant	
Facilities	David Hughes	facilities@mywillowridge.ca
Sports and Recreation	Vacant	
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Social	Vacant	
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Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Jecielle Alonso	jalonso@mywillowridge.ca
Director-at-Large	Katie Bradbury	kbradbury@mywillowridge.ca
Director-at-Large	Susie McQuaid	smcquaid@mywillowridge.ca

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

Community Resources

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

Councillor - Ward 11

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

Diana Batten	403-640-1363	calgary.acadia@assembly.ca
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MP - Calgary Midnapore

Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
-----------------	--------------	--

CPS Community Resource Office

Pavel Adaikin		PAadaikin@calgarypolice.ca
---------------	--	--

Girl Guides of Canada Calgary Area

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

Scouts Canada Chinook Council

403-283-4993		www.scouts.ca
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The Willow Ridge Community Association (WRCA) Vision

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

The WRCA Mission

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

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

SOCIAL MEDIA

	@willowridgecommunity
	@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.



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Sat 10am to 4pm
Sun & Mon Closed

Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more!

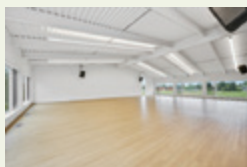
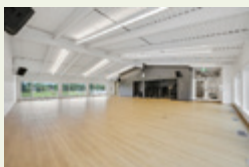
Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

Our newly renovated, air-conditioned building has the following spaces available for rent!

- The Willow – 1,924 sq. ft. North Hall (135 dining/200 standing) with large windows, built-in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- The Maple – 1,200 sq. ft. South Hall (60 dining/135 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room – 540 sq. ft. Board Room (25 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



Memberships Available Online



**Family
Membership**
\$35



**Seniors 60+
Membership**
\$20



**Individual
Membership**
\$25



**Business
Membership**
\$40

*Support your
Community*



**WILLOW RIDGE
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Visit mywillowridge.ca for more info

RENTAL RATES: Minimum 3-hour rental on weekends.

Facility	Weekday Hourly 6:00 am Monday to 5:00 pm Friday	*Weekend Hourly 5:00 pm Friday to 1:30 am Monday	Weekend 6 Hours (consecutive) 6:00 am-1:30am	Weekend 13 Hours (consecutive) 6:00 am –1:30 am	Deposit
Willow (North Hall)	\$65/hr.	\$98/hr.	\$ 550	\$1,175	\$ 550
Maple (South Hall)	\$54/hr.	\$81/hr.	\$ 450	\$ 975	\$ 450
Herard	\$33/hr.	\$49/hr.	\$ 275	\$ 575	\$ 275
PARTY PACKAGE (all 3 rooms)	N/A	N/A	N/A	\$2,500	\$1,000

WRCA Members receive a 5% discount for one-time rentals.

Contact: info@mywillowridge.ca or 403-271-8044



Activities at the Willow Ridge Community Centre

For the most up-to-date information check our website at www.mywillowridge.ca/activities/events-calendar.

Sundays

- Unity of Calgary Spiritual Community
- Church of Christ
- Dance with Maya
- YYC Drum Circles

Mondays

- Expand Yoga
- Pathfinders
- Sparks

Tuesdays

- Devotion Danceworks
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Zumba with Maan, Marian, and MJ

Thursdays

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

Mondays to Fridays

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

Saturdays

- Devotion Danceworks



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- ☒ Coveralls
- ☒ Microfibre Cloths
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- ☒ Scraper
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WORD OF THE MONTH

Thaumaturgy: *noun* (thaw-muh-tur-jee)

The workings of magic or miracles.

They used thaumaturgy to ensure the people felt at peace.

WRCA Movie-in-the-Park!



7:00 - 8:00pm - Pre-movie crafts & games

8:00 - 9:45pm - Movie Screening @ WRCA (680 Acadia Dr. SE)

Cash concession, bring chairs, blankets, sleeping bags, etc.

FRIDAY, SEP 20TH

Do You Remember?

Do you remember the 21st night of September?
Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!




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pre-purchase dinner tickets online at
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Friday, Sept 6
5:00-8:00pm



55+ Coffee and Games

Join us at the Willow Ridge Community Association every second and fourth Monday from 1:00 to 3:00 pm. Meet other community members, play cards, and enjoy snacks. Free for WRCA members, \$2 for non-members. Staff will be on site to teach the "game of the month", if you are interested.



