

JUNE 2025

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER



NEIGHBOUR DAY
JUNE 21
PAGE 17



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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
Secretary	Jecielle Alonso	secretary@mywillowridge.ca
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Social	Vacant	
Casino	Marshall Horne	mhorne@mywillowridge.ca
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Urban Forestry	Gordon Paynter	gpaynter@mywillowridge.ca
Strategy Director	Andres Galindo	agalindo@mywillowridge.ca

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Director-at-Large	Peter Gibson	pgibson@mywillowridge.ca
Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Katie Bradbury	kbradbury@mywillowridge.ca
Director-at-Large	Gordon Palmer	gpalmer@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
-----------------	--------------	--

MLA - Calgary Acadia

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

MP - Calgary Midnapore

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

CPS Community Resource Office

Cst. Matt Forest	mforest@calgarypolice.ca
------------------	--

Girl Guides of Canada Calgary Area

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

Scouts Canada Chinook Council

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
	@mywillowridge

WRCA website
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 3,900 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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YOUR CITY OF CALGARY

Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by The City of Calgary



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.

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PRESIDENT'S MESSAGE

In April, we hosted our Community Association Annual General Meeting (AGM). While the building remediation remained a primary focus, our AGM also served as a celebration of our community, our volunteers, and our shared vision for an even better neighbourhood.

First, a heartfelt thank you to all our volunteers and board members who collectively contributed over 4,000 hours of work to our community. Our achievements would not be possible without your dedication. We also want to extend a special thank you to our departing board members, Susie McQuaid, Chris Nyberg, and Karin Holmgren, for their service, and warmly welcome our new board member, Gordon Palmer.



We are thrilled to announce this year's Volunteer of the Year award recipients: Francine Soko and Trudy Labbe. Since 2019, Francine and Trudy have been the driving force behind the WRCA Pickleball Club, transforming it from an idea into one of the city's leading pickleball communities. Under their leadership, the club has grown from 76 to nearly 400 members, providing an accessible and friendly space for all to enjoy.

Looking ahead, our focus remains on completing the building remediation and initiating the redevelopment of our parking lot and green spaces. We have officially engaged DIALOG Design to lead this project, and I am pleased to share that we have secured \$200,000 in grants and donations to help bring this vision to life. A special thank you goes to our Keystone sponsor, Coril Holdings, as well as the City of Calgary, the Calgary Foundation, and Parks Foundation Calgary for their generous support.

For those interested, the complete AGM presentation is available on our website at mywillowridge.ca. As always, if you would like to get involved or support our initiatives, please reach out to me at president@mywillowridge.ca.

Thank you, and let's keep building a great community together.

Jason Carling

President, WRCA



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A cartoon character wearing a blue cap with 'GD' on it, a blue shirt, and brown pants. He is holding a yellow bucket in his right hand and a ladder in his left hand. He is smiling and looking towards the viewer.

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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!

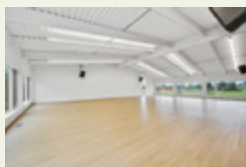
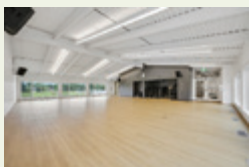
Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

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
Membership**
\$40

*Support your
Community*



**WILLOW RIDGE
COMMUNITY
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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) <small>Closed until fall 2025</small>	\$54/hr.	\$81/hr.	\$ 450	\$ 975	\$ 450
Herard	\$33/hr.	\$49/hr.	\$ 275	\$ 575	\$ 275
PARTY PACKAGE <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 or 403-271-8044



Annual Pickleball Tournament



On the May 3 and 4 weekend, the third Annual Pickleball Tournament took place on our eight courts at Willow Ridge CA. Over the course of the two days, we had 190 competitors playing in over 330 games! The tournament committee also undertook an initiative to run a 50/50 raffle to raise money for outdoor

nets on wheels for our courts. The response from players, spectators, friends, and local businesses was beyond expectations, and we can't thank you enough. We would like to extend a huge thank you to our Tournament Coordinators, Brett and Ann Hood, Leslie and Gary Croxton, and Trudy Labbe. Without countless hours of planning, organizing, and 14-hour days on May 3 and 4 by these incredible volunteers, this event would not have happened. We would also like to thank all the other behind-the-scenes volunteers who helped make this event possible.

