

AUGUST 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

the news

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WEST SPRINGS



COUGAR RIDGE



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LEADERS IN COMMUNITY FOCUSED MARKETING

Don't Get Burnt by Solar This Summer. Here Are Six Things to Consider While Shopping for Your New Solar System

by Taylor Holbrook, Solar Sales Consultant

1. Beware of pushy sales tactics. Solar is a big-ticket renovation to your home, much like a new kitchen or bathroom. If you don't hire the right team, the value and peace of mind it brings can turn into a headache overnight. Take your time when making such an important financial decision about your home. This might be one of the largest investments you make on your home, so make sure you never sign up "at the door." Take your time and make sure you feel like you've had time to digest the information, ask any questions, and that you are fully comfortable with the next steps. The best practice is to shop around – get a few quotes from reputable, local installers and move on from there. Industry standard does not require a deposit with a quote, so be wary of companies "locking you in" for a fee at the door, these are often predatory.

2. Check reviews! There will be a lot of new solar sales and installation companies popping up in Calgary in the coming years as the industry grows. Take into account their reputation. How long have they been in the industry? What are their customers saying about them? You can tell a lot about a company by their reviews. Tip: make sure to read through and ensure the reviews are genuine and from customers, not their staff!

3. Do they subcontract out the installation? There are two main ways that solar companies go about installation: through an in-house install team or subcontracted

out to a third-party installer. Although not always the case, there have been instances where the third-party installation company does a less-than-stellar job, and since the solar sellers are not liable for the third-party installer's practices, this leaves the homeowner high and dry with their problems. We recommend choosing a solar company that does both the solar sale and installation, so all your warranties and customer service are in one place.

4. Do they follow safety standards? It only takes one OH&S violation to derail your entire project or stop it completely! Feel free to ask your solar sales representative about their company's installation safety practices. Great questions to ask include: Do they space their panels with enough distance between to safely access the panels if maintenance is required? Do they require safety practices for the installation team? You can also tell a lot from the design, like are the panels too close to or extended over the perimeter of your roof?

5. Is your quote accurate? Make sure that what your solar sales representative is offering you is actually obtainable and do your homework. Do they take into account the shade from the neighbour's house or the large evergreen in your front yard? Cross reference quotes and ask your representative what the accuracy percentage is on their designs. If one company is offering you 103% offset with eight panels, and another is offering you 98% with 12... the likely story is the eight-panel system is over-promising.

6. Do they offer a warranty? There is always a risk with any technological installation that either the technology itself needs replacing, or the workmanship may need a redo. Make sure both your system and the work are under warranty. At the moment, the best industry warranty that companies are offering is a 25-year workmanship warranty.



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What does the WSCRCA do?

- We run youth and family related programs.
- We are your voice at City Hall. Dealing with planning and development proposals, traffic, parks and recreation, and a direct voice to our local City Councillor.
- We support community initiatives and events. Community clean up, Charity Stampede Breakfast, community garden, and so much more!

Community Association Versus Residents Association

The community of West Springs/ Cougar Ridge encompasses several subdivisions, some of which have a Residents or Homeowners Association. Both play an important, but different role, in the community.

COMMUNITY ASSOCIATION	RESIDENTS ASSOCIATION
✓ Membership is voluntary	✓ Membership is mandatory
✓ Represents all households in the WSCRCA boundaries	✓ Annual fees registered against property title. Fees must be paid in full prior to the sale of the home.
✓ Organizes community wide events and programs	✓ Maintains the landscaping and other amenities in the public green spaces for a specific subdivision

Check out our website, www.wscr.ca, for all that we do! Want to stay up to date and have early access to all our events and offerings? Become a member!

Become a West Springs Cougar Ridge Community Association Member

\$25 per Household or \$15 for Seniors

That gets you:

- Priority registration and discounts for WSCRCA run program and events.
- Support for a more vibrant community by supporting community-based initiatives.
- Members only emails.
- The right to vote at the AGM if you are a WSCR resident.

You can still become a member even if you do not live in the community!

Purchase your membership online at www.wscr.ca.



Become a Member

We have strong community spirit in West Springs Cougar Ridge. Do your part and join the Community Association and, if you can, volunteer to make it even stronger – we can always use more help and it's a great way to meet residents of your community! Visit wscr.ca for more information.

