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WILLOW PARK

MAPLE RIDGE



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The Willow Ridge Community Association (WRCA) Vision
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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 3,850 households).

Monthly Board of Directors Meetings are held on the second Monday of each month, but please check with the office as these meeting dates may change. They commence at 7:15 pm in the Maple Hall. 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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- Expand Yoga (www.expand-yoga.com)
- FLC Brushstrokes (www.flcseniors.ca)
- FLC Line Dancers (www.flcseniors.ca)
- Girl Guides (www.girlguides.ca)
- Move with Michelle (sites.google.com/view/movewithmichelle)
- National Sports Academy (www.nationalsportacademy.ca)
- Pathfinders (www.girlguides.ca)
- Pyramid Psychology (www.pyramidpsychology.com)
- Skylark Art School (www.skylarkartschool.ca)
- Sparks (www.girlguides.ca)
- Stompasaurus Social Line Dancing (www.stompasaurus.com)
- Ujamma Grandmas
- Unity of Calgary (www.unityofcalgary.org)
- Victory Tabernacle Calgary (www.victorytabernaclecalgary.ca)
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- Willow Ridge Community Kids Club (www.willowkidsclub.ca)

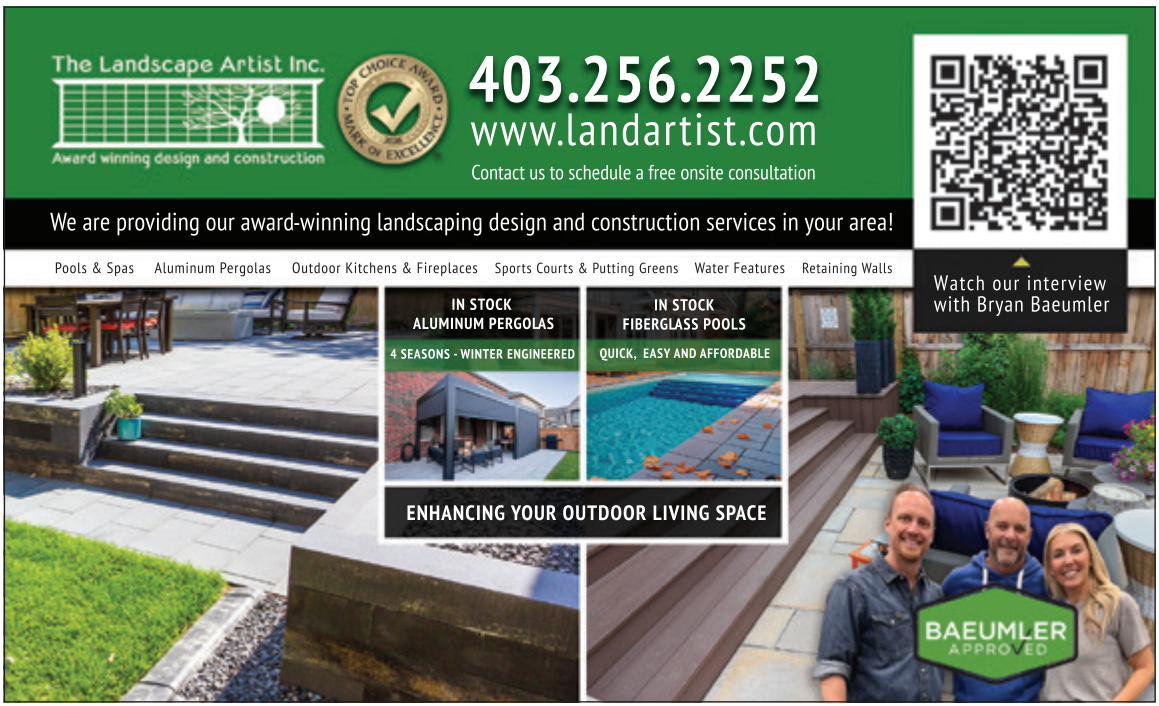




Pet of the Month — Jeri

Jeri is a 6 ½ year old rescue that came to us with her brother Tom during the early days of the Covid shutdown. She was an energetic and rambunctious kitten and has now settled down into a house cat that spends her days watching birds out the window and scratching furniture when no one is around to catch her. She loves to be in the room with her humans but prefers to stay at arm's length. She enjoys pets and scratches on her own terms!





Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- ½ tbsp nutmeg
- 3 tbsps maple syrup
- ½ tbsp ground cloves
- ½ tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chucks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the over, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

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SCAN TO LEARN MORE

The Battalion Numbers: Calgary's Stone Memorials to the First World War



In November we take time to honour the military members who have served and sacrificed in the line of duty.

