

JULY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
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- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

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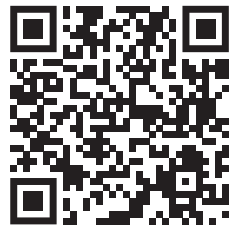
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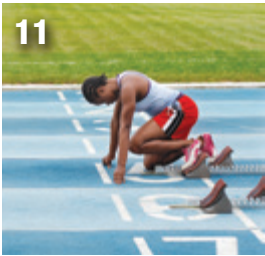
SCAN ME

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SCAN HERE TO VIEW ADDITIONAL HIDDEN VALLEY CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.





News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".

YOUR CITY OF CALGARY

Take Part in the Foam Recycling Pilot

by The City of Calgary Waste and Recycling Services

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

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Canada Day

Canada Day, celebrated on July 1, marks the anniversary of the confederation of Canada in 1867, when the British North America Act united the three separate colonies of the Province of Canada, New Brunswick, and Nova Scotia into a single Dominion within the British Empire. Originally known as Dominion Day, it was renamed Canada Day in 1982, reflecting the country's growing independence and national identity.

Canada Day is a nationwide celebration filled with festivities that highlight the country's rich cultural heritage, history, and values. From coast to coast, Canadians come together to participate in parades, fireworks, concerts, and community events. Major cities like Ottawa, Toronto, Vancouver, and Montreal host large-scale celebrations featuring live music, cultural performances, and family-friendly activities.

In Ottawa, the nation's capital, Canada Day is marked by a grand celebration on Parliament Hill, attracting thousands of visitors. The day typically begins with a ceremonial flag raising and the changing of the guard, followed by a variety of performances from Canadian artists, culminating in spectacular fireworks display over the Ottawa River.

Canada Day is also a time for reflection and appreciation of the diverse cultures and communities that make up the Canadian mosaic. Indigenous communities across the country celebrate their heritage and contributions to the nation, while multicultural festivals showcase the diverse traditions and backgrounds of Canadian citizens. It is a day to celebrate unity, diversity, and the shared values of peace, democracy, and inclusivity.

For many, Canada Day is a chance to enjoy the great outdoors. Families and friends gather for barbecues, picnics, and outdoor games, taking advantage of the summer weather. Whether it's a leisurely day at the beach, a hike in the mountains, or a canoe trip on one of Canada's many lakes, the day is a perfect opportunity to embrace the natural beauty of the country.

In essence, Canada Day is a celebration of all that it means to be Canadian. It is a day to honour the past, celebrate the present, and look forward to a future of continued growth, unity, and prosperity.

Good Neighbours vs. Bad Neighbours, Which One Are You?

The majority of us try our best to be friendly and respectful of our neighbours because they do live next to you. Not to mention taking pride in ownership of our homes and surroundings keeps property values up. But every once in a while, there's something that a neighbour ends up doing that puts you in what is typically referred to as "between a rock and a hard place". As much as you want to ignore the situation, you can't because it makes your community life a little less pleasant. These types of situations often end up with a complaint filed with the City. Penalties can range from \$50 to \$2,500! Here are a few reminders that will help create mutual respect and consideration.

- 1.) No pets off leash in undesignated public spaces.
- 2.) No noise nuisance. No loud noises from 10:00 pm to 7:00 am or 9:00 am on Sundays.
- 3.) Avoid overgrown lawns. Any grass or herbaceous plants higher than 15 cm is a fire hazard. Weeds eventually grow into your neighbours' yards too!
- 4.) No inoperable vehicles should be stored in the yard or taking up street parking.
- 5.) Do not block the view of traffic and sidewalks by not keeping your hedges trimmed.
- 6.) Frequent yard sales. A few times a year is fantastic, but every weekend becomes an eye soar. It increases traffic and parking and not all neighbours want to see your personal belongings all over your yard and driveway on a regular basis.
- 7.) Parking violations.
- 8.) Tree danger.
- 9.) Avoid leaving snow on the sidewalk.
- 10.) Encroaching on a neighbour's yard.
- 11.) Avoid accumulation of materials.
- 12.) Unsightly conditions, maintenance, and repair.

For more information, take a look at the Responsible Pet Ownership, the Community Standards Bylaws, or the Good Neighbour Practices Reference Guide found at www.calgary.ca.

