

APRIL 2025

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# myWILLOWRIDGE.ca

THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

**AGM**

**PAGE 7**

**EASTER EGG HUNT**



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**New technology: Needle-free laser dentistry**

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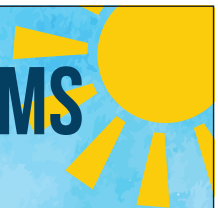
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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**WILLOW PARK**

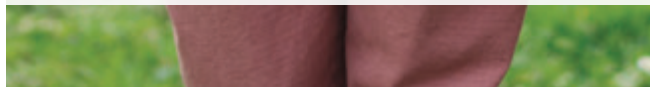


**MAPLE RIDGE**



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# 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	Dustan Byrnes	vp@mywillowridge.ca
Treasurer	Kody Shiels	treasurer@mywillowridge.ca
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Urban Forestry	Gordon Paynter	gpaynter@mywillowridge.ca
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Director-at-Large	Peter Gibson	pgibson@mywillowridge.ca
Director-at-Large	Roger Lohrey	rohrey@mywillowridge.ca
Director-at-Large	Katie Bradbury	kbradbury@mywillowridge.ca

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Garden Liaison	Rob Kettle Leslie Smith	wrveggiesandherbs@gmail.com

### WRCA Staff

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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

<b>Councillor - Ward 11</b>		
Kourtney Penner	403-268-2430	ward11@calgary.ca
<b>MLA - Calgary Acadia</b>		
Diana Batten	403-640-1363	calgary.acadia@assembly.ca
<b>MP - Calgary Midnapore</b>		
Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca
<b>CPS Community Resource Office</b>		
Cst. Matt Forest		mforest@calgarypolice.ca
<b>Girl Guides of Canada Calgary Area</b>		
403-283-8348		ggcinfo@calgarygirlguides.com
<b>Scouts Canada Chinook Council</b>		
403-283-4993		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	<b>WRCA website</b>
	@mywillowridge	mywillowridge.ca

The myWILLOWRIDGE.ca is the official newsletter of the Willow Park and Maple Ridge communities. It is generously published by Great News Media and 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.**

# Willow Ridge Community Association

## Notice of Annual General Meeting of Members

To be held on Monday, April 14, 2025, at 7:00 pm.

Notice is hereby given that the Annual General Meeting (the "Meeting") of the members of Willow Ridge Community Association of Calgary (the "Association") will be held on Monday, April 14, 2025 (Calgary time) at the Willow Ridge Community Association (680 Acadia Dr SE, Calgary, AB).

The purpose of the meeting is to:

1. Place before the members the audited financial statements of the Association for the financial period ended August 31, 2024, together with the auditors' report thereon;
2. Appoint the auditors of the Association for the ensuing fiscal year;
3. Elect the President and Directors of the Association for the ensuing year;

4. Transact such other business as may properly be brought before the meeting or any adjournments thereof.

Only members recorded on the Association's register on the date of the meeting are entitled to vote at the meeting, or any adjournment thereof. If you would like to purchase a membership, you can do so by visiting [www.mywillowridge.ca](http://www.mywillowridge.ca). You must be a member in good standing of WRCA for a period of 30 days prior to the meeting.

If you would like a copy of the agenda or the Association's financial statements prior to the meeting, please contact our staff at [info@mywillowridge.ca](mailto:info@mywillowridge.ca) or at 403-271-8044 and a copy will be provided to you.

*By order of the Board of Directors*

**6:30pm Wine & Cheese**

**7:00pm Annual General Meeting**

*Join us*

**Mon. April 14th, 2025**





# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

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\*2024 CREB data listings sold in WP + MR

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## Activities at the Willow Ridge Community Centre

### Sundays

- Unity of Calgary Spiritual Community

### Mondays

- Expand Yoga
- 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
- Natyam Dance Academy

### Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Creations Child Care Inc.
- Willow Park Preschool
- Willow Ridge Community Kids Club

### Saturdays

- Devotion Danceworks



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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, 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 (Closed until fall 2025) – 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  
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\$40

*Support your  
Community*



**WILLOW RIDGE  
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Visit [mywillowridge.ca](http://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) <small>Closed until fall 2025</small>	\$54/hr.	\$81/hr.	\$ 450	\$ 975	\$ 450
Herard	\$33/hr.	\$49/hr.	\$ 275	\$ 575	\$ 275
<b>PARTY PACKAGE</b> <small>(all 3 rooms) Not available until fall 2025</small>	N/A	N/A	N/A	N/A	N/A

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

Contact: [info@mywillowridge.ca](mailto:info@mywillowridge.ca) or 403-271-8044



Hot Chocolate - YYC Backyard Chickens  
Egg Hunt Prize - Ukrainian Egg Decorating - Family Fun!