The tournament had a major sponsor this year with Zeno Renewables who set up their amazingly bright tent with complimentary water and lemonade, custom printed PB paddles which they raffled off, and they gifted us two of our new PB nets! We are so grateful for their support and engagement in the community. We were also generously gifted nets from two members, Deborah Schmidt and Curtis Williams. Funds from the 50/50 purchased the last two nets, rounding out the total number to six brand new nets!

Another big thank you goes out to the 23 generous donors and local businesses who contributed to our event! Our participants were truly spoiled with the number of prizes up for grabs this year.



- Acadia Rec Centre
- Anonymous Donors
- Barlow Center for Active Living
- Lake Bonavista Community Association
- Custom Laser Works
- MLA Dianna Batten, Acadia Constituency Office
- Don Blakey
- Dr. Brayton Kidd
- Earls Restaurant Southcentre
- Good Bread
- Pickleball Depot
- Racquet Central
- Shuswap Ski & Board
- Sportchek
- Straight Options Real Estate
- The Cushion Lady
- Team Town Sports
- Two Oceans Pickleball Adventures
- Zeno Renewables

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SAT. JUNE 21ST
NEIGHBOUR DAY

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GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.






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WILLOW PARK VILLAGE STAMPEDE BREAKFAST



JULY 11, 2025
8AM - 11AM

Willow Park Village
10816 Macleod Trail
Calgary, AB T2J 5N8



Wanted – Pet of the Month!

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.

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

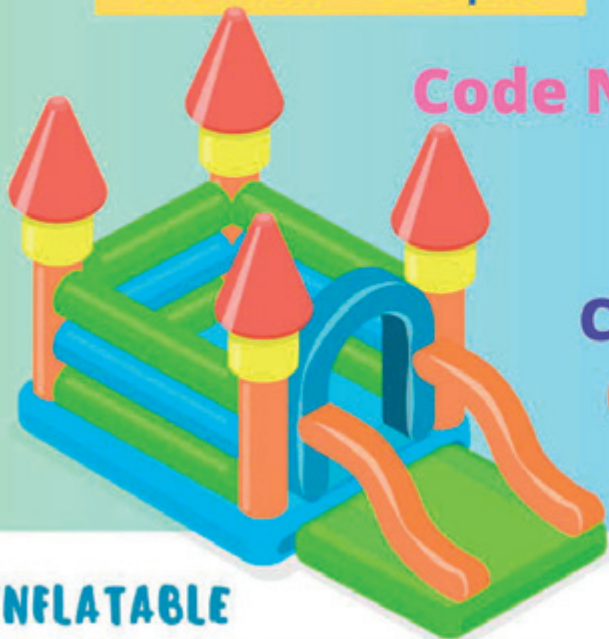
Saturdays

- Devotion Danceworks

Willow Ridge Community Association - 680 Acadia Dr. SE

NEIGHBOUR DAY

Saturday, June 21st
11:00am - 3:00pm



MJM e-Bikes
Face painting

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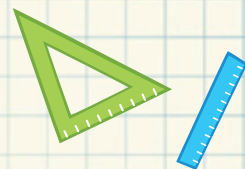
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or we can send a volunteer to pick up the items

FOR MORE DETAILS:

