

FEBRUARY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

HIDDEN  
VALLEY



HANSON  
RANCH

VOLUME 213

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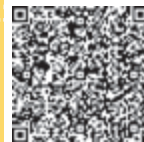
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
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*Limited Supplies*

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\*Guarantee is being offered by Greater Property Group.  
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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	6	6	\$647,450	\$637,194
November 24	5	10	\$614,950	\$601,250
October 24	9	14	\$577,450	\$585,000
September 24	11	7	\$629,000	\$613,000
August 24	13	13	\$580,000	\$595,000
July 24	14	9	\$600,000	\$627,000
June 24	18	18	\$664,500	\$664,000
May 24	20	18	\$662,400	\$660,500
April 24	18	13	\$587,000	\$620,100
March 24	11	9	\$569,900	\$580,000
February 24	8	7	\$579,900	\$625,000
January 24	9	8	\$607,500	\$628,000

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



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**SCAN HERE TO VIEW ADDITIONAL HIDDEN VALLEY CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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## HVCA's Newly Elected Board Members 2024-25

President	Robyn Moser
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Treasurer	Robert Jones
Secretary	Meredeth Wilkes
Sports Director	Mitch Gallant
Events Director	Anita Kelle
Communications Director	Amy Munro
Parks	Vacant
Facilities Director	Bruce Ritchie
Hanson Ranch Directors	Sonia Quon and Sandy Buffett
Membership Director	
Fundraising Director	Ray Lynne
Volunteer Director	Felicia Mastromatteo
Public Spaces Director	Doug Fenton
School Liaison	Adwoa Savage

Please consider volunteering for our vacant positions. Email [volunteers@hiddenhut.org](mailto:volunteers@hiddenhut.org).

## 50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



## Update on the Hanson Ranch Wetland Improvements Project

The City of Calgary is pleased to share an update on the Hanson Ranch Wetland Improvements project. In October, the City hosted two in-person sessions and a survey, gathering valuable feedback from 76 participants on public realm design features. The findings are summarized in the What We Heard Report – Phase 2, available on the project website at <https://www.calgary.ca/planning/water/hanson-ranch-wetland-redesign.html>.

For more details on the engagement process, visit <https://engage.calgary.ca/hanson-ranch>.

Stay tuned for updates on Phase 3 of engagement as we approach construction, anticipated to begin in late summer 2025.



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# FAMILY-FRIENDLY HOCKEY

TUESDAYS FROM 5-8 PM

# ADULT HOCKEY

WEDNESDAYS FROM 7-9 PM

HIDDEN HUT RINK



[WWW.HIDDENHUT.ORG](http://WWW.HIDDENHUT.ORG)

## Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles,  
*McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# Winter Cart Placement Tips

by The City of Calgary Waste and Recycling Services

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).



## YYC West Runway Rehabilitation community information sessions

Session d'information publique :  
Réhabilitation de la piste ouest de YYC

**February 18, 6 - 8 p.m.**

18 Février de 18:00 à 20:00

Crossroads Community Association (1803 14 Ave NE)

**February 19, 6 - 8 p.m.**

19 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 20, 6 - 8 p.m.**

20 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

**February 25, 6 - 8 p.m.**

25 Février de 18:00 à 20:00

Genesis Centre (7555 Falconridge Blvd NE)

**February 26, 6 - 8 p.m.**

26 Février de 18:00 à 20:00

Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

Learn more about how this project will impact your community:

En savoir plus sur l'impact de ce projet sur votre communauté :

[yyc.com/WestRunaway](http://yyc.com/WestRunaway)



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HVCA

# WINTER FESTIVAL

Join us for some winter fun!

- Skating
- Sledding
- Wagon rides
- Fire pits
- Hot chocolate
- Chili Cook-off Competition  
11:30am

**FEBRUARY 8, 2025**  
**11AM-1PM**

HIDDEN RINK AND HUT



## The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

# February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.

- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.


### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



## Word of the Month

**Eudaemonia: noun (yoo-di-moh-nee-uh)**  
Happiness, well-being, good spirit.

*We are all trying to experience Eudaemonia.*



Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT



## News from the Friends of Nose Hill

by Anne Burke

(Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

The 85 Embers have had a great start to our year. We are a unit of twelve Embers (girls ages 7 to 8 years). In October we had a sleepover, a first for many of them, sleeping away from home. The theme was “Animals”, which included decorating and assembling butterfly houses, and building bear dens out of graham crackers and teddy grahams.



Other highlights this fall included learning about money – how much do grocery items actually cost for your favourite recipe at Evanston Sobeys. Girls also had the chance to scan their items through and take turns as cashier/shopper/packer. They really seemed to enjoy the role playing. Then the next week we had a very successful auction where donated items from our families (books, toys) were auctioned off. Each girl only had \$10 to spend, so many hard decisions had to be made. Our auctioneer (Guider Heather) was fantastic – she had experience going to many cattle auctions from when she was a kid growing up on the family farm.

In January, we will be doing a day event at the Calgary Gymnastics Centre – the option they overwhelmingly ended up voting for (other options included Telus Spark, Bow Habitat Fish Station, and the Zoo). Should be a great way for them to earn their My Physical Self badge. We are also hoping to do a ‘behind the scenes’ tour of Evanston Sobeys. As well we are planning a visit or two to a local Seniors home to play games with the Seniors. And we have a spring camp planned at Camp Jubilee in Cochrane. It is shaping up to be a great year.

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems ([municipal30x30.ca](http://municipal30x30.ca)).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at [parkpeople.ca](http://parkpeople.ca).

# How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



## Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

### Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

### Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



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

**Celebrating Albertans Who Step Up for Seniors**

For 26 years, the Minister’s Seniors Service Awards have recognized and celebrated outstanding individuals and organizations for their service to Alberta’s seniors. Nominations are now open, and Albertans are encouraged to nominate individuals, businesses, and non-profit organizations who showed kindness, compassion, and dedication for Alberta’s seniors. Up to 13 awards will be presented to individuals, including two Special Service Awards. Nominations will close on April 30, 2025; details on submission can be found online.

**World Leaders in Creative Thinking**

Thanks to the hard work and dedication of our province’s students, parents, teachers, and education support staff, Alberta ranked first in Canada and second globally in creative thinking. These achievements build on our province’s outstanding success in reading, science, and mathematics from the same 2022 PISA assessments. Alberta students ranked first in science, reading, and creative thinking among Canadian provinces, and second only to Singapore among all participating countries and second in mathematics among Canadian provinces. By participating in international assessments like PISA, our government is committed to benchmarking Alberta’s education system against the best in the world. Together, we’re setting the bar high and shaping a bright future for Alberta’s learners.

**Rewiring Alberta’s Electricity Market**

Alberta’s government is modernizing the province’s electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta’s government continues to work with its partners on power market reforms. Alberta’s transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta’s government is committed to the province’s unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Thank you to my constituents for their support, wishing you all a Happy Family Day.

**YOUR CITY OF CALGARY**

**ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings**

*by The City of Calgary*



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City’s commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary’s greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city’s climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit [calgary.ca/chargeyyc](http://calgary.ca/chargeyyc).

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## Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

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