

MARCH 2025

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

**AGM
PAGE 7**

CASINO ROYALE

Fun Money Fundraiser



Dr. Lucas Curran
General Dentist

New technology: Needle-free laser dentistry

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of Your Home & Facts to Help Sell Your Home

What Determines "Value" of Real Estate?

"Supply levels are expected to improve this year, contributing to more balanced conditions and slower price growth. However, the adjustment in supply is not equal amongst all property types. Compared with sales, we continue to see persistently tight conditions for detached, semi-detached and row properties while apartment condominiums show signs of excess supply for higher priced units." (CREB)

We will help you to maximize the value of your real estate. Call us now or email your questions.
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ONGOING Registration for September 2025

- Kindergarten to Grade 6
- Hockey Canada Skills Academy (Gr. 4-6)
- Before & After School Care available onsite



Please call 403-500-2055 today to discuss
registering your child.

CONTENTS

- 7 NOTICE OF ANNUAL GENERAL MEETING
- 8 PRESIDENT'S MESSAGE
- 12 FUN MONEY CASINO GALA
- 18 MARCH CROSSWORD
- 21 WILLOW RIDGE SOCCER
- 28 BUSINESS CLASSIFIEDS



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
Membership Coordinator	Vacant	
Facilities	David Hughes	facilities@mywillowridge.ca
Sports and Recreation	Vacant	
Funding	Don Boykiw	dboykiw@mywillowridge.ca
Social	Vacant	
Casino	Tom Firth	tfirth@mywillowridge.ca
Communications	Karin Holmgren	kholmgren@mywillowridge.ca
Volunteer Coordinator	Vacant	
Civic Affairs	Gord Rouse	grouse@mywillowridge.ca
HR Director	Mike Krisa	mkrisa@mywillowridge.ca
Urban Forestry	Gordon Paynter	gpaynter@mywillowridge.ca
Strategy Director	Andres Galindo	agalindo@mywillowridge.ca

Directors At Large

Director-at-Large	Marshall Horne	mhorne@mywillowridge.ca
Director-at-Large	Peter Gibson	pgibson@mywillowridge.ca
Director-at-Large	Roger Lohrey	rlohrey@mywillowridge.ca
Director-at-Large	Katie Bradbury	kbradbury@mywillowridge.ca

Other Contacts

Soccer Administration	Rich Cree	soccer@mywillowridge.ca
Garden Liaison	Rob Kettle Leslie Smith	wrveggiesandherbs@gmail.com

WRCA Staff

General Inquiries		info@mywillowridge.ca
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
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CPS Community Resource Office

Pavel Adaikin		PAdaikin@calgarypolice.ca
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Girl Guides of Canada Calgary Area

403-283-8348		ggcinfo@calgarygirlguides.com
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Scouts Canada Chinook Council

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

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

The WRCA Mission

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

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

SOCIAL MEDIA

	@willowridgecommunity
	@mywillowridge

WRCA website
mywillowridge.ca

The 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. 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 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



PRESIDENT'S MESSAGE

As the days get longer and we start to think about spring, it's once again time to prepare for our Community Association's Annual General Meeting. This year, our AGM is scheduled for Monday, April 14 at 7:00 pm. I know AGMs can get a bad rap, but for our community, our AGM's focus is on connecting with people, sharing stories about the great work we are doing as a community, and sharing ideas on how we can do things even better.

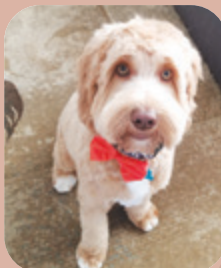
Beyond our AGM, there are many opportunities to get involved, either as a board member or volunteer. Whether you're interested in capital planning, civic affairs, enhancing our trees and green spaces, fundraising, running and planning events, or getting engaged with one of our clubs or crews (pickleball, ice rink, community garden, etc.), we try to be a holistic CA, and we love to support our members' efforts to enrich our community experience. We are very lucky to have a broad and experienced board, but many of our board members have served for over five years, so we are actively looking for new community members to ensure board continuity, as well as bring fresh ideas, energy, and relationships.

If you are interested in learning more, reach out to me at president@mywillowridge.ca. Or, even better, come out to our AGM on Monday, April 14 at 7:00 pm to make some new friends, share your ideas, and learn more about the work we're doing, including the ongoing saga of our building retrofit, and our exciting new plans to improve our parking lots and outdoor facilities.

Jason Carling
President WRCA



Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



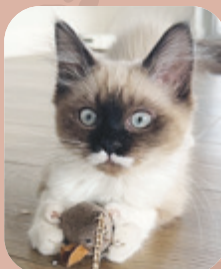
Louie, Panorama Country Hills



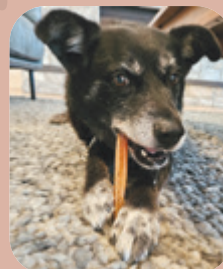
Luna, Marda Loop



Luna, West Hillhurst



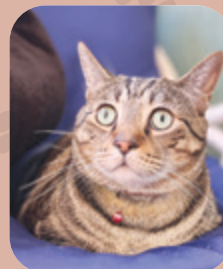
Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email news@mycalgary.com

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

YOUR CITY OF CALGARY

Find Your Next Job at the Youth Hiring Fair – March 27

by The City of Calgary

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

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!

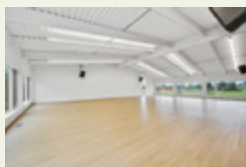
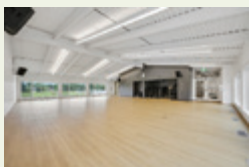
Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

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
ASSOCIATION**

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



FUN MONEY CASINO NIGHT

Join us for an unforgettable evening of lively celebration - all for a great cause! Every dollar raised will support the Willow Ridge Community Association's rebuilding efforts, with a goal to reopen by September 1st. Don't miss out on the fun!



APRIL 5
7:00-11:00PM

\$50/TICKET
BLACK TIE

TICKETS AVAILABLE AT WRCA.GETCOMMUNAL.COM



DISCREET & CONVENIENT TEETH STRAIGHTENING



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Learning About Palliative and End-of-Life Care

by Alberta Health Services



People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.

- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

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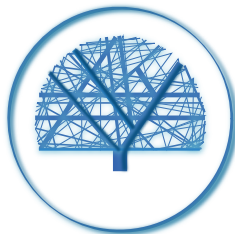
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02144	4 Bitewing X-Rays	\$105.38	\$105.38
02113	3 PA X-Rays	\$81.35	\$81.35
02601	Panoramic X-Ray	\$106.61	\$106.61
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12112	Fluoride Treatment	\$36.05	\$36.05

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**TEETH
WHITENING**



**DENTAL
IMPLANTS**



**CERAMIC
RESTORATION**



**BOTOX
TREATMENTS**



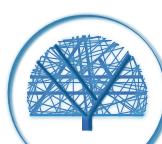
**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



BRIDGES



**TEETH
CLEANING**



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BRIDGES



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LOCATION

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CONTACT US

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E info@willowparkdental.com

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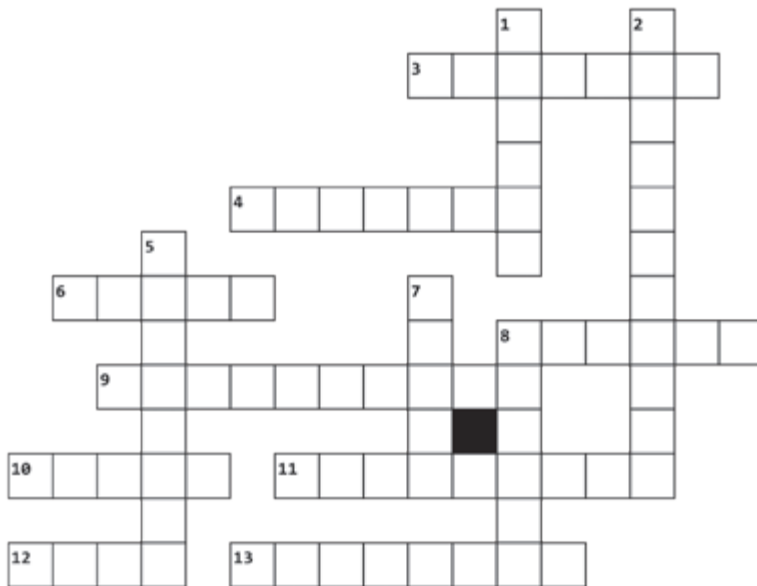
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www.winsync.ca
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March Crossword



Across

3. Known as the "Fight of the Century", on March 8, 1971, Muhammad Ali's 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____'s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March's birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt's Creek*, *Home Alone*, and *Beetlejuice*, _____ O'Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the "Emerald Isle".