Upcoming Coffee Dates:

September 9 – Scoop (card game)
September 23 – Scoop (card game)
October 14 – 10,000 (dice game)
October 28 – 10,000 (dice game)

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西

北

Pet of the Month



MoMo is an indoor cat who loves watching birds and squirrels. He also is happy being with his family. On August 1, he celebrated the 7th anniversary of his birthday.



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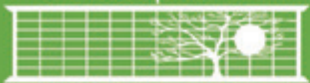
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The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.

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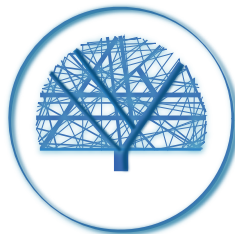
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02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

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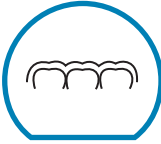
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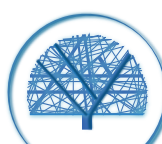
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Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.

World Coconut Day

September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil.

Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



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Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

Building Language Skills in Toddlers

by Alberta Health Services



Toddlers, or children from ages one to three years old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want. Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!

Teaching Your Toddler New Words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g. spider, car), actions (e.g. painting, running), feelings (e.g. sad, happy), and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing, and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.
- Talk slower and sound out the new word.
- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g. "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven.

The oven is very hot. I'll be careful not to touch it.")

- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g. "That's a nice red truck. It's driving really fast. It's going up the ramp and around the corner.")
- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound. Listening to these correct models will gradually help the toddler to improve their speech.
- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g. "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")
- Use short, simple sentences to help them learn to say a new word (e.g. "Let's buy pie.")
- Let them experience new things. Go on field trips to the zoo, museum, grocery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g. "Put the sand in the bucket.")
- Link new words to things and experiences the toddler already knows (e.g. "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie *The Land Before Time*.")

Get Down to Their Level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

Make It Fun!

Toddlers learn language by listening and copying what they hear around them. If you keep your sentences short, and talk that way often, toddlers will have an easier time learning to talk in sentences.

Use the rhythm and repetition of songs, finger plays, and books to build language skills. Rhythm and repetition of songs and finger plays help your toddler to learn and remember words and sentences. Choose songs and rhymes with a theme they like (e.g. animals, dinosaurs, trains). Visit your local library to find books and DVDs to give you new ideas.

Make books fun and accessible. Have them within your toddler's reach so they can choose a book to bring to you. Good books for toddlers have bright, realistic, and fun pictures, with only a few words on each page. Reading books together can be a fun time with your child and a great way to introduce new words and sentences. Your library has a wide variety of books suitable for toddlers.

Act Early!

From the moment they are born to five years of age is an important time for the development of speech, language, and hearing in children. Strong speech, language, and hearing skills are important for later learning and school success. Acting on concerns early is important.

Where to go get help? For more information about how speech-language pathologists and audiologists can help, contact:

- Your doctor, public health nurse, or other health provider.
- Your local health centre.
- Visit the Talk Box (<https://www.alberta.ca/creating-language-rich-environments>) - A parent guide to creating language rich environments.

Cats, Canines, & Critters of Calgary



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Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

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Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



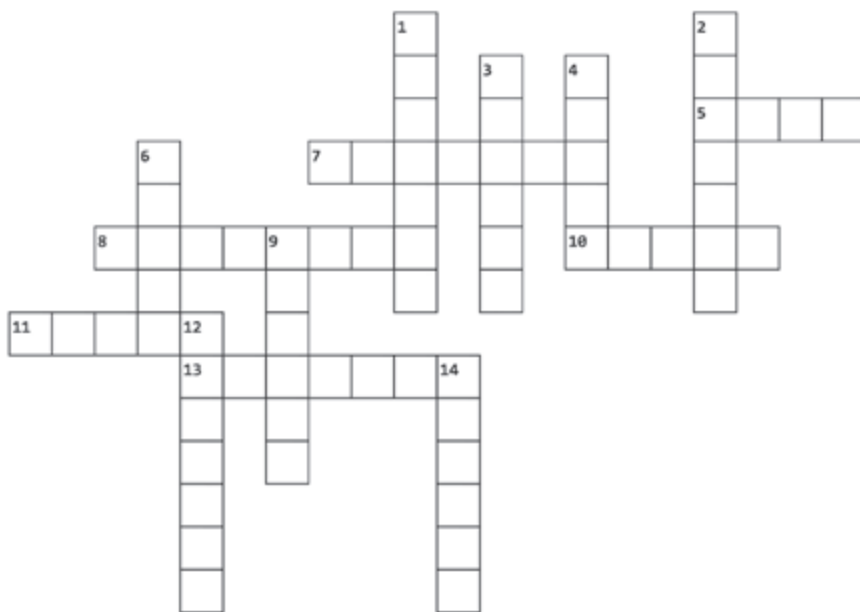
The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**



