

OCTOBER 2023

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	Properties		Median Price		
	Listed	Sold	Listed	Sold	
August	23	19	14	\$652,450	\$663,500
July	23	14	17	\$559,900	\$580,000
June	23	21	17	\$525,000	\$560,000
May	23	16	16	\$534,850	\$532,400
April	23	8	11	\$549,900	\$515,339
March	23	13	10	\$537,000	\$543,000
February	23	10	8	\$507,493	\$512,500
January	23	5	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

To view more detailed information that comprise the above
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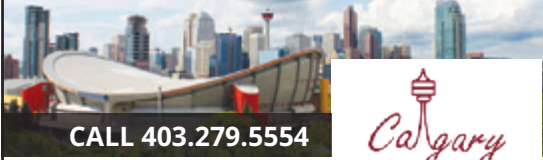
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HIDDEN VALLEY CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

Community Meeting to Decide Future of Community Sports and Rink

October 19 | 7:30 pm at the Hidden Hut

The Hidden Valley Community Association is looking for community input on whether the sports programs (hockey, softball, soccer) will be able to continue. With the limited number of board volunteers and no sports director, we are looking for solutions that would allow us to continue these programs and keep the rink open during the winter.

To keep the rink open we are looking for:

- Rink rants

To keep community sports open we are looking for:

- Soccer coordinator
- Hockey coordinator
- Softball coordinator

If you have the skill set to run one or more of these activities, please reach out to vp@hiddenhut.org or attend the October 19 meeting.

The Roundabout in the Room (Hanson Ranch)

A few months ago, a roundabout was installed in Hanson Ranch as a traffic calming measure. While these efforts are appreciated, roundabouts and traffic circles are not used very frequently in our city, and a refresher of their function might be helpful for our neighbours.

To Enter a Circular Intersection (Includes Traffic Circles and Roundabouts):

- Slow down, scan for and yield to pedestrians. Remember that crosswalks might be located away from the intersection to make them more noticeable.
- Yield to drivers already in the intersection.
- Use your signals so other drivers understand your intentions. If the circular intersection (most likely a traffic circle) has more than one lane, follow these recommendations:
 - If you plan to take the first available exit, use your right-turn signal as you enter and keep it on until you exit.
 - If you intend to travel past the first exit, it's safer to use the left (i.e., inside) lane to enter and exit. Use your left-turn signal to show that you won't be using the first exit. While it's permitted to use the outside lane to travel by more than one exit, it's not as safe.

How to Drive Inside a Traffic Circle and Roundabout:

- Maintain a safe speed and stay in the same lane.
- Keep your left-turn signal on until you pass the exit prior to your intended exit.
- If you're in the outside lane, yield (slow down but don't stop) to allow inside-lane drivers to exit.

To Exit Circular Intersections:

- After you've passed the exit prior to your intended exit, activate your right-turn signal.
- Watch for, and yield to, pedestrians.
- If you're in the inside lane, be watchful of any vehicles in the outside lane in case they forget to yield. If it appears an outside-lane driver isn't going to yield, use your left-turn signal and continue around the entire circle until you can exit the next time around. Never "force" your way out from the inside lane.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

Crosswalks and How to Point, Pause, Proceed

Point, Pause, Proceed, is a pedestrian safety behaviour designed to help people of all ages safely cross the street.

Alberta's Use of Highway and Rules of the Road Regulation Suggests Pedestrians:

1. Let drivers know they intend to cross the street by pointing to the opposite curb
2. Pause to make sure it's safe
3. Proceed to cross

What is a Crosswalk?

1. Any part of a roadway that is distinctly marked by signs, lines, or any other marking on the road for pedestrian crossing (marked crosswalk).
2. The part of a roadway connecting two sidewalks, curbs, or edges of a road at an intersection where one road crosses another (unmarked crosswalk).

Who Has the Right of Way?

Wherever there is a crosswalk (marked or unmarked), a pedestrian has the right of way unless a peace officer or traffic control device directs them otherwise. For example, at a crosswalk with traffic lights, the pedestrian may not cross when the pedestrian signal or traffic lights direct them not to enter the crosswalk.

However, pedestrians must exercise due care for their own safety. Even when pedestrians have the right of way, they must still ensure the crosswalk is safe before crossing.

Pedestrians are encouraged to use Point, Pause, Proceed, to signal to drivers they intend to cross, especially in unmarked crosswalks.



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Fun Facts About Thanksgiving

- Quebec calls Thanksgiving "Action de Grâce."
- We've celebrated Thanksgiving in Canada for 140 years, starting on November 6, 1879.
- Prior to 1957, Canada celebrated Thanksgiving on the third Monday of October. It officially moved to the second Monday of October via an announcement on January 31, 1957, by the Governor General of Canada.
- It was originally celebrated as a day of giving thanks for the blessing of the harvest and of the preceding year.
- The first Canadian Thanksgiving is said to have traced back to 1578 with explorer Martin Frobisher. He had been trying to find a northern passage to the Pacific Ocean and held his Thanksgiving celebration not for harvest but in thanks for surviving the long journey from England through the perils of storms and icebergs. On his final voyage to the far north, Frobisher held a formal ceremony in Frobisher Bay in Baffin Island (present-day Nunavut) to give thanks to God and in a service ministered by the preacher Robert Wolfall they celebrated Communion.
- Alternatively, some say that the origins of Canadian Thanksgiving are also sometimes traced to the French settlers who came to New France with explorer Samuel de Champlain in the early 17th century, who celebrated their successful harvests. The French settlers in the area typically had feasts at the end of the harvest season and continued throughout the winter season, even sharing food with the Indigenous peoples of the area.
- Why Turkeys? They were fresh, affordable, and big enough to feed a crowd.
- During Thanksgiving in 2015, 2.2 million whole turkeys were purchased by Canadians, making up 35% of all whole turkeys that were sold over the year.
- 28% of all Canadian households (4.6 million people) purchased turkey and turkey products for Thanksgiving 2018.



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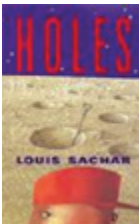


Prairie Winds 4-H Members Prepare for an Exciting New Year

by Emmett Donner, Club Reporter



For many, the end of summer and start of a new school year can be both an exciting and anxiety filled time. With waking up earlier and having to meet deadlines, this time can be a challenge for many. However, for the Prairie Winds 4-H Club Members, this time was an invigorating period, looking forward to the new 4-H year.



In August, members of the Health and Fitness Project had their final meeting at the YMCA, where they had some fun as a way to end the project. After, the project's Achievement Day activity was discussed, and a trifold made to be shown off at the club's Ice Cream Social.

Additionally, other members enjoyed an afternoon watching the movie adaptation of the book *Holes* by Louis Sachar, and then discussing both the movie and book.

In September, the club held their annual Ice Cream Social, which was open to the public. This event was a time for new families to ask questions and learn about 4-H, all while enjoying a nice, cold treat. Later in the month, the first general meeting was held. Many items were discussed, and registration forms filled out. This year, members get to look forward to numerous interesting projects, which filled many with excitement. Both of these events were held at a new venue that we have partnered with to host most of the club's activities this year. So, with a great year ahead for the Prairie Winds 4-H Club, the club hopes that all had a fantastic summer and have a great new school year!



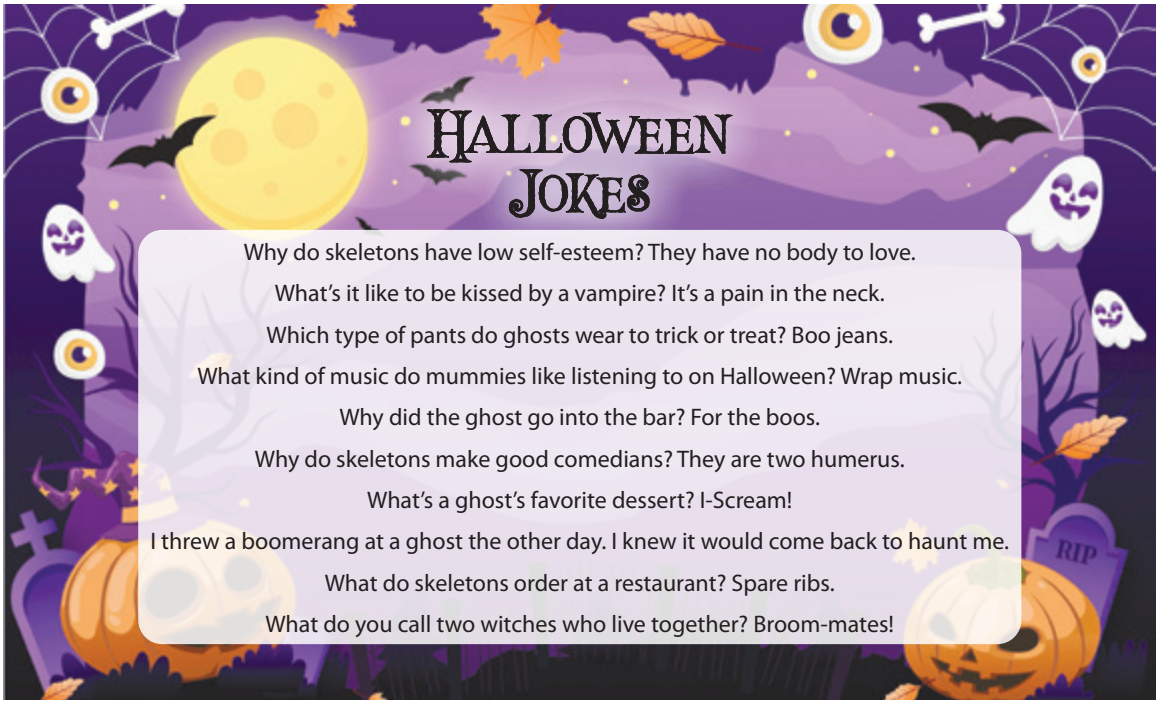
News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and "how to" use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out teepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary's 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A 'What We Heard' report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the 'Connect: Calgary's Parks Plan' will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.



HALLOWEEN JOKES

Why do skeletons have low self-esteem? They have no body to love.

What's it like to be kissed by a vampire? It's a pain in the neck.

Which type of pants do ghosts wear to trick or treat? Boo jeans.

What kind of music do mummies like listening to on Halloween? Wrap music.

Why did the ghost go into the bar? For the boos.

Why do skeletons make good comedians? They are two humerus.

What's a ghost's favorite dessert? I-Scream!

I threw a boomerang at a ghost the other day. I knew it would come back to haunt me.

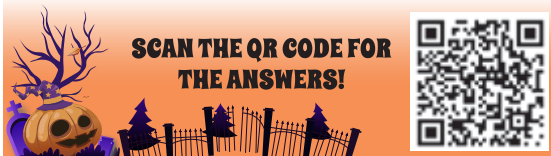
What do skeletons order at a restaurant? Spare ribs.

What do you call two witches who live together? Broom-mates!

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



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THE ANSWERS!



Fall of the Leaf



In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."



CRIME STATISTICS

Hidden Valley Crime Activity was Down in July 2023



The Hidden Valley community experienced 3 crimes in July 2023, in comparison to 4 crimes the previous month, and 9 crimes in July one year ago. Hidden Valley experiences an average of 5.6 crimes per month. On an annual basis, Hidden Valley experienced a total of 67 crimes as of July 2023, which is down 48% in comparison to 130 crimes as of July 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.

Hidden Valley Real Estate Update

Last 12 Months Hidden Valley MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$652,450	\$663,500
July 2023	\$559,900	\$580,000
June 2023	\$525,000	\$560,000
May 2023	\$534,850	\$532,400
April 2023	\$549,900	\$515,339
March 2023	\$537,000	\$543,000
February 2023	\$507,493	\$512,500
January 2023	\$650,000	\$633,900
December 2022	\$426,500	\$415,000
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October 2022	\$529,500	\$518,500
September 2022	\$499,450	\$495,000

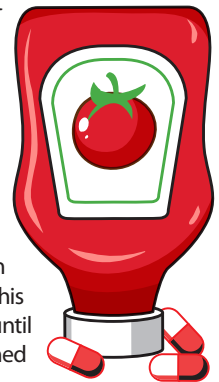
Last 12 Months Hidden Valley MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	19	14
July 2023	14	17
June 2023	21	17
May 2023	16	16
April 2023	8	11
March 2023	13	10
February 2023	10	8
January 2023	5	5
December 2022	4	4
November 2022	6	13
October 2022	10	11
September 2022	12	22

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


The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.





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Hope you're enjoying the cooler weather and changing leaves! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

Q: Is the Telus construction work finished?

A: Yes! With the exception of remediation on yards that was started in the spring, Telus is finished with their Pure Fibre work in Ward 3. Telus will continue to provide maintenance services to residents who make reports through 311 but follow up with my office if you have not received timely assistance.

Q: What can I do if I see wrongly placed commercial advertising signs?

A: This has been a topic many residents have written to us about. Community Standards (bylaw) works consistently to take down wrongly placed signs across the city, but this is done on a complaint-based basis. You can easily report signs and their location via the 311 app, which is how the City tracks the signs. As always, if your service request is not responded to in a timely manner, reach out to my office to help resolve the issue.

City Budget – November

Next month marks the annual budget adjustments. From November 20 to 24, Council will be receiving presentations from Administration and debating additions and adjustments to the budget. All residents are invited to speak at Council and share their opinions via phone, in person, or written response. If you want to participate, visit <https://www.calgary.ca/council/meetings/public-hearing.html> to view your options and registration process.



Peter Lougheed Healthcare Improvements

When Albertans access the emergency department, it is often during a difficult and stressful time in their lives. That's why Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre ("PLC"). In 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year, the PLC emergency department saw nearly 73,000 patients. In 2025, the new emergency department will provide 25 additional care spaces, ultimately doubling its size, helping to decrease emergency room wait times.

Approving New Drugs for ALS Treatment

Alberta's government has approved two drugs to its benefit list, used to treat ALS, a rapidly progressing neurodegenerative disease. Radicava, in oral form and Albriozza, a new drug treatment that significantly slows disease progression and loss of functional decline in people living with ALS.

Lab Services Changes

Over the past months, delays and wait times have made accessing lab services in our province very difficult. Albertans must be able to get the medical lab tests they need, and that's why the government recently announced that Alberta Precision Laboratories will now deliver community lab services across the province. The full transition is scheduled to be complete before the end of 2023. This change is an important step to improving and growing lab services, and to ensuring Albertans have reliable and speedy access to lab testing in their communities, which will help enable more timely diagnosis and treatment.

May all the good things of life be yours, on Thanksgiving and throughout the year. Happy Thanksgiving!

Special thanks to my constituents for their continued support as I carry out my duties as your MLA. As always, please feel free to call me any time to discuss issues that are important to you.



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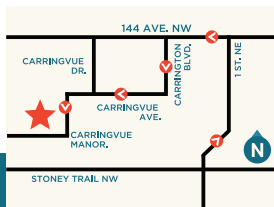
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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

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

family member or a divorce. We make this process easy and help to ease your mind.

For over 25 years, *Shibley & Company* has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

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