

MARCH 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

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VOLUME 190

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	6	5	\$650,000	\$633,900
December	22	4	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

To view more detailed information that comprise the above  
MLS averages please visit [hid.mycalgary.com](http://hid.mycalgary.com)

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HIDDEN VALLEY CONTENT**

**News, Events,  
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Statistics**



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Statistics**



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## 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.



## The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



## 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](mailto: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](mailto:simonscreekscouts@yahoo.com)

### Nitanisak Girl Guides

[guiderkarlayyc@gmail.com](mailto:guiderkarlayyc@gmail.com)

### Hidden Valley School Council

[hiddenvalleyschoolcouncil@gmail.com](mailto:hiddenvalleyschoolcouncil@gmail.com)

### Valley Creek School Council

[vcschoolcouncil@gmail.com](mailto:vcschoolcouncil@gmail.com)

## Community Resources

### Community Partnership Coordinator

[Robert.Dickinson@calgary.ca](mailto:Robert.Dickinson@calgary.ca)

Robert Dickinson

### Ward 3 Councillor

[ward03@calgary.ca](mailto:ward03@calgary.ca)

Jasmine Mian

### MLA Calgary – North

[calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca)

Hon. Muhammad

Yaseen

### MLA Calgary – Beddington

[calgary.beddington@assembly.ab.ca](mailto:calgary.beddington@assembly.ab.ca)

Josephine Pon

### MP Calgary – Nose Hill

[michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)

Michelle Rempel

Garner

### Public School Trustee

[laahack@cbe.ab.ca](mailto:laahack@cbe.ab.ca)

Laura Hack

### Catholic School Trustee

[linda.wellman@ccsd.ab.ca](mailto:linda.wellman@ccsd.ab.ca)

Linda Wellman

### Community Liaison Officer

Bruce Graham

### Neighbourhood Partnership Coordinator

[aaron.taylor@calgary.ca](mailto:aaron.taylor@calgary.ca)

Aaron Taylor

## 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.



## Chopping Through the Fear of Public Speaking

by Emmett Donner, Club Reporter



4-H has a few requirements for its members. These include doing public speaking, community service, keeping a record book, and having an achievement day activity. While all of these are important to the success of 4-H, arguably public speaking is one of the most vital due to its real-life applications. Being able to speak confidently and effectively in front of others is a great skill, even though many are afraid at first. 4-H members across the world participate in an annual public speaking competition. In February, the Prairie Winds 4-H club members prepared and presented either a speech or presentation. All the speakers were engaging and learned a lot from this great skill.

Members also had an interesting 'Explore 4-H' module about axe throwing. This module started with members learning the technique to throw an axe at the dart board, like the hand positioning and taking a step forward while releasing. After this brief instruction, the club was given access to the entire facility to practice some throws. After some practice, the members moved on to doing some fun games with each other. The final winners even got some small prizes to commemorate their victory.

Speaking of axes, some members also participated in an optional book club with an axe, or more specifically a hatchet, as the main theme. The book they read was the acclaimed *Hatchet* by Gary Paulsen, which is about a boy who must survive in the wilderness after his plane crashes. Members then watched the movie and discussed the differences between the book and the movie. Overall, members seemed to enjoy all the activities and learning experiences they recently had.

## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

SCAN THE QR CODE  
FOR THE ANSWERS!



## 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](mailto:info@hiddenhut.org).

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### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

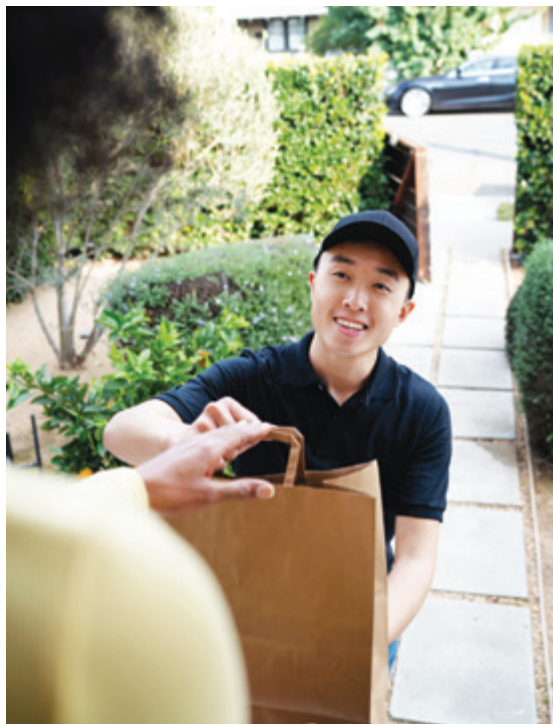
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