If you have driven on thoroughfares near Signal Hill you have probably spotted the Battalion Numbers, a designated historic site overlooking Richmond Road. The Battalion Numbers are a series of white-painted fieldstones arranged in the formation of the numbers 113, 51, 151 and 137.

Originally placed in 1915-16, the Battalion Numbers symbolize Calgary's role as home to the second largest military training centre in Canada during the First World War.

In 1905, Calgary became the headquarters for Military District No.13. Summer training camps for Alberta's militia cavalry were first held on Colonel Walker's estate in the Inglewood district, and in 1911 moved to a southwest Calgary site known as Reservoir Park.

Shortly after the First World War began in 1914, the Canadian militia leased a nearby parcel of land from the Tsuu T'ina Nation and established a larger site called Sarcee Camp. This tented city, complete with wooden administrative buildings and electric, water and streetcar service, was Alberta's only training camp during the war.

World War I had a profound social and cultural impact on Calgary. The Battalion Numbers are associated with the training of more than 45,000 Canadian Expeditionary Force personnel at Sarcee Camp. To mark the training, battalion numbers were written on the nearby hillside with whitewashed stone, representing Edmonton's 51st Infantry Battalion, Lethbridge's 113th Highlanders, Calgary's 137th Infantry Battalion, and the 151st from Central Alberta.

The painted rocks belonged to a British military custom of creating rock art to commemorate regimental units, often set up by the regiments themselves in a form of spirited competition. In a more unique local expression of this custom, some battalions also laid out their unit numbers in massive stone formations along the ridges north and west of the camp before they embarked for service overseas.

The outlines were first plotted out by military engineers, then filled in by fatigue parties who gathered thousands of fieldstones from the surrounding area and laboriously placed them into the hillside. Some two-dozen whitewashed figures covered the hills around Sarcee Camp by 1916, when recruitment for numbered overseas battalions ceased, along with the practice of building rock signs. The Battalion Numbers are the only remainder after Sarcee Camp was dismantled and the Canadian Armed Forces moved to permanent structures at CFB Calgary, now called Currie Barracks.

Due to development in the area, three of the hillside numbers were temporarily relocated while the slope was reshaped, but the number 113 remains in situ. The commemorative function of the numbers was formalized in 1991 with the development of Battalion Park.

These are the only stone monuments of their type known to remain in Alberta. The numbers are unique in that they commemorate the very men who carried out their design and construction.

Over the past century, various military and paramilitary organizations in Calgary including local garrisons, veterans of the 137th Battalion, and members of the Royal Canadian Legion have continued the tradition of whitewashing or painting the numbers as an act of remembrance.

Learn more on the Inventory of Evaluated Historic Resources: heritagecalgary.ca/explore-inventory.


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Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

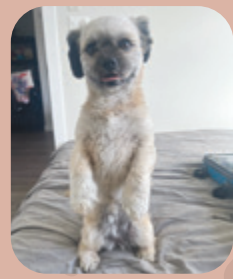
There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

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Bean, *Seton*



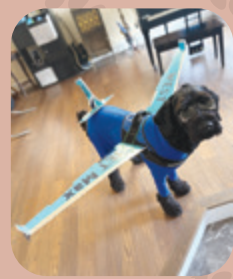
Coco, *New Brighton*



Ember, *Seton*



Kato, *McKenzie Lake*



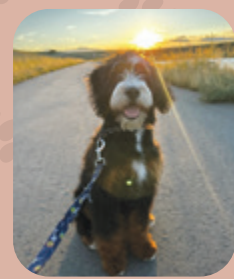
Max, *Signal Hill*



Teasha, *Huntington Hills*



Whiskers, *Oakridge*



Zeke, *Seton*

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November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

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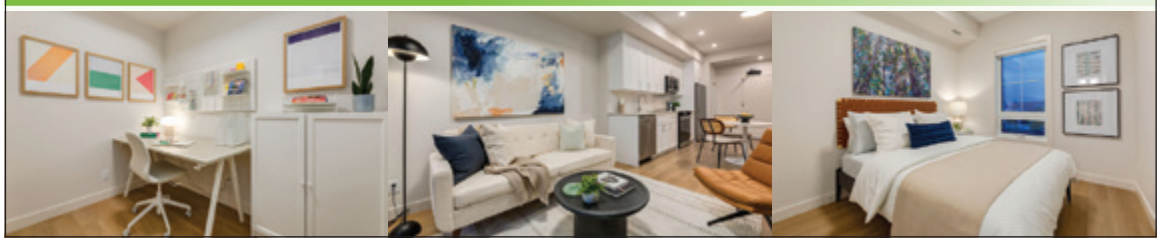
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News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.





After Divorce: Who Pays for University

by Christopher Bungay, Divorce Lawyer



In Alberta, someone who is 18 years old is normally considered to be an adult. An 18-year-old can vote, buy real estate in their own personal name, and make their own personal medical choices. However, if an 18-year-old is pursuing post high-school education, he or she may also qualify as an "adult dependent child." What does this mean?

An "adult dependent child" is an adult who, based on their personal life circumstances, must continue to rely upon their parents for financial support. This does not include a child who can function well and just chooses to stay home and do nothing. However, it does include the following:

- A young adult who attends post-secondary education immediately after high school, and
- Who cannot pay for their own education without the financial support of their parents.

Many parents believe (mistakenly) that if they are separated or divorced before a child is 18, they are no longer required to pay for the child's future education. This belief is often incorrect. Even after a divorce, many parents will have ongoing obligation to support adult dependent children who attend university (or some other post-high school training program). Whether a parent must pay, and how much, often depends upon a) how much a parent earns, and b) how much the adult child can reasonably be expected to fund on their own.

For example, if one of the parents earns a substantial income, it is very likely this high-earning parent will be required to assist their child financially with post-secondary education. While there are kids who can go to university on a full scholarship, most adult children cannot attend university or college without some help from their parents. In cases where an adult child/student clearly needs financial help, parents will often have a legal obligation to assist with paying for education. In many cases, this will apply even if the parents were divorced or separated prior to the time the adult child started university/college.

This does not mean that adult children have no responsibility to pay their own way. The law recognizes that adult children must make some effort to fund their own education and training. For example, if an adult child has a summer job during university break, they would be expected to try and use their earnings to help cover some of their tuition costs. Further, if Mom and Dad have very low earnings, it would be reasonable to expect their child to apply for student loans to help fund post-secondary costs.

In some cases, a parent will be required to help fund education even if their child did not live with them prior to university. Let's say a couple separated in July 2025, shortly before their child entered grade 12 in September 2025. For the grade 12 year, the child decided to live with Mom, while Dad lived in his own residence alone. In this case, Dad earned a high-income and Mom's earnings were very low. If this adult child went to university in September 2026 (after high school graduation) it is very likely Dad would still be required to help pay university costs, even though the child did not live with Dad in the prior year.

Winter Parking Choices Matter Around Schools



As days get shorter and winter conditions arrive, visibility around schools becomes even more important. Snowbanks, early darkness, and icy roads can make it harder to see children crossing streets. Parking rules help reduce these risks by keeping corners, crosswalks, and sidewalks clear. Parking too close to intersections or in prohibited areas can further limit sightlines when visibility is already reduced. Choosing safe, legal parking options and allowing extra time during winter conditions helps protect students and families during the busiest parts of the school day. Learn more: calgaryparking.com/safeschools.

Can You See? Winter Conditions can Make School Areas Harder to Navigate

When visibility is reduced, small parking choices can make a big difference near schools. Shorter days, snow, ice, and changing weather can make it harder for children and drivers to see each other. School areas remain busy during drop-off and pick-up times, with children and families walking, wheeling, cycling, taking the bus, and driving. When vehicles stop or park in the wrong place, they can block sightlines at crosswalks, corners, sidewalks, driveways, bus zones, and school entrances. Even a quick stop can make it harder for children, families and drivers to see one another clearly.

The Calgary Parking School Patrol Program helps support safer school journeys throughout the school year. Parking Safety and Compliance Officers visit school areas where there are recurring parking or stopping concerns. They focus on education, reminders, and visibility. Enforcement may be used when unsafe parking continues or creates a safety or access issue.

Drivers can help by slowing down, leaving extra travel time, and choosing a safe, legal place to stop or park. Sometimes the safest choice is parking a little farther away and walking the remaining distance. Keeping crossings, corners, and travel lanes clear helps everyone move more safely. Before stopping near a school, ask yourself a simple question: Can children and drivers see each other clearly?

Students can help make school journeys safer by entering the Travel Safe Student Video Contest Parking category. Students are encouraged to submit creative video ideas that show how safe parking choices help everyone travel to and from school. Learn more about school-area safety and the Travel Safe Student Video Contest at CalgaryParking.com/SafeSchools.

Moving Forward – Surface Route Selected for Downtown Green Line LRT



In September, the Executive Committee of Council approved a surface alignment that will connect the Event Centre/Grand Central Station to an at-grade station on 10 Avenue S, between 1 Street and 2 Street SW.

Leveraging the design and capabilities of the new low-floor vehicle fleet, the Committee endorsed the surface alignment because it meets key project objectives for connecting the Green Line into Downtown while remaining within the project's $6.248 billion funding envelope. With this decision, work on design, planning, procurement, and engagement with property and business owners along 10 Avenue S will begin immediately.

The Committee also directed Administration to advance planning, design, and budget development for both the south extension from Shepard to Seton and the north corridor. As part of advancing the north corridor, the Committee also requested capital cost estimates and an implementation plan for a MAX Green Bus Rapid Transit (BRT) line connecting Keystone Hills to Downtown, including integration of a BRT loop and station within the Downtown alignment.

The decision enables construction of the Downtown Segment to proceed concurrently with the Southeast Segment, where construction began in June of 2025. Together, these projects mark a significant milestone for Phase 1 of the Green Line LRT, connecting Shepard to Downtown and advancing Calgary's largest public infrastructure investment.

For more information about the Downtown Segment, visit calgary.ca/greenline/downtown-segment.

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.

RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

What is RSV?
RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

"A lot of people think RSV is just another cold, but it can be very serious for babies," says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. "Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma."

What are Your Options for Protection?
In Canada, families have options to help protect babies during their first RSV season:

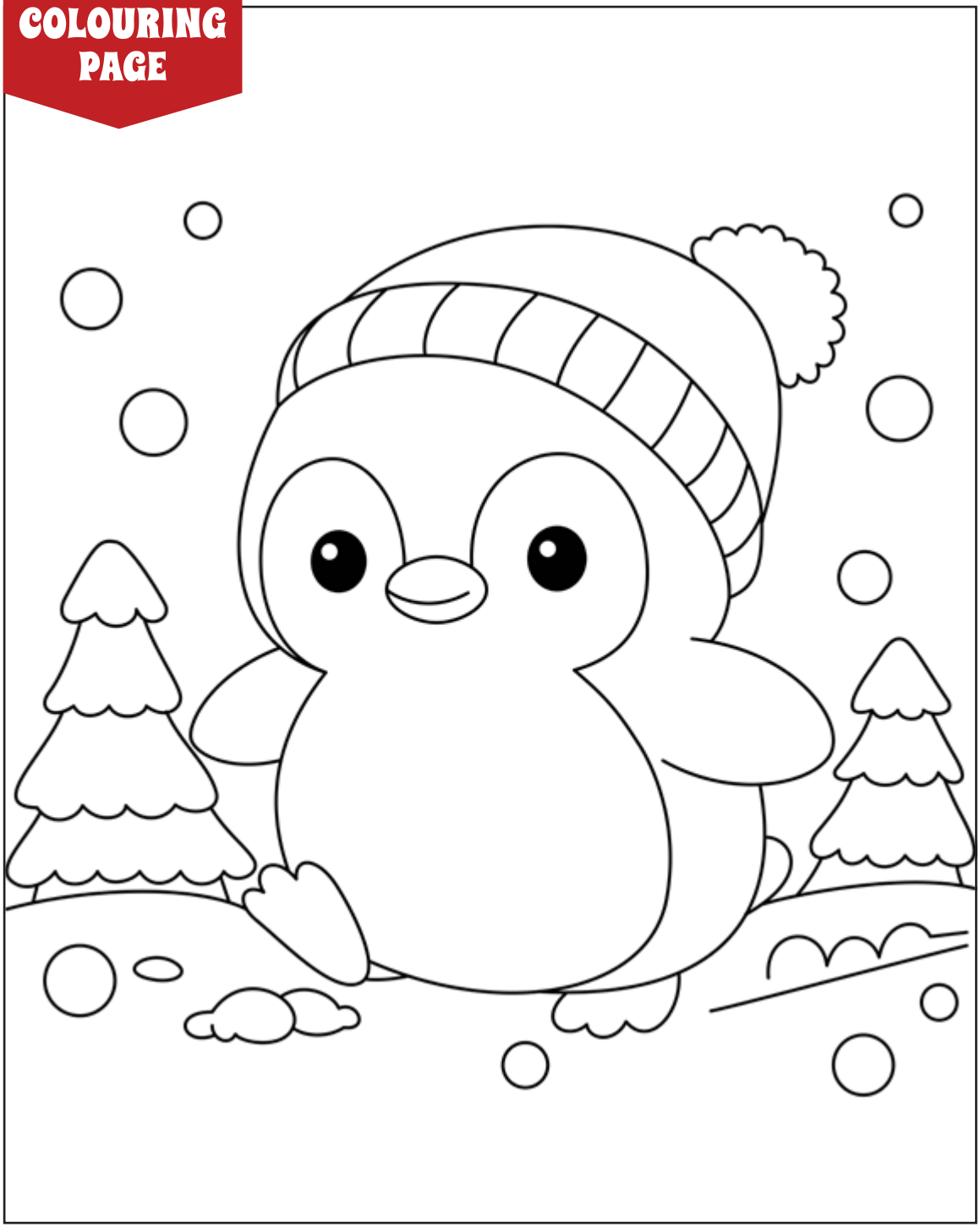
1. RSV Vaccine for Pregnant People: During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.