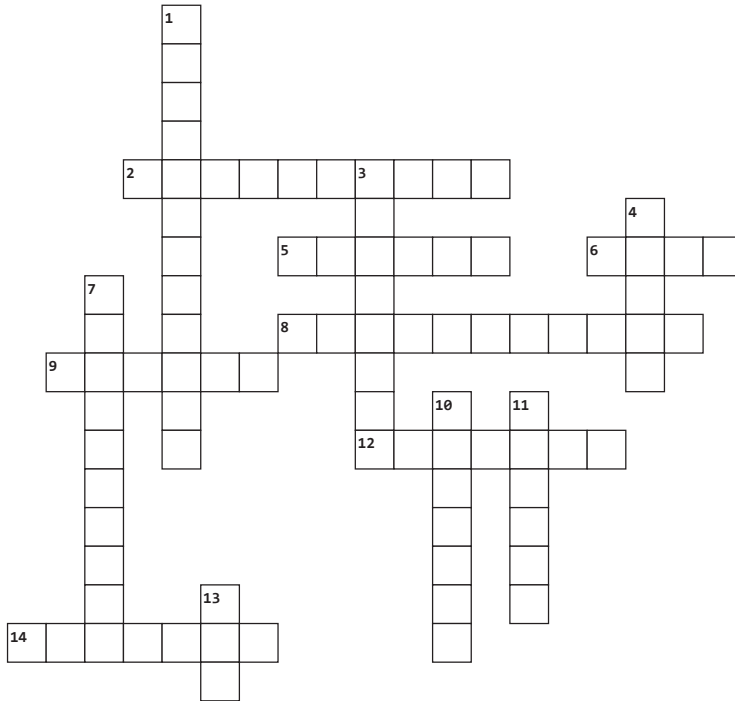
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or call (403) 708-7924



Visit our Facebook page:
[www.facebook.com/
sabconnections2025](https://www.facebook.com/sabconnections2025)



June Crossword



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

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• **Add Some Flavour**

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• **Pair with Foods You Enjoy**

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon

The saying goes inside the staff rooms

Most teachers' tanks are running empty

Low fuel within, they're all teached out

Ignition sequence slowly starting

Young astronauts awaiting lift off

Dreaming, gazing out the windows

The students now in countdown mode

Long year it was for sharpened minds

10 months of grinding education

The pencils short, good patience shorter

Toss learning's shavings to the wind

Yes, summer's here, it's time to fly

Fold lesson plans like paper airplanes

Let's rocket launch to outer space

New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic

Deep down it's true we're all the same

We dream in June of summer breezes

That blow the cares of school away





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June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!

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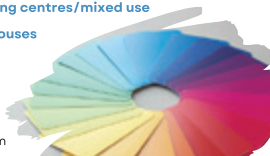
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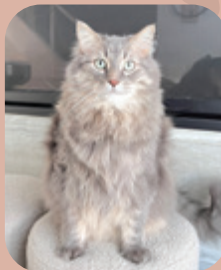
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Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

SMOKIN'!

In 1994, Canadian actor and comedian Jim Carrey took Hollywood by storm, becoming the first actor to star in three consecutive box-office hits. Over the span of just eleven months, he headlined *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*. Alrighty then!





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INVISIBLE APPEARANCE:



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SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.

REMOVABLE:



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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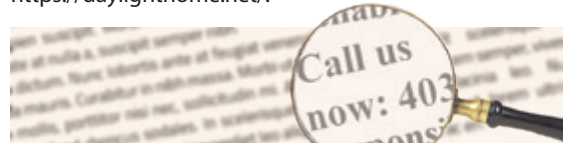
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Hello Neighbours,

I hope this message finds you well!

Now that the legislature has wrapped up for another session, I am excited to spend more time in the fantastic riding of Calgary-Acadia.

Thank you for your emails and phone calls sharing your concerns around the many Bills brought to the legislature this session. The top concerns I heard from folks in Calgary-Acadia reflected a strong desire to protect our natural resources, take care of the vulnerable, and ensure healthcare is available for all Albertans.

Your voice is important and every contact with the office is counted and noted. Many of you are writing or calling for the first time and I deeply appreciate the time and energy it takes to be an advocate. Your efforts truly make a difference.

From bike parades to pickleball tournaments, I am eager to connect while learning how I can best serve the constituents of Calgary-Acadia.

A highlight for me is spending time in classrooms and listening to students' questions. As this school year wraps up, I want to wish the graduates all the best and hope everyone has a restful and safe summer break.

Save the date for our Stampede Breakfast scheduled for July 6! This annual event is a great way to celebrate our community spirit. Please contact my office for more information and for anything else we can help you with.

Cheers, and I look forward to seeing you at upcoming community events!

Diana

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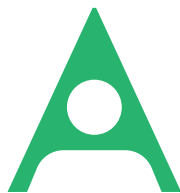


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