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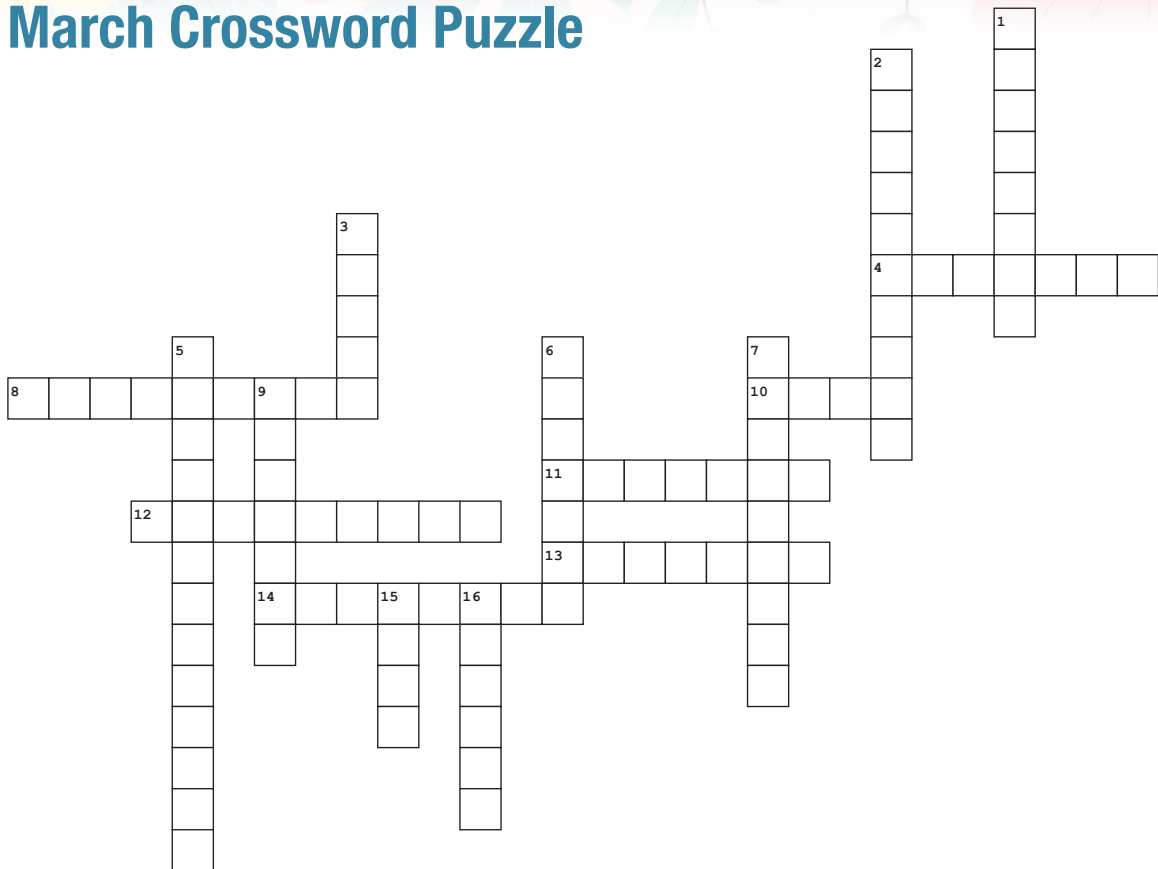
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for opening specials.





# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**



## Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



### Glazed Rainbow Carrots

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4

#### Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

#### Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



### French Beans with Red Pepper and Onion

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

#### Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

#### Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



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## Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



## ☒ CHECKLIST

**9 PM**  
**ROUTINE**

- 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



# The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

### Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

### So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

### So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

### Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.





Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

### The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

### Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!

## The Boiling Lake



The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!

### BRAIN GAMES

## SUDOKU

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9			4				1	
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		9			5			
5		3	2		1			
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## News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

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## A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.



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