# EASTER EGG HUNT

SATURDAY APRIL 19TH  
2:00-4:00PM



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

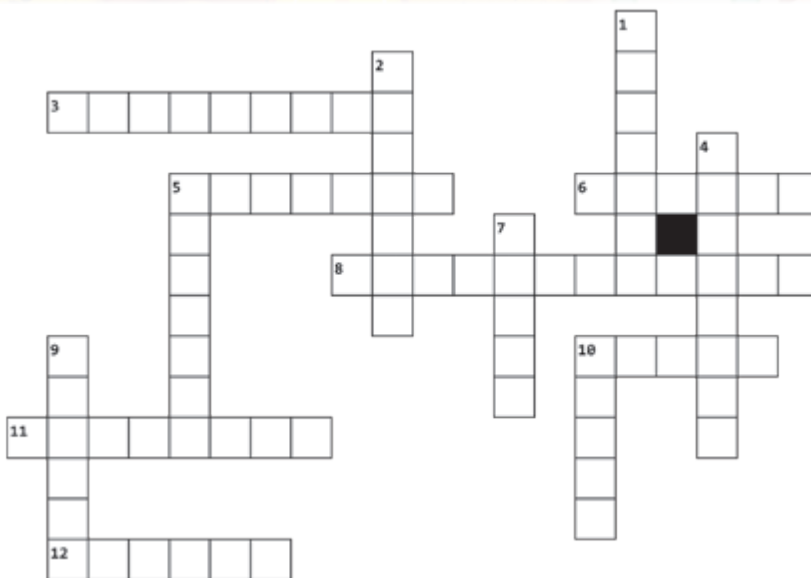
 **WRCA**  
680 Acadia Dr. SE

*Courtesy of Justyna*  
**ROYAL LePAGE BENCHMARK**





# April Crossword



## Across

3. Simon & Schuster released the first-ever \_\_\_\_\_ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the \_\_\_\_\_ flu pandemic.
6. On April 30, 1952, Mr. \_\_\_\_\_ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, \_\_\_\_\_.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song \_\_\_\_\_ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

## Down

1. April's birthstone is the \_\_\_\_\_, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space \_\_\_\_\_*, premiered in April 1968.
4. The Royal \_\_\_\_\_ Air Force was officially established on April 1, 1924.
5. \_\_\_\_\_ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth \_\_\_\_\_ was born on April 15, 1982, in Vancouver, BC.
9. The World \_\_\_\_\_ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick \_\_\_\_\_ won the Pulitzer Prize for Music, becoming the first rapper to do so.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# WILLOW RIDGE SOCCER

**U4: Sat 10-11am (\$100)**

**U6: Mon & Wed 6:15-7:15pm (\$140)**

**U8: Tues & Thurs 6:15-7:15Pm (\$140)**

**U10: Mon & Wed 6:15-7:15pm (\$140)**

**U13: Tues & Thurs 6:15-7:15pm (\$140)**

**U15: Tues & Thurs 6:15-7:45pm (\$160)**

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## Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

### Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

### Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!





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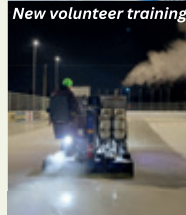
## ODR Closed for The Season

Thank you to everyone who helped this year, and special thanks to those unsung heroes who built and maintained the community adopt-a-rinks! We had an excellent ice season with a couple of new volunteers added to the roster! Crokicurl and Curling were not built this season due to lack of interest. Were they missed?

The double pleasure rink with the dedicated stick and puck area worked great – this required more flooding but resulted in minimal rink conflicts. Our new festival lighting over the ODR was very popular and met with many compliments and approval. Special thanks to the Parks Foundation Calgary for funding this initiative, which will have a year-round impact on our outdoor space.

The baseball mesh on the East side worked great for puck management. The green shade mesh on the East side provided puck protection for the building and parking lot – but the wind effects caused too much strain on the chain link and the sun shading did not improve the rink conditions enough. Next year, the shade mesh will be replaced with baseball mesh, which will allow for less strain on the fencing, but still provide increased protection to the surrounding cars, buildings, and people!

We had zero volunteer incidents (injuries or other reportable events) and one reported skating incident (skate cut leading to bandaging and referral to urgent care).



### Some interesting statistics:

	2024 Season	2023 Season
<b>First Flood:</b>	November 20	December 7
<b>First Skate:</b>	November 24	December 10
<b>Last Flood:</b>	February 22	March 7
<b>Last Skate:</b>	February 27	March 8
<b>Total Skating Days:</b>	91	91

Until next year...

*The WRCA Volunteer Rink Crew*

## Pet of the Month

These pups are Pippa, Auggie, and Katie Armstrong Campbell. Pippa is Katie's mom and Auggie's grandma. They love living in Willowpark and together with the best puppy ever, Todd Armstrong (who grew up, lived, and played in Willowpark from 2005 to 2022), donated a bench in the park on Willowglen Place for their neighbours to enjoy. Their hobbies are playing, snacking on treats, walks, barking at all the wrong times, and napping in the sun.







### April Awakenings: Growing Stronger Together

by Chima Akuchie

It is April, and you know what that means, spring is officially here! The birds are singing, the trees are waking up, and we are all finally shedding our winter coats. But it is not just the weather that is changing; this is the perfect time for us to shake things up as a community. If ever there was a season for making things happen, it is now. So, let us embrace the month of April with a burst of energy, action, and a little bit of humour.

