

JULY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

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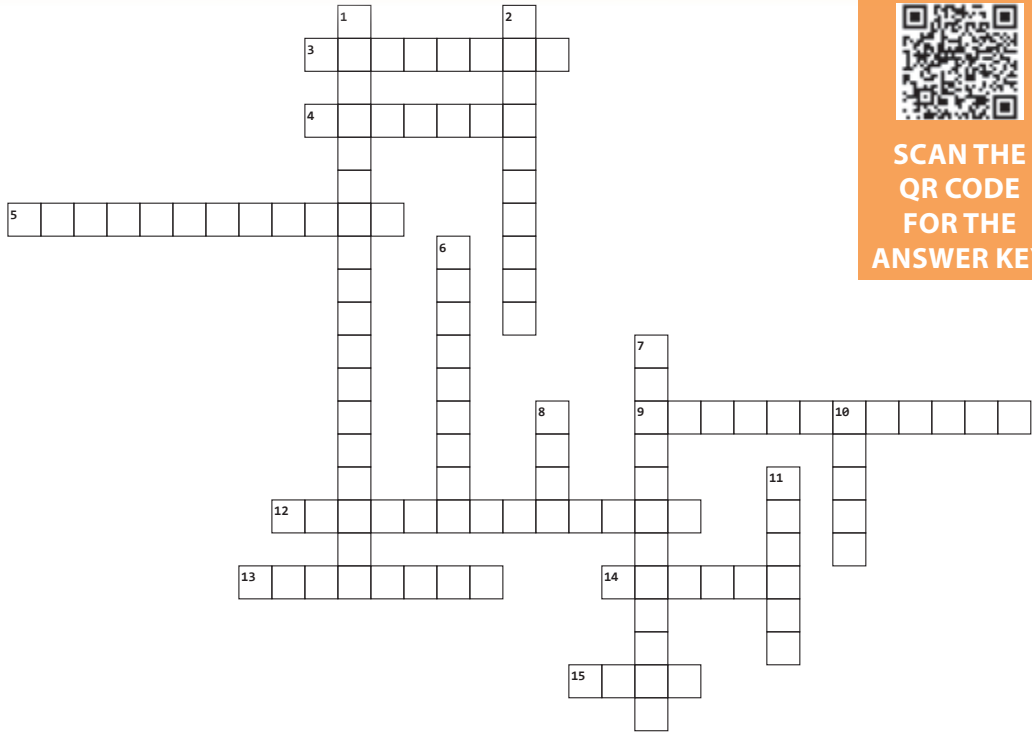
Sounds and Spirits Music Festival

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July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

1 HAPPY CANADA DAY! JULY

In spirit of all things Canadian, we've asked Bryan Adams to host a free concert in our community. We haven't heard back so I think he's too busy. In lieu of this, we have five cool facts about Canada!

1. Twenty percent of the world's fresh water is in Canada, and it has more lakes (over three million) than any other country. Not only do we have a lot of water, but we are also surrounded by a lot of water. Canada has the longest coastline in the world with 202,080 km.
2. Canada boasts 30% of the world's boreal forests and 10% of the world's total forests. About half of Canada's landmass is covered by forest. There are about 180 different species of trees in Canada. Timber is among the main exports of the country. Canada is the third most forested country in the world.
3. With our literacy rate at 99%, almost all Canadians can read and write, and since "eh" is listed in the Canadian Oxford Dictionary as a valid word, we can now add that into our newsletter articles.
4. Only in Canada could it go from minus 19 degrees Celsius to 22 degrees Celsius in an hour! (Pincher Creek, Alberta in 1962. Look it up!) This isn't something we want to be known for, but a record is a record!
5. Speaking of Alberta, we are a pretty large province, taking up 661,880 km². In contrast Ireland is 70,270 km². The distance from Calgary to Edmonton is 299 km, whereas the width of Ireland is 275 km.

Bonus Fact: With no scientific proof behind this claim, Canadians seem to be the only travelers that define distance using time. For example, when we talk about how far Edmonton is away from Calgary, many of us would answer by saying it's three hours away, not the distance it is. To confirm this claim, ask a friend and see what they say. Pretty weird, eh?!

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How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Community News

In June, the HVCA Beautification Committee was able to deliver on its goal of new summer inserts for the pots at 14 Street and at Hanson Ranch. As well, the Hanson Ranch sign corner has seen improvements with the dead trees removed and the perennials pruned. Previously, the pots at Hanson Ranch were located by the Hanson Ranch sign; however, after consideration, volunteers relocated the pots to the park at the end of Hidden Creek Drive. The slower traffic flow and more foot traffic will mean that more of the community can enjoy the vibrant planter inserts. The Hanson Ranch sign was installed by the developer several years ago; however, the corner is maintained by the community association. This area is upkeep by HVCA fundraising and volunteer effort.

Unlike other communities, which have access to funds through HOA or other sources, HVCA relies solely on community fundraising. If you have even a few hours to assist in projects, such as community beautification, minor repairs, or rink flooding, then please reach out. Joining a committee or the rink crew doesn't require a huge commitment. If you want to assist, but don't have time, purchase a membership. A strong membership supports HVCA.

Interested in upcoming Beautification Committee projects? We are planning improvements at Hidden Hut, as well as winter installations at the entrances.