2. RSV Immunizations for Babies: Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

Talk to a Healthcare Provider
If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.



MLA, Calgary-Acadia
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This fall, Albertans were asked to consider significant questions about the future of our province. I appreciate the thoughtful conversations and perspectives shared through coffee chats, on the doorsteps, and at our referendum open house. I am encouraged by the consideration, respect, and care constituents brought to these discussions. Participating in our democracy is one of the most meaningful ways we can contribute to the future of our communities. It reflects a shared commitment to service, respect for one another, and a desire to help build the Alberta we want for future generations.

As we mark Remembrance Day, we honour those who served and sacrificed to protect the freedoms we enjoy today. They answered a call greater than themselves, not for recognition, but because it was the right thing to do. Their example reminds us that each generation has a responsibility to serve its community, support one another, and help build a stronger future.

From community events and local celebrations to conversations on doorsteps and over coffee, I have been reminded time and again that our greatest strength is the people who call this community home. While many Albertans continue to face challenges, I remain encouraged by the resilience, compassion, and determination I see across our communities.

I am optimistic about what we can achieve together. Every day, I see neighbours supporting one another, volunteering their time, and working to make Calgary-Acadia an even better place to live. By continuing to listen, engage, and support one another, we can build on the strengths of our community and create a brighter future for the generations that follow. Thank you for your engagement, your generosity, and your commitment to Calgary-Acadia. It is a privilege to serve as your MLA and represent our community in the Alberta Legislature.

Cheers,

Diana

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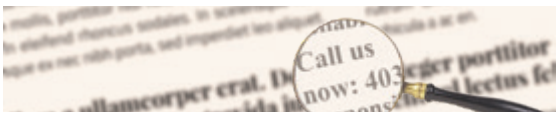
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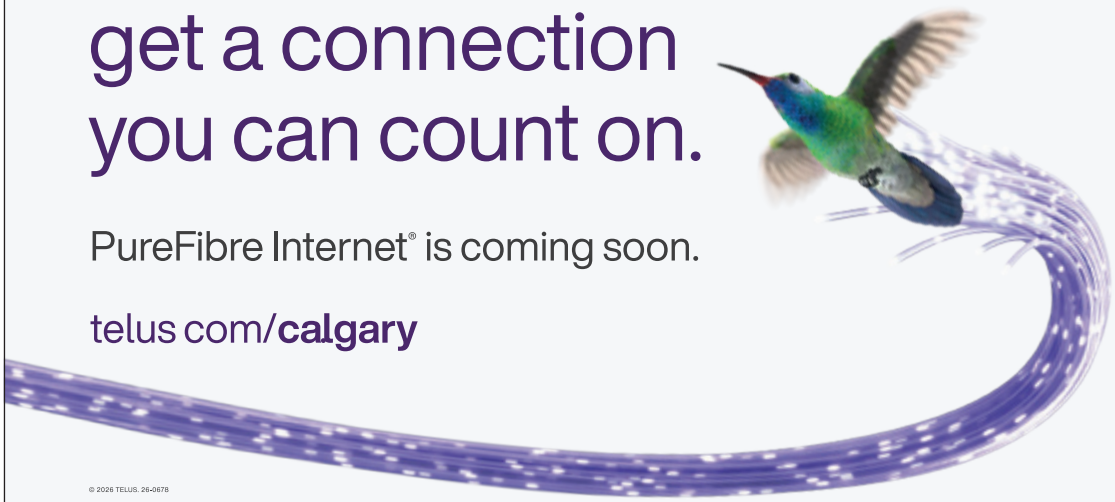
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