Easter's coming up, and let us be real, who doesn't love chocolate, eggs, and a little extra time with family? But beyond the baskets and bunnies, Easter brings us a much-needed reminder of renewal. Just like the earth is shaking off the winter frost, we have all got the chance to refresh, start over, and take those steps toward the bigger picture. It is the perfect excuse to shed some old habits and embrace a fresh perspective. It is about growth, not just for us but for our community, too. Let us celebrate this season of new beginnings by bringing our best selves forward.

Let us also talk about Earth Day, April 22. Now, we all know that Earth Day is important, but how often do we think about our impact on the other 364 days of the year? This April let us get real about it. Whether it is picking up some trash during your morning jog or switching to more sustainable products, every minor change matters. Community has always been about making a real difference, so let us use Earth Day to set the tone for the rest of the year. It does not take a huge effort, just a few small choices that can lead to an enormous impact.

But here is the thing: while we are out there doing our part for the planet, do not forget about the people around you. April is the ideal time to reconnect with neighbours, old friends, and even strangers. The sun's out, people are getting outdoors, and the vibe is perfect for strengthening our bonds as a community. Whether it is joining a local event, offering a helping hand, or just checking in on someone you have not seen in a while, let us keep the momentum going. A strong community starts with us all showing up for each other, and April is a great reminder that together, we are unstoppable.



Now, while we are out making an impact, do not forget to recharge. We all know the grind can be relentless, and sometimes we forget that personal growth starts with us. This month, take a moment to reset. Whether it is walking through a park, trying a recent activity, or even just getting a little extra sleep, make sure you are putting your well-being first. You cannot give your best to others if you are not at your best. So, let us take care of ourselves and make sure we are bringing our best to our community.

In short, April is all about taking action. It is the time to get outside, engage, and make some fundamental change. We have the energy, the drive, and the sense of community to make this month count. So, let us embrace it with open arms and make this spring the one that sets the tone for everything to come.



## Willow Park Real Estate Update

Last 12 Months Willow Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2025	\$789,900	\$755,000
January 2025	\$957,400	\$943,750
December 2024	\$369,900	\$358,000
November 2024	\$975,000	\$997,500
October 2024	\$419,900	\$415,000
September 2024	\$761,450	\$771,250
August 2024	\$699,900	\$690,000
July 2024	\$479,900	\$470,000
June 2024	\$629,000	\$655,013
May 2024	\$848,950	\$850,000
April 2024	\$659,450	\$683,000
March 2024	\$789,500	\$803,500

Last 12 Months Willow Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2025	8	1
January 2025	10	6
December 2024	2	3
November 2024	4	10
October 2024	8	7
September 2024	13	12
August 2024	22	13
July 2024	7	5
June 2024	5	5
May 2024	8	12
April 2024	17	12
March 2024	8	8

To view more detailed information that comprise the above  
MLS averages please visit [will.mycalgary.com](http://will.mycalgary.com)

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## The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.

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# The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossovian

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

### **"What are the key responsibilities of this position?"**

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

### **"What does a typical day look like?"**

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

### **"How would you describe the company culture?"**

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

### **"What opportunities are there for professional development?"**

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

### **"Describe your management style. How will you manage me?"**

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

### **"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"**

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

### **"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"**



Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

**"If I wanted to sell you on an idea or suggestion, what do you need to know?"**

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.



## Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast  
Live in the present, not the past.  
What's your secret, we have to ask  
Joan would say: "at everything you just laugh!"

Joan is a special gal -  
A loyal friend through and through.  
The world would be a better place  
If this skill was one everybody knew.

Her circle has been busy and wide  
Golf, curling, travel, bridge  
But, if you need a friend  
Joan is right there by your side.

She has tackled many sports,  
Always showed up with a smile  
If you need love and support,  
Joan always goes the extra mile.

A kind word, a compliment, a laugh  
She understands what's on your mind.  
She listens, has a thought, perhaps an idea new  
Joan cares about each and everyone of you!

Happy birthday, dear Joan!  
Thank you for being a good friend to all of us.  
We are all better for knowing you and could learn  
from your example.  
We have watched you approach life with  
compassion and intention putting others' need  
first while making light of your own.

# Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

### Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

### Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

### Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

### What to Limit or Avoid

**Red Meat:** Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

**Processed meat:** Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

### Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts) and search for Mediterranean Style of Eating.



# Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



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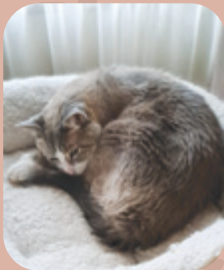
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## Willow Park

Detached Home Stats - Last 45 Days



**11**

# New Properties



**4**

# Sold Properties



**17**

Average Days on Market



**\$971,875**

Median Sold Price

## Maple Ridge

Detached Home Stats - Last 45 Days



**7**

# New Properties



**1**

# Sold Properties



**25**

Average Days on Market



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Median Sold Price

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