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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

Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!





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Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

Pet of the Month

This is Sunny Boy, he is a chihuahua/terrier. He came into our lives, almost 5 years ago, a rescue from Los Angeles. Sunny Boy is not a fan of winter hence his name, he's a huge fan of summer and enjoys his daily walks and suntanning. If you happen to see Sunny Boy out for a walk in Willow Park in the winter, you'll notice him with a very warm sweater or coat on!



Earth Hour 2025

by The City of Calgary

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



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Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



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epilepsycalgary.com



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Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding second-hand smoke. Talk to your healthcare provider or visit [AlbertaQuits.ca](https://albertaquits.ca) for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit <https://albertafindadoctor.ca/>.
- Use the screeningforlife.ca locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at <https://screeningforlife.ca/cervical/>.

Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the

notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!



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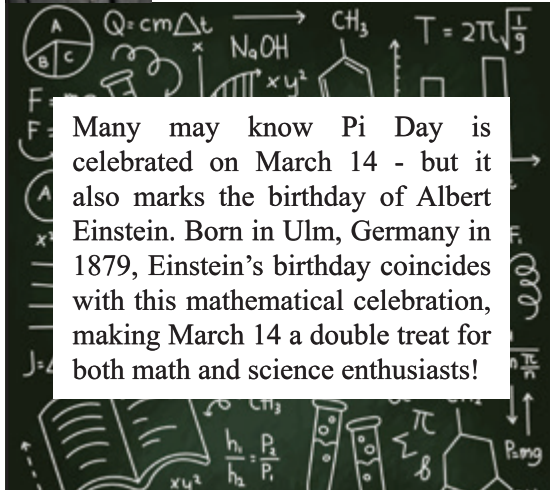
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Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



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Restrictive Covenant Update - February 10, 2025

The third information session regarding restrictive covenants for Willow Park and Maple Ridge was held on Saturday, February 8. I am pleased to announce we have enough interest and financial backing to proceed and plan on finalizing the details and wording of the covenant in the next few weeks with signing sessions to follow.

We are now planning a fourth information session on Friday, April 4 at 6:30 pm. Our list of interested parties has grown to 90 and several people have stepped up to help with the information sharing. Thank you to Lake Bonavista RC Team for helping with the information sessions.

Gord Rouse

Civic Affairs



GAMES & PUZZLES

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



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Hello Calgary-Acadia,

This has been a roller-coaster of winter, both in the weather and in politics. The office has seen an increase in healthcare concerns with over 200 emails in the three months before this article was published. The restructuring, firing of health boards, non-scientific COVID report, removing funding for vital eye health checkups for seniors and children, and a general lack of planning for solving the primary care crisis have continued to concern Calgary-Acadians. I returned to the legislature at the end of February and with my colleagues in opposition, we continue to advocate for the health of all Albertans.

The Government has recently made changes to both the Child Care Subsidy and AISH without consultation or providing details. In my role as Shadow Minister, I am meeting with families and daycare providers affected by childcare funding changes. The announced changes will make childcare less affordable for some of our most vulnerable Albertans. This is cruel.

The constituency office received an overwhelming response to changes made to coal activity on the Eastern slopes. Many of you are concerned that Minister Jean's promise to uphold water and environmental standards is not a priority. This decision affects all of us and Calgary-Acadians made their voices heard. Thank you for this advocacy and continued engagement. Your voice is important.

I hosted a Healthcare town hall at the end of January with my neighbour in Calgary-Glenmore, MLA Nagwan Al-Guneid. Medical experts who are leaders in their profession answered many passionate questions from the audience and untangled some healthcare misinformation. The full event showed how engaged the folks in Calgary Acadia are. I will continue to find ways to engage with everyone in Calgary-Acadia whether in town-halls, Brews with Batten, or on your doorstep. Please let me know what you are concerned about.

Cheers,

Diana

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5

New Properties



1

Sold Properties



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