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- Snowbelle, Discovery Ridge
- Tilly, Deer Run

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Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca

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Committee	Member(s) <i>*Bold font indicates Board Director</i>	Email
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Building Safer Communities Group	Heather Zaba	safercommunity@wscr.ca
Stampede Breakfast	Justin Barrett	
Community Garden	Vacant	
Directors at Large	Paul Ghazar Zoe Agashae	Boyd England Stavrianna Kodellas

WSCRCA Board Meetings

Meetings are typically held on the second Wednesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW, however, we are presently meeting via Zoom video conferencing. Anyone in the community is welcome to attend these meetings. If you would like to discuss a particular issue or idea, please notify our secretary by email a week before the meeting at secretary@wscr.ca.

The WSCRCA Planning and Development Committee meets on the fourth Wednesday of the month. Currently meetings are held via Zoom video conferencing. Anyone in the community is welcome to attend, and if you are interested in attending, please email planning@wscr.ca.

WSCR Babysitters Group



You can stay in touch with your community by following us on Facebook and joining this FB Group. It's a great way to grow our community and keep up to date on what is happening in WSCR.

The WSCR Babysitters Group: A place where parents can find local babysitters, as well as where local babysitters, aged 12 to 25, can add themselves to the list to find jobs. Follow this group here: <https://www.facebook.com/groups/wscrbabysitters/>.

Follow the main WSCRCA page here: <https://www.facebook.com/wscrca/>.



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster

positive connections with food. When kids can be involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.



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WSCRCA Charity Stampede Breakfast 2024

We extend our gratitude to everyone who joined us for the WSCRCA Annual Charity Stampede Breakfast! It was amazing to have over 1,000 community residents attend the event. We want to express our sincere appreciation to our dedicated volunteers for their invaluable support in making this event a success. We would also like to thank the incredible volunteers at Youth Central! Furthermore, we extend a big thank you to our sponsors First Capital, Fergus & Bix, Kentucky Fried Chicken, Orangetheory Fitness, Blink Eyewear, and Preventous Cosmetic Medicine for their contributions. The WSCRCA Stampede Breakfast event raised approximately \$5,127 for the Alberta Children's Health Foundation.



Silent Pride:

The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems.

Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!



WSCRCA Community Recycling Event

Thank you, West Springs Cougar Ridge!

Thanks to you we had a very successful recycling event on June 16, serving 524 vehicles! Our previous record was 450 vehicles. This was the first time that we filled four city packer trucks (in previous years we filled three).

Besides that, we filled a large bin with recycling metals, a truck of goods for the Women in Need society, a lot of electronic items for SCRI, several bikes for Bikes for Cameron, and quite a few mattresses/child car seats were donated to Re-Matt.

A huge thank you to the many volunteers from the West Springs Cougar Ridge Community Association and the Coach Hill, Patterson Heights Community Association who worked in the cold and rainy weather!

Also, thank you Tim Hortons on 85 Street, who provided free coffee and donuts to volunteers and to the Calgary French & International School, who every year generously offer the use of their school's parking lot for our event.

We collected \$1,688.15 in donations and several boxes of non-perishable food for the Calgary Food Bank.

Thanks again for everyone's support in making this a successful event!



WSCRCA Community
Recycling Event Committee





Prominence Park (Patterson Blvd & Patina Dr)

FARM STAND

Fridays - 2 pm to 6 pm

www.chph.ca

Parking Scam

by the City of Calgary

Parking payment scams are increasing across the city as more cybercriminals seek new ways to deceive Calgarians on paying for their alleged (bogus) parking tickets. In June, Calgary Parking was informed of a new parking scam where physical parking tickets are being placed on vehicles which include a fraudulent website link - CalgaryParkPlus.com - for payment of tickets.

What Calgarians Should Know:

- **Fake vs Real:** Fake tickets direct individuals to make payments at 'CalgaryParkPlus.com'. This is not the authorized website that Calgary Parking uses for paying tickets. Calgary Parking's official websites for ticket payments are: www.calgaryparking.com/tickets and <https://ParkingTickets.CalgaryParking.com>.
- **Verify It:** If you receive a parking ticket, you can verify its authenticity by contacting Calgary Parking at 403-537-7000 or online at CalgaryParking.com.
- **Destroy It:** If you identify a parking ticket as fake, please destroy it immediately to prevent further confusion. Do not follow any instructions provided on the fraudulent ticket.
- **Report It:** If you have any information or witness individuals distributing these fake parking tickets, please report it to the Calgary Police Service (CPS) non-emergency line at 403-266-1234.
- **Protect Yourself:** Do not share personal information online or over the phone unless you are sure it's safe.