As always, a big thank you to the volunteers who help out in our community. Whether it is making our community welcoming by beautification, helping at events, such as the community cleanup in May, or creating a fun space for kids in winter at the rink, these are the building blocks that make Hidden Valley/Hanson Ranch great spaces to be in.

BRAIN GAMES

SUDOKU

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	2					5		

SCAN THE QR CODE FOR THE SOLUTION

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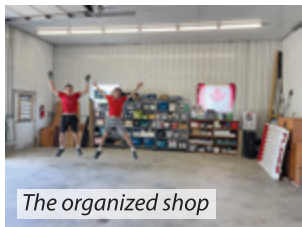
4-H Members Learn the Value of Manual Labour

by Emmett Donner, Club Reporter

As the weather gets nicer, many people are spending much more time outside. This also means that the Prairie Winds 4-H Club has been enjoying some activities outside. While there has been much fun to be had at these events, participants have also understood the importance of doing some hard work.



First, the club went on a field trip to the Hartell Homestead near Diamond Valley. Members got a behind-the-scenes tour of the farm, which included the commercial and home garden, chickens, goats, ducks, bees, horses, and Highland cattle. One highlight was moving the mobile "Chicken Tractor," which allows the chickens to intensively graze pastures in the summer months and be free-range through the winter. Participants were also given the rare experience of seeing a chicken lay an egg right before their eyes. This workshop was a fun and eye-opening experience into the commitment that is behind farming.

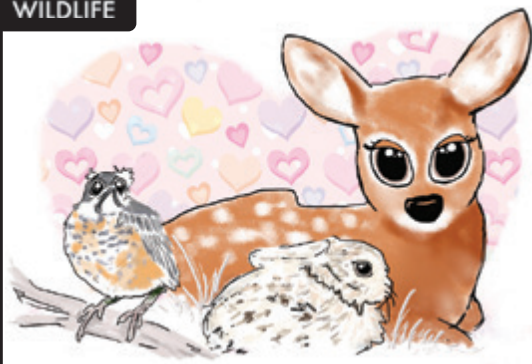


Another way that the club learned about hard work was through the annual Battle Lake Workbee. The whole club went to the Alberta 4-H Centre. This is a weekend where the whole club

volunteers for community service and helps do various tasks to help clean the facility up in preparation for summer camps. Some of the tasks included organizing the shop, painting, and clearing pathways. Between working, eating, and sleeping, there was lots of fun to be had. Members participated in various activities from 9 Square to Line Dancing. In the end, everyone was able to see what had been accomplished and felt proud of what had been done, all while enjoying themselves.



Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife—human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.

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Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

SCAN HERE TO VIEW ADDITIONAL
HIDDEN VALLEY CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





News from the Friends of Nose Hill

by Anne Burke

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.



Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!

CRIME STATISTICS



Hidden Valley Crime Activity was Down in May 2023

The Hidden Valley community experienced 6 crimes in May 2023, in comparison to 9 crimes the previous month, and 9 crimes in May one year ago. Hidden Valley experiences an average of 7.0 crimes per month. On an annual basis, Hidden Valley experienced a total of 84 crimes as of May 2023, which is down 28% in comparison to 117 crimes as of May 2022. To review the full Hidden Valley Crime report visit hidd.mycalgary.com.

How To Report Crime In Hidden Valley: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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FOR THE
ANSWERS!





Hidden Valley Real Estate Update

Last 12 Months Hidden Valley
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 23	\$534,850	\$532,400
April 23	\$549,900	\$515,339
March 23	\$537,000	\$543,000
February 23	\$507,493	\$512,500
January 23	\$650,000	\$633,900
December 22	\$426,500	\$415,000
November 22	\$524,900	\$540,000
October 22	\$529,500	\$518,500
September 22	\$499,450	\$495,000
August 22	\$433,950	\$423,277
July 22	\$487,450	\$497,500
June 22	\$528,950	\$523,000

Last 12 Months Hidden Valley
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	15	16
April 23	9	11
March 23	14	10
February 23	10	8
January 23	5	5
December 22	4	4
November 22	6	13
October 22	10	11
September 22	12	22
August 22	26	12
July 22	13	20
June 22	18	26

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



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Calgary Nose Hill
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Stampede season has begun! I am so excited to be partnering with ROYOP and VIVO for their annual Coventry Hills Stampede Caravan Breakfast.

The best thing about Stampede is the sense of community. The entire city comes together to give back. Strangers or neighbours – I'm happy to flip a pancake for you!

Join us on Tuesday, July 11 from 9:00 to 11:00 am in the Michael's parking lot at the Coventry Hills Centre! Grab a bite to eat, chat with your neighbours, and soak in the hot July weather.



Summer brings many opportunities for our community to join together and celebrate all that makes our city and our country a wonderful place to live. I look forward to spending time meeting with people in our community at the various events that will be held over the next several weeks. Thank you to the many volunteers who will be making these community events possible for all to enjoy.

Many community members have recently brought their concerns about violent crime in our communities to my attention. Everyone deserves to feel safe wherever they live, work, go to school, or while taking public transit. That is why I have sponsored a petition calling on the federal government to work closely with our provincial government and victim advocacy groups to address this issue. You can sign this parliamentary petition at <https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-4406>.

As always, if you have a federal need or concern, please contact my office. I hope you have a safe and happy Canada Day and Calgary Stampede this July!

The Hon. Michelle Rempel Garner





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

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Vilma Mydliar, LLB

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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

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