September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

Call for Volunteers: Help Plan Calgary's Future for Older Adults!

by the City of Calgary

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

Requirements

- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.

Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



**MP Calgary Midnapore
Stephanie Kusie**
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✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents,

As students, teachers, and parents prepare for the return to school, I want to wish everyone an excellent school year!

Later this month, I will be returning to Ottawa and once again standing up for the interests of Calgary Midnapore in Parliament. Alongside my leader Pierre Poilievre, I am ready to fight for our community and way of life in the House of Commons. I encourage all constituents to follow my work on social media: @StephanieKusie (X and Instagram), @StephanieKusiePolitician (Facebook), and @StephanieKusieMP (YouTube).

Final Call for Nominations!

My office will be accepting nominations for the King Charles III Coronation Medal until September 30, 2024. The medal will be awarded to 30,000 deserving Canadians including twenty from our community of Calgary Midnapore. To be eligible for the honour, a person must have made a significant contribution to the country, a province, territory, region, or community, or made an outstanding achievement abroad that brings credit to Canada, and been alive on May 6, 2023, the date of His Majesty's Coronation.

Our community has countless leaders who often get overlooked for the important and hard work they do to make our city and country better – now's the chance to ensure they are recognized! All nominations will be provided to an independent non-partisan selection committee to determine the appropriate Coronation Medal recipients.

For more information and to nominate an individual please go to www.stephaniekusiemp.ca/coronation.

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

Diana Batten

**MLA, Calgary-Acadia
Critic for Childcare, Child & Family Services**
105, 10333 Southport Road SW, Calgary
📞 403-640-1363
✉️ Calgary.acadia@assembly.ab.ca
📘 facebook.com/dianabattenmla
📷 [@DianaBatten_](https://twitter.com/DianaBatten_)



Hello Calgary-Acadia!

Summer will be wrapping up by the time this newsletter finds its way to your mailbox. The Calgary Stampede formed the bookends around my first year in office and it was a great privilege to have that opportunity to meet so many of you at events across Calgary-Acadia.

Being in the community for the spring and summer allowed me the pleasure of attending a huge variety of community events. A few highlights:

- Enjoying delicious pierogies and spectacular dancing at the Calgary Ukrainian festival taking place at the Acadia Recreation Centre.
- Experiencing government through the questions asked by Calgary-Acadia grade 6 and 9 students, both at the Legislature and in their schools.
- Enjoying year-end celebrations, fiestas, concerts, and graduations at neighbourhood schools.
- Visiting with folks at the many Neighbour Day celebrations throughout the constituency.
- Celebrating volunteers at the community cleanups.
- Stampede Breakfasts and barbeques throughout the constituency!
- Hearing from you on your doorsteps.

My office was busy this spring and summer responding to the concerns of constituents. Most concerns over the last few months have come from folks who are worried about government overreach in municipal affairs, concerned about new rules that allow a grizzly bear hunt, struggling with affordability and rent increases, and who are uncertain about their ability to access healthcare. We are committed and will head back to the Legislature in October to continue fighting as Albertans struggle with high unemployment, lack of family doctors, and a skyrocketing cost of living.

As I prepare for the sitting of the next Legislature this fall, I want to hear from you. Please reach out by email, phone, or dropping by our office, to let me know what concerns you would like brought to the government.

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Crystal the Monkey



Did you know that Crystal the Monkey, the adorable Capuchin star from *Night at the Museum* and *We Bought a Zoo*, has her very own IMDb page? Yep, this talented lady has shared the screen with big names like Ben Stiller, Robin Williams, and Ken Jeong. Check out her page for more of her wild adventures in Hollywood!

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INDOOR 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at **WWW.GOFOOTHILLS.CA**



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17

New Properties



3

Sold Properties



20

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12

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