YOUR CITY OF CALGARY

City of Calgary Launches Secondary Suite Incentive Program

by the City of Calgary

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of 'Home is Here: The City of Calgary's Housing Strategy'. It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is available for accessibility and energy efficiency.

The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.

JOKE OF THE MONTH

WHAT KIND
OF KEY OPENS A
BANANA?
A MONKEY



Temperature inside a vehicle can rise to dangerous levels in as little as a **few minutes**



Partially open windows **do not** lower a vehicle's interior temperature, nor does the availability of water

Never leave an animal unattended inside a vehicle on a warm or hot day, even for a short time – they are safest at home 🏠



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Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

Calgary Police Service District 2 Advisory

Calgary Police Service would like Ward 6 residents to be aware of an uptick in Break and Enters, particularly in the communities of Aspen, Cougar Ridge, and Wentworth. This time of year, CPS generally sees an increase of Break and Enters due to the warm weather. CPS encourages you to be diligent in completing the 9 PM Routine.

The 9 PM Routine recommends:

- Removing valuables from vehicles.
- Ensuring vehicles are locked, windows are closed and, if possible, parked in a garage.
- Closing garage doors and windows.
- Locking any person-doors in the garage, including those leading into a house.
- Checking that all house doors – front, back, side, and garage – are locked.
- Ensuring all windows are shut.
- Turning on an exterior light.

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Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).



Fresh Jock

Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.
- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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Book A Picnic Site or Greenspace

Grab some friends and family and have a picnic in a park this summer. You can take your chances finding a spot or pay to reserve a picnic site for a small or large group or book an entire greenspace or park. Also, this summer you can book community gatherings and events for free in select downtown park spaces including Barb Scott Park, Central Memorial Park, Century Gardens, Harmony Park, Lot 6, Millennium Park, and Sien Lok Park. Park permit fees will be waived for these locations if events are open to the public (not for private events) and take place before November 15, 2024. Please note that 30 days advance notice is required to process these requests. For more information about booking your summer activity in a park, please visit the Park bookings at www.calgary.ca/bookings/parks.html.



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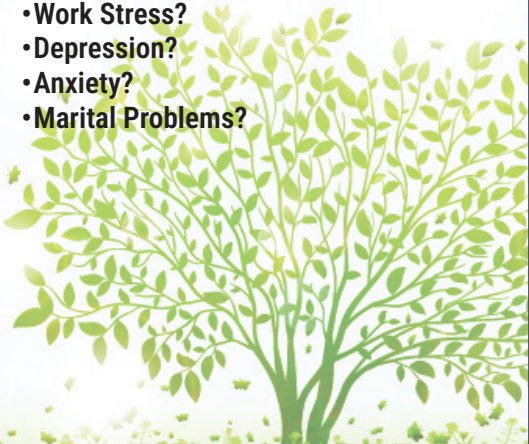


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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

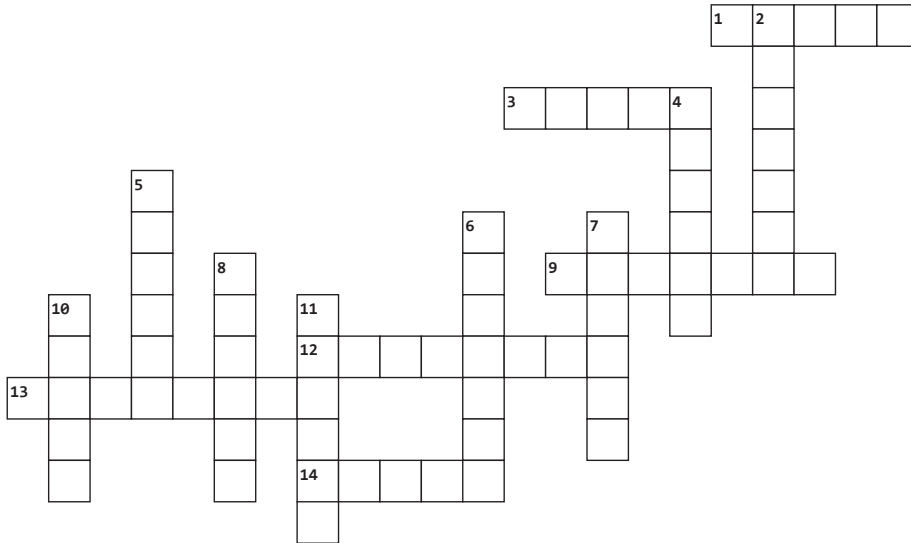
Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganaise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganaise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



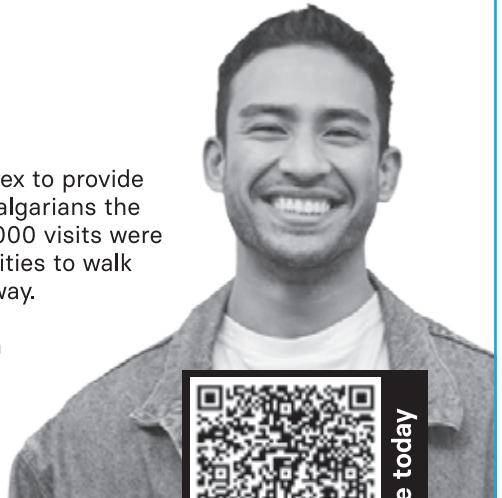
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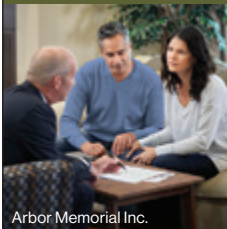
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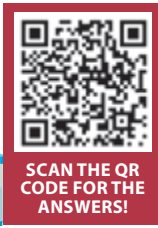


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GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



Hello, Ward 6,

The District 2 Calgary Police Service would like Ward 6 residents to be aware of an uptick in break and enters. This time of year, CPS generally sees an increase of break and enters due to the warm weather. We encourage you to be diligent in completing the 9PM routine.

The 9PM routine recommends: Removing valuables from vehicles including keys and garage door openers. Ensuring vehicles are locked, windows are closed, and, if possible, parked in a garage. Closing garage doors and windows. Locking any person-doors in the garage, including those leading into a house. Checking that all house doors are locked. Ensuring all windows are shut. Turning on an exterior light. Report suspicious activity by calling the non-emergency number at 403-266-1234.

Another advisory that we would like to make sure you are aware of is parking payment scams. Physical parking tickets are being placed on vehicles which include a fraudulent website link - CalgaryParkPlus.com - for payment of tickets.

What Calgarians should know:

Fake vs Real: Fake tickets direct individuals to make payments at CalgaryParkPlus.com. This is not the authorized website that Calgary Parking uses for paying tickets. Calgary Parking's official website for ticket payments is www.calgaryparking.com/tickets.

Verify it: If you receive a parking ticket, you can verify its authenticity by contacting Calgary Parking at 403-537-7000 or online at CalgaryParking.com.

Destroy it: If you identify a parking ticket as fake, please destroy it immediately to prevent further confusion. Do not follow any instructions provided on the fraudulent ticket.

Report it: If you have any information or witness individuals distributing these fake parking tickets, please report it to the Calgary Police Service (CPS) non-emergency line at 403-266-1234.

Protect Yourself: Do not share personal information online or over the phone unless you are sure it's safe.

Sincerely,

Councillor Richard Pootmans

BRAIN GAMES

SUDOKU

7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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May	24	35	32	\$764,450	\$770,000
April	24	25	19	\$874,900	\$875,000
March	24	25	27	\$729,231	\$755,000
February	24	18	10	\$469,450	\$480,500
January	24	19	16	\$666,500	\$667,500
December	23	7	10	\$554,900	\$538,500
November	23	12	14	\$719,900	\$715,000
October	23	23	16	\$747,450	\$741,150
September	23	11	18	\$775,000	\$768,250
August	23	15	12	\$520,500	\$508,250
July	23	24	21	\$699,900	\$695,000

To view more detailed information that comprise the above
MLS averages please visit wsp.mycalgary.com

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	13	9	\$700,000	\$751,000
May	24	17	18	\$774,900	\$821,000
April	24	15	13	\$725,000	\$805,000
March	24	8	8	\$774,450	\$800,000
February	24	7	10	\$750,000	\$752,000
January	24	3	5	\$729,900	\$715,000
December	23	7	0	\$0	\$0
November	23	2	5	\$710,000	\$703,000
October	23	3	7	\$849,900	\$865,000
September	23	15	9	\$750,000	\$750,000
August	23	6	6	\$780,000	\$770,000
July	23	15	9	\$669,500	\$696,500

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