The Calgary Stampede Live Music

The Calgary Stampede, often referred to as “The Greatest Outdoor Show on Earth,” is not only famous for its rodeo events and agricultural exhibits but also for its vibrant live music scene. Each year, the Stampede, held in July, transforms Calgary into a hub of musical performances, attracting a diverse array of artists and genres that captivate audiences from all walks of life.

Live music at the Calgary Stampede spans multiple stages and venues, offering something for everyone. The Coca-Cola Stage, Nashville North, and the Saddledome are among the most popular venues where attendees can experience electrifying performances from both emerging local talent and internationally renowned artists. These stages host a wide range of music genres, from country and rock to pop and indie, ensuring that every musical taste is catered to.

One of the highlights of the Stampede’s music lineup is the performances at Nashville North, a venue that has become synonymous with country music. Featuring some of the biggest names in country music alongside up-and-coming artists, Nashville North provides an authentic country music experience that celebrates Calgary’s Western heritage.

The Coca-Cola Stage, on the other hand, is known for its eclectic mix of performances, showcasing a variety of genres and artists. This stage often features high-energy acts that keep the crowd entertained throughout the day and into the night, making it a favourite spot for festivalgoers seeking diverse musical experiences.

For those seeking a more intimate setting, the Big Four Roadhouse offers a cozy environment with a focus on rock and alternative music. This venue provides a unique atmosphere where fans can get up close and personal with their favourite artists.


In addition to these dedicated music stages, live music can be found throughout the Stampede grounds, creating a festive atmosphere that resonates with the spirit of celebration. Street performers, local bands, and impromptu jam sessions contribute to the overall musical tapestry of the event, ensuring that there is always a melody in the air.

The Calgary Stampede’s commitment to live music not only enhances the overall experience of the festival but

also supports and showcases the vibrant music scene in Calgary and beyond. It’s a celebration of sound that complements the excitement of the rodeo, the thrill of the midway, and the rich cultural heritage that defines the Calgary Stampede.



Yahoo Cowtown!

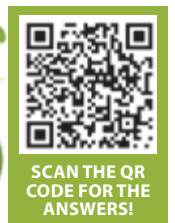


Cowtown (that’s Calgary’s fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here’s the kicker, at that time, Calgary’s population was just 47,000!

GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.





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Prairie Winds 4-H Club July Update

by *Prairie Winds 4-H Club Reporter, Abigail Dowler*

The month of May started off with a junior workshop; during this "I Can Draw" workshop junior members got to learn about drawing and took home a few handmade art pieces. This workshop was the only one we did in May.



Every May our club goes to the Alberta 4H Centre at Battle Lake for our community service opportunity. During this time, members get to have a lot of fun, eat some amazing camp food, and help the Battle Lake Staff prepare the camp for summer. We held our May General Meeting at the lodge as well with project updates, brainstorming for next year's Explore 4-H projects, and discussed our plans for achievement day.

The lodge has the perfect size rooms to host families. After our work sessions, it was time to have some fun as a club. We typically have glow in the dark capture the flag, hide and seek in the dark (in dorms), a campfire and many other activities.

Our Canine members had their last official meeting of the year, although the members will continue to work with their dogs into September/the end of our 4-H year. During our last meeting we learned about dog park etiquette, things to watch, etc.



During the summer months, our 4-H club helps with set up and takedown at the Lions Club Farmers Market to make some extra money for club expenses. Each 4-H family must sign up for two Sundays. We had our first dry run as well this past month, so we are ready to go.

Abigail Dowler

Prairie Winds 4-H Club Reporter

TAKE ON WELLNESS

Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by *the Calgary Foothills Primary Care Network*

In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

Ask Questions

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

Get Involved

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

Knowledge is Power

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

Team Support

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.

2024 Summer Olympics in Paris

As the 2024 Summer Olympics in Paris approach, Canada is gearing up to make a significant impact on the global stage. With a proud history of athletic excellence, Canada aims to continue its legacy by showcasing the talents and determination of its athletes across various sports.

The Canadian Olympic team, known for its diversity and resilience, is preparing to compete in numerous events, including athletics, swimming, gymnastics, cycling, rowing, and more. Canada's athletes are renowned for their dedication, having undergone rigorous training and qualification processes to earn their spots on the national team. Many of them are medal hopefuls, aiming to build on the successes of previous Olympics.

One of the key highlights for Canada at the Paris 2024 Olympics will be the track and field events. Sprinters, distance runners, and field athletes will be vying for podium finishes, aiming to emulate and surpass the achievements of Canadian legends like Donovan Bailey and Andre De Grasse. In swimming, Canada's strong contingent of swimmers, including established stars and promising newcomers, will compete in various disciplines, hoping to add to the country's medal tally.

Gymnastics is another area where Canada is expected to shine. The nation has produced world-class gymnasts who are known for their skill and artistry. The women's artistic gymnastics team, in particular, has shown great promise in recent years and is expected to be a strong contender.

Team sports also hold significant importance for Canada. The women's soccer team, which won gold at the 2020 Tokyo Olympics, will aim to defend their title, showcasing their skill and teamwork on the international stage. Similarly, the basketball teams, both men's and women's, are poised to demonstrate their prowess and competitive spirit.

Canada's participation in the Summer Olympics in Paris is not just about winning medals; it's about representing the country's values of sportsmanship, perseverance, and unity. As the world watches, Canadian athletes will embody these principles, inspiring future generations of sports enthusiasts and demonstrating the power of hard work and determination.

The 2024 Paris Olympics promise to be an exciting chapter in Canada's storied Olympic history, with athletes ready to make their mark and bring pride to their nation.



Canada Parks Day

Canada Parks Day, celebrated on the third Saturday of July each year, is a national event dedicated to appreciating and enjoying the natural beauty and recreational opportunities offered by parks across the country. This day serves as a reminder of the importance of preserving natural spaces for future generations and encourages Canadians to explore and engage with their local, provincial, and national parks.

Canada is renowned for its stunning landscapes, ranging from the rugged coastlines of the Atlantic Provinces to the majestic Rocky Mountains in the west, and from the serene Great Lakes to the expansive prairies. Canada Parks Day provides an opportunity to celebrate these diverse environments and the countless activities they offer, including hiking, camping, birdwatching, kayaking, and picnicking.

On Canada Parks Day, parks and protected areas host a variety of special events and activities designed to educate and inspire visitors about the natural world. These can include guided nature walks, wildlife demonstrations, conservation workshops, and family-friendly games. The goal is to foster a deeper appreciation for nature and to highlight the efforts being made to protect these vital ecosystems.

In addition to being a day of outdoor recreation and education, Canada Parks Day emphasizes the health and well-being benefits of spending time in nature. Research has shown that time spent in natural settings can reduce stress, improve mental health, and promote physical activity. By encouraging people to get outside and explore their local parks, Canada Parks Day contributes to the overall well-being of individuals and communities.

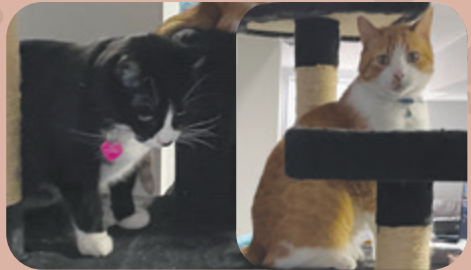
Canada Parks Day also provides an opportunity to recognize the work of park rangers, conservationists, and volunteers who dedicate their time and effort to maintaining and protecting these natural spaces. Their efforts ensure that parks remain beautiful, safe, and accessible for everyone to enjoy.

Whether you're an avid outdoor enthusiast or simply looking for a peaceful place to relax, Canada Parks Day is the perfect time to discover the natural wonders that Canada has to offer. It's a celebration of nature, conservation, and community that invites everyone to embrace the great outdoors and the myriad benefits it brings.

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Oreo and G, *Thornccliffe*



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

Want to Learn More About City Planning?

The City's Partners in Planning program offers an in-person opportunity to meet planners and learn about how the City creates policies around growth. Register for your spot at calgarycommunities.com/events.

Make Every Drop Count

Calgary had a mild spring, but we all still need to do our part to conserve water when we can – especially outdoors. The City recently updated its bylaw to reflect the current drought conditions – stay up to date at calgary.ca/drought and make every drop count.

- Water when it makes sense.
- Apply for a rain barrel.
- Prioritize native plants.
- Let your grass grow to five to seven cm.

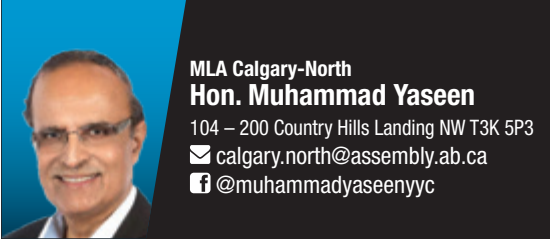
CRIