

AUGUST 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

HIDDEN VALLEY HANSON RANCH



HIDDEN VALLEY
COMMUNITY ASSOCIATION
Hidden Valley & Hanson Ranch

VOLUME 207

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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
December	23	1	6	\$564,450	\$563,625
November	23	9	9	\$589,000	\$583,300
October	23	12	9	\$574,900	\$567,500
September	23	12	19	\$574,900	\$572,000
August	23	19	14	\$652,450	\$663,500
July	23	13	17	\$559,900	\$580,000

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& More**



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PRESIDENT'S MESSAGE

I am deeply honoured to address you as the newly appointed President of the Hidden Valley Community Association. It is with great enthusiasm and a sense of responsibility that I step into this role, aiming to continue the legacy of community advocacy, safety, and prosperity that Hidden Valley is known for.

Recently assuming the presidency, I am mindful of the dedicated efforts of our past board members who have tirelessly worked to uphold the values and interests of our community. Their commitment has laid a solid foundation upon which we now stand, and I express my heartfelt gratitude to each of them.

During our recent Annual General Meeting (AGM), I was heartened to see the overwhelming support and participation from our community. While we have successfully filled most positions on the board, there are still opportunities for passionate individuals to volunteer and contribute their skills. Your involvement is crucial as we endeavour to strengthen our community and ensure that Hidden Valley remains a vibrant and desirable place to live.

One of my primary objectives is to rebuild and diversify our board, bringing together a team that reflects the rich tapestry of our community. We aim to advocate effectively on behalf of all residents, ensuring that our concerns are heard by government officials and that our neighbourhood remains safe and thriving.

Looking ahead, there are numerous exciting initiatives on the horizon. We are in the process of finalizing plans that will enhance our community's amenities, improve infrastructure, and promote sustainable living practices. These plans will be shared with you, our valued residents, once they have been solidified, and we eagerly anticipate your feedback and involvement in shaping our future.

I would also like to take this opportunity to extend my sincere appreciation to everyone who participated in our recent Neighbour Day community potluck. Your presence, contributions, and enthusiasm made the event a resounding success. It is through such gatherings that we strengthen the bonds of friendship and solidarity that define our community spirit. Keep watch for all of our upcoming events and initiatives on the board located by the Hidden Hut, on social media or in the newsletter.

As we move forward together, I encourage each of you to stay engaged and informed. Your input and participation are essential as we navigate the challenges and opportunities that lie ahead. Together, we can build upon the legacy of excellence that defines Hidden Valley, ensuring that our neighbourhood remains a place we are proud to call home.

I am excited about the journey ahead and optimistic about what we can achieve together. Let us continue to work collaboratively, supporting one another and striving for the betterment of our beloved Hidden Valley.

Robyn Moser

President of Hidden Valley Community Association



The Pulitzer Prizes



On August 17, 1903, Joe Pulitzer, newspaper publisher and journalist, donated \$1 million to Columbia University, which led to the creation of the Pulitzer Prizes. These prestigious awards honour excellence in journalism, literature, and musical composition. The Pulitzer Prizes are considered one of the highest achievements in these fields, celebrating outstanding work and contributions to society.

HVCA's Newly Elected Board Members 2024

President	Robyn Moser
Vice-President	Deb Munro
Treasurer	Heather McGreachy
Secretary	Meredeth Wilkes
Sports Director	Mitch Gallant
Events Director	Kelsey Brookwell
Communications Director	Amy Munro
Parks	Vacant
Facilities Director	Bruce Ritchie
Hanson Ranch Directors	Sonia Quon and Sandy Buffett
Membership Director	Dianne Vershuere
Fundraising Director	Ray Lynne
Volunteer Director	Felicia Mastromatteo
Public Spaces Director	Doug Fenton
School Liaison	Adwoa Savage

Message from Board Directors

Hanson Ranch in Hidden Valley Happenings

Much has happened in Hanson Ranch over the past few months! A neighbourhood garbage cleanup was completed on May 4 by a diligent group of twenty volunteers. Ten contractor-size garbage bags loaded with trash, along with a few bags of recyclables, were removed from our green spaces, parks, and streets. Hanson Ranch residents are eager to make this a regular event!



Throughout the month of May and into mid-June, volunteers took on the massive project of rejuvenating our community entrance sign and garden that had fallen into a sad state of disrepair. This was no small endeavour! The Hanson Ranch sign and adjacent fencing were repaired and the sign and attached logo given a fresh coat of paint. Once again, the sign is shining like new and proudly welcoming visitors to our neighbourhood. The entry garden to the Hanson Ranch sign was given a complete overhaul. Thanks to donations of plants from local gardening groups, funds received from Hanson Ranch Plaza businesses, residents, the Hidden Valley Community Association and mulch provided by the City of Calgary, we were able to make our entry along Beddington Trail a beautiful green space once more.

Everything that has been done has been the result of residents working together and giving their time to improve Hanson Ranch as a community. Starting with a ground swell movement that culminated in working with the City of Calgary's Mobility department on traffic safety measures that we hope will be implemented throughout the summer and early fall of 2024, the motivation and determination continues to grow! That work, along with the rejuvenation and beautification of our community, make Hanson Ranch a shining example of what can be accomplished when we work towards building a safer and more attractive neighbourhood together.

Sonia Quon and Sandy Buffett

Word of the Month

Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.





Prairie Winds 4-H Club August Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

Another busy and fun month of 4-H has gone by! The month started off with our final 4-H general meeting. Even though our general meetings are done, some of the club



projects will continue through the next three months as our current 4-H year is officially done by the end of September. During the general meeting we did our Club Photos, which will be used in our record books and in the Club Historian Book. The canine members had an opportunity to show off what they did during the year with their dog. We started outside as two of the members were able to bring their dogs and demonstrate some commands, tricks, and one even used a mini agility course. The other two canine members pre-recorded a video to demonstrate some of their canine work. The canine members are one of the projects that will be continuing over the summer and members will be handing in their record books in September to their leader.



We did one Explore 4-H project during June, puppy yoga. During this unique project, members were taught yoga while puppies wandered around them. I am not sure how they were even able to concentrate with all that cuteness. As the end of the year crept up, we did an achievement day for all projects to show off what they did in the year. This day

included trifolds and table displays, awards including medals for diary points and club participation, a taco bar lunch, and then bowling as a social. Bowling was lots of fun, especially with friends.

More to come next month, as we will be doing other club activities this summer.

FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Night Sky Events in August

The Perseid meteor shower happens regularly each summer due to the Earth passing through the debris of the Swift-Tuttle comet.

In 2024 the Perseid meteor shower begins in mid-July and peaks in mid-August, after which it will tail off. This year the peak falls on the night of August 12 and before dawn on August 13.

Grab a blanket and some snacks and look up to the sky for a show!



Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it’s like a free garage sale right at your doorstep!
- If it’s still on the curb, let’s keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It’s a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

<p>Cleaning Services</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Dry Cleaning <input checked="" type="checkbox"/> Tablecloths <input checked="" type="checkbox"/> Napkins <input checked="" type="checkbox"/> Table Skirts <input checked="" type="checkbox"/> Chair Covers <input checked="" type="checkbox"/> Massage Sheets <input checked="" type="checkbox"/> Face Cradles <input checked="" type="checkbox"/> Gym Towels <input checked="" type="checkbox"/> Face Cloths <input checked="" type="checkbox"/> Chef Coats <input checked="" type="checkbox"/> Coveralls <input checked="" type="checkbox"/> Microfibre Cloths <input checked="" type="checkbox"/> Dish Rags 	<p>Mat Rentals</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Standard <input checked="" type="checkbox"/> Waterhog <input checked="" type="checkbox"/> Scraper <input checked="" type="checkbox"/> Logo <p>Paper Products</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Tork Dispensers <input checked="" type="checkbox"/> Paper Towel <input checked="" type="checkbox"/> Centre Pulls <input checked="" type="checkbox"/> Toilet Paper <input checked="" type="checkbox"/> Facial Tissues 	<p>CALGARY MAT & LINEN SERVICES</p> <p>Pick-Up & Drop-Off Services</p>  <p>calgrymatandlinen.com 403-279-5554</p>
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Guess The Drink!


1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called “Brad’s Drink” which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria “gives you wings”.



Silent Pride:

The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!



Back to School Rules – Traffic Safety

Families are starting to think about the list of things that need to get done before the first day of school. We are often swept-up by the excitement of taking those back-to-school photos on the first day not the mad rush to get out the door as school routines commence. Please take a few minutes ahead of time to think about some back-to-school traffic safety tips:

Observe School Zone Speeds: Every year, a few more students venture into the realm of walking to school on their own. Children often get distracted when crossing the road so it is important that drivers in the community pay a little extra attention to our large school zone area as you never know when little feet may dart out from a parked car unexpectedly.

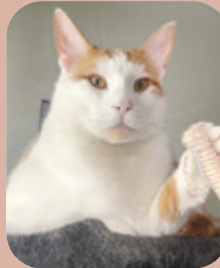
School Bus Rules: Most events happen outside of a school bus. Don't arrive too early at the bus stop if you're dropping off as little minds can get distracted and wander. Remind children to stay away from the school bus until it has come to a complete stop so the driver can see them. Staying seated on the school bus for the duration of their ride prevents accidents and driver distraction. Follow the rules of the bus driver. Children leave the bus in single file, never pushing. Lastly, if a child drops something near the bus, don't pick it up. Tell the bus driver or an adult first.

School Drop-off Zones: There are designated drop-off zones in front of schools. If you're driving to school, obey the rules of these zones. Don't park in areas where there is traffic congestion. Consider leaving the house a few minutes earlier and park farther away; better yet, try walking to school instead.

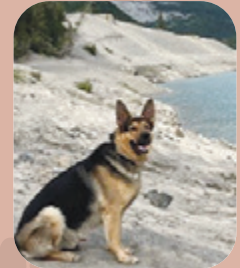
international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

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Dude, *Evanston*



Harry, *Bridgeland*



Pikko, *Hillhurst Sunnyside*



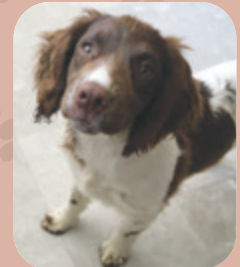
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

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Back to School Tips

by C. Wolfe

The start of the new school year is an exciting time, but it can also be an overwhelming one for both kids and adults. It can be hard to get back into the rhythm of a regular schedule so here's some tips to help you ease back into school life.

1. Prioritize Sleep

Help your child adjust to earlier bedtimes a week or two before the new school year starts, just to help them ease into new routines. Set a consistent bedtime for your child and stick with it every night. Quality sleep helps with concentration, mood, and overall wellbeing. Aim for nine to eleven hours of quality sleep per night.

2. Eat Well

Support your child's learning and development with scheduled meals and snacks. Breakfast kickstarts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated. Consider trying out some new lunch box recipes prior to the start of the school year to see what your kids like.

3. Keep Active

Adding physical activity to your child's routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming, or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall wellbeing.

4. Make Time for Talking and Connection

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Remind your child that teachers know that students may be nervous about the first day of school; they will make an extra effort to make sure everyone feels as comfortable as possible. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

5. Build Good Homework and Study Habits

Some children may need extra help organizing their homework. Teach your child to prioritize their assignments by making to-do lists with deadlines. Allow

ample time for homework and study. If possible, create an area in your home that is homework friendly, which is quiet and without distractions. Set a regular alarm each day that signals the start of homework time. After each assignment is finished, allow your child a short break, such as a short walk or stretching to help with eye and brain fatigue.



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

Heritage Day

Heritage Day in Alberta, celebrated on the first Monday of August, is a special occasion dedicated to recognizing and celebrating the province's rich cultural diversity and heritage. This statutory holiday provides an opportunity for Albertans to reflect on their collective history, traditions, and the myriads of cultures that contribute to the vibrant tapestry of the province.

Established in 1974, Heritage Day was initially intended to honour Alberta's diverse cultural heritage and to promote an appreciation for the province's history. Over the years, it has evolved into a day filled with festivities, cultural events, and educational activities that highlight the contributions of various communities to Alberta's development.

One of the focal points of Heritage Day celebrations is the numerous festivals and events held across the province. In cities like Edmonton and Calgary, cultural festivals such as Heritage Festival in Edmonton's Hawrelak Park bring together hundreds of cultural groups, showcasing traditional music, dance, art, and cuisine from around the world. These festivals provide a unique opportunity for attendees to experience and appreciate the diverse cultural heritages that make up Alberta's population.

Heritage Day is also a time for families and communities to engage in activities that celebrate their own cultural backgrounds. Many people use the day to visit museums, historical sites, and cultural centres to learn more about Alberta's history and the contributions of different cultural groups. It is a day to honour the traditions passed down through generations and to educate younger members of the community about their heritage.

In addition to public festivities, Heritage Day serves as a reminder of the importance of preserving and promoting cultural heritage. It encourages Albertans to celebrate their own backgrounds while also fostering respect and understanding for the diverse cultures that coexist within the province. This celebration of multiculturalism helps to build stronger, more inclusive communities.

Overall, Heritage Day in Alberta is a joyous occasion that highlights the province's cultural richness and history. It brings people together to celebrate their unique heritages and promotes a sense of unity and appreciation for the diverse mosaic that defines Alberta.

Bottle Depot Day

by Cheryl Dunkley

Off to the bottle depot, six bags in tow
Loading up the car is finally done, Let's go!
Parking is scarce, line up out the door.
There's room on the sidewalk for barely one more.

Once inside, there's workers counting fast,
They do this for hours, how long can they last?
The noise, the clatter, everything is sticky.
No one is smiling, the job is too icky.

The cash machine states the refund to obtain.
Today the machine is broken, back to human help
once again.

Don't go on Monday, after a big weekend of sports.
Remember to tip the workers for all their sorts.

The thousands of recyclables in giant bags piled up
to the sky
Where do they end up, one wonders how and why...



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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.



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Here are some updates related to Ward 3, the City of Calgary, and Council decisions.

Check Your Mailbox for My Annual Mailer!

Keep an eye out towards the end of the month for my annual ward-wide mailer. Every household will receive a copy in the mail that features updates about what's happening in Ward 3 and across the city. If you have any questions or don't receive your copy, reach out to my office at ward3@calgary.ca.

Secondary Suite Incentive Program Launch

To encourage safe and accessible housing, the City has launched its Secondary Suite Incentive Program as part of our official Housing Strategy. It provides qualifying homeowners with up to \$10,000 to cover a portion of costs to develop and register and safe suite. Only suites built within main dwellings are eligible to apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is also available for accessibility and energy efficiency. View the full details and application process at calgary.ca/suite-incentive.

Seeking Time Capsule Contributors from 1999

In 1999, the City created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. October 1 of 2024 marks the 25th anniversary of this occasion. Ahead of this, the city is seeking out the original participants from 1999 to hear their stories and invite them to participate in the celebrations later this year. If you or someone you know was a part of the original time capsule, reach out to agefriendlycalgary@calgary.ca to get involved.



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