

FEBRUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

**HIDDEN
VALLEY**



**HANSON
RANCH**

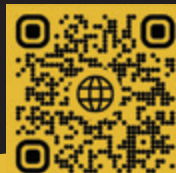
VOLUME 189

WWW.HIDDENHUT.ORG



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca

THE *Best* OF THE NORTHWEST
is where
families
COME FIRST

When your new home can be surrounded by everything your family deserves,
it just makes sense to make the move to Carrington South.



3
PLAYGROUNDS



2 PONDS &
PATHWAYS



1 FUTURE
SCHOOL SITE



15 MIN TO
AIRPORT

Single Family Laned

FROM THE MID

\$500s

BY **EXCEL HOMES** 

Single-Family Front-Drive Garage

FROM THE LOW

\$600s

BY **EXCEL HOMES**  

Prices & terms are subject to change without notice.



SHOW HOME HOURS

Monday - Thursday from 2-8 pm Weekends & Holidays from 12-5 pm

Introducing a Brand New
Northwest Neighbourhood
For Families Who Want More

THE NW'S BEST SELECTION
OF AMENITY LOTS

PARKS, PATHWAYS,
PONDS & PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

CARRINGTON
SOUTH



CARRINGTONSOUTH.COM

CONTENTS

- 6 MENTAL HEALTH MOMENT: AN EXERCISE IN BUILDING INTIMACY
- 9 DOLLARS AND SENSE: DECLUTTERING? TIPS FOR SELLING YOUR USED ITEMS ONLINE
- 10 SAFE AND SOUND: WHAT IS BRONCHIOLITIS?
- 12 RESIDENT PERSPECTIVES: STARGAZING WITH PAT J: CELESTIAL BUMPER CARS
- 15 BUSINESS CLASSIFIEDS



SCAN HERE

**To View Additional
Hidden Valley/ Hanson
Ranch Content**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



ICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



9 PM
ROUTINE

☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Rink Rats Urgently Needed

Over the winter months, the rink is swept of snow and kept with perfect ice by a group of volunteers endearingly know as our Rink Rats. If you want to learn how to maintain rink ice, or you are eager to lend a hand, please contact info@hiddenhut.org with the subject of 'Rink Rats' and give us some details of how you would like to volunteer.

HIDDEN VALLEY HANSON RANCH Community Organizations

Simons Creek Scouts

simonscreekscouts@yahoo.com

Nitanisak Girl Guides

guiderkarlayyc@gmail.com

Hidden Valley School Council

hiddenvalleyschoolcouncil@gmail.com

Valley Creek School Council

vcschoolcouncil@gmail.com

Community Resources

Community

Partnership Coordinator

Robert Dickinson

Robert.Dickinson@calgary.ca

Ward 3 Councillor

Jasmine Mian

ward03@calgary.ca

MLA Calgary – North

Hon. Muhammad Yaseen

calgary.north@assembly.ab.ca

MLA Calgary – Beddington

Josephine Pon

calgary.beddington@assembly.ab.ca

MP Calgary – Nose Hill

Michelle Rempel

michelle.rempel@parl.gc.ca

Garner

Public School Trustee

Laura Hack

laahack@cbe.ab.ca

Catholic School Trustee

Linda Wellman

linda.wellman@ccsd.ab.ca

Community Liaison Officer

Bruce Graham

Neighbourhood Partnership Coordinator

Aaron Taylor

aaron.taylor@calgary.ca

Hidden Valley Community Association Membership

Join Your Community Association Today!

Benefits

Successful, healthy communities are those with active and sustained membership and involvement of community residents. Your support today is important and ensures new energy to continually address community issues.

Regular Membership - \$30 (Voting)

- Voting Regular Memberships must reside within boundaries of Hidden Valley and Hanson Ranch. Includes two adults and children in the residence.
- Regular Membership must provide adult ID with current address at the Annual General Meeting to vote. Valid January through December.

Associate Membership - \$30 (Non-Voting)

- Non-voting Associate Memberships are available for residents living outside our boundaries. Valid January through December.

In General Family Practice for Over 35 Years

New patients always welcome!

All office fees compliant with or lower than current Alberta Dental Fee Guide

- Oral Surgery
- Crowns & Bridgework
- Teeth Whitening

Insurance Direct Billing

403-275-9255

deerfootdental@gmail.com

Monday	9 am - 4 pm	
Tuesday to Thursday	9 am - 7 pm	By
Friday	9 am - 3 pm	Appointment
Saturday	9 am - 4:30 pm	

www.deerfootdentalcentre.ca

Second Floor, 971 - 64 Ave NE Down the hallway from Original Joe's Restaurant

*Denotes Prof. Corp.



Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,
Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations*



An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

Your Community Association – Taking Care of Community Assets

You may be aware that Hidden Valley and Hanson Ranch have a community association, but unsure what functions community associations do, and the division of responsibilities between the association and The City.

As you drive through our community, you may notice we have entrance signs, lights, large decorative pots, an ice rink, and facility. Who is maintaining these? The ice rink and facility are 100% responsibility of the community association. The land they occupy is on a license of occupation (LOC) from The City.

The community association fundraises to maintain and replace the hut and rink, as well as flooding the rink for winter use. At the entrance to Hanson Ranch, there is a corner at the intersection where the community sign is erected. This plot is owned by the community association. Maintenance of the plot and sign are 100% responsibility of the association. At another entrance into Hidden Valley (14th Street), there are large pots on the meridian and lights by the large rock, these are owned by the community association, but the land is City owned (we have permission to use this space via an Optional Amenities Agreement). This is also the case as you exit the drive onto Hidden Ranch Boulevard; the horse statues are the responsibility of the association.

When the community was built, the developer put in fences (some more for aesthetics). These are on personal property and are the responsibility of the homeowner. Fundraising for the assets is done by members of the association and include casino (which can be run every other year), City grants, and other fundraising sources (ex. food truck rallies, bottle drives).

We recently kicked off the beautification committee, and anyone in the community is welcome to join and provide input. If you are interested in joining, please send an email to info@hiddenhut.org.

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



HIDDEN VALLEY-HANSON RANCH COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lenthong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 22	5	4	\$426,500	\$415,000
November 22	6	13	\$524,900	\$540,000
October 22	10	11	\$529,500	\$518,500
September 22	12	22	\$499,450	\$495,000
August 22	26	12	\$433,950	\$423,277
July 22	13	20	\$487,450	\$497,500
June 22	18	26	\$528,950	\$523,000
May 22	28	22	\$462,494	\$458,600
April 22	28	20	\$509,400	\$535,450
March 22	27	26	\$499,900	\$556,900
February 22	21	21	\$524,999	\$565,000
January 22	17	13	\$449,900	\$460,000

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

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Temptra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

**Call Len T Wong
at 403-606-8888
for more info.**

VIEW LISTING HERE:



Other Ways to Hear from the HVCA in 2023

Hello our newsletter readers! Did you know that the HVCA runs several forms of social media for more 'real time' information regarding our community?

We do! We have our Website, Facebook, Twitter, and Instagram.

If you are interested in viewing these platforms, please click this QR code that links to our LinkTree for all of our social media platforms.



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



The Nash Group

[achieving results through exceptional service]



Considering buying or selling a property?
Want to find out about your options?
Give me a call.
I'd love to chat.

DAN NASH REALTOR®
dan@thenashgroup.ca
403.561.4544

Check out our referral program or sign up for free newsletters
www.thenashgroup.ca

New Listing in Hanson Ranch



WESTERN GOLD REAL ESTATE
141 Hidden Creek Rd, Calgary AB T3A 6L7

Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

Any kind of abuse is unacceptable.

Remember, it's not your fault.



To report a concern or get help for yourself or someone you know:

- In case of emergency, call **9-1-1**
- Calgary Police Service non-emergency line: **403-266-1234**

To get information or support:

- Elder Abuse Resource Line: **403-705-3250**
- 403-SENIORS: **403-736-4677**
- Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors' Resource Society, Carya, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Service Calgary, Kerby Centre, and University of Calgary.

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages

ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.



MLA Calgary – Beddington

Hon. Josephine Pon

106 – 8220 Centre Street NE

Calgary, AB T3K 1J7

📞 403-215-7710

✉ calgary.beddington@assembly.ab.ca

Dear Neighbours,

Time flies! I can't believe that we are in February already! January was a wonderful month of connecting in the community and celebrating Chinese New Year with all of you! Stay tuned on social media for more fun events coming this month.

Healthcare Action Plan

Help is on the way for Albertans calling 911 and for those needing emergency health care. As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home. Using EMS more efficiently means that they will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.


Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to a hospital.

Our United Conservative government is taking action to address areas that need improvement in our healthcare system so that Albertans can get emergency care when and where they need it.

Sincerely,

Josephine Pon

MLA Calgary-Beddington



MLA Calgary-North
Hon. Muhammad Yaseen
 104 – 200 Country Hills Landing NW T3K 5P3
 ✉ calgary.north@assembly.ab.ca
 📱 @muhammadyaseennyyc

Happy Family Day

Alberta Advantage: Alberta's entrepreneurial spirit is thriving again. The number of new incorporations increased by 5.5% last year. Our province continues to create jobs at a rapid pace and across a variety of economic sectors. People are coming to Alberta from across the country in search of good jobs, affordable homes, and economic opportunity. In 2022, Alberta saw the nation's highest gains in interprovincial migration with a total of 34,493 people moving to Alberta. Alberta's economy is diversifying, and our traditional industries are strong. For the third year in a row, we are on pace to shatter our venture capital investment record.

Affordability and Utilities: Many Albertans are struggling with increased costs and inflation. As a province, we cannot solve this inflation crisis on our own, but due to our strong fiscal position and balanced budget, we can offer substantial relief to Albertans and their families. The Ministry of Affordability and Utilities was created to deliver immediate cost of living and inflation relief, while also working across government and utilities to support long-term affordability for Albertans. The Alberta Government has announced \$2.8 billion in new relief measures that will make life more affordable for Albertans and businesses.

Healthcare Action Plan: As part of the Healthcare Action Plan, Alberta's government is working with AHS to improve EMS response times and open acute care beds in emergency departments faster. Paramedics are highly skilled health professionals who are trained to respond in times of crisis. The Alberta Government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media
 at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HIDDEN VALLEY | HANSON RANCH MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.



mybabysitterlist

Calling All BABYSITTERS
 Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
 Visit mybabysitter.ca and find available babysitters in and around your community.





OPENING SOON

Keep checking
livforfitnessandwellness.ca
for opening specials.

**WE ARE YOUR
NEIGHBOURHOOD BOUTIQUE
FITNESS AND WELLNESS
STUDIO OFFERING:**

YOGA
BARRE
PILATES
PERSONAL TRAINING
MASSAGE
MANI/PEDI
ARTIFICIAL NAILS
WAXING
ESTHETICS
REIKI
REFLEXOLOGY
MINDFUL MEDITATION

Contact Us

10105 Hidden Valley Drive NW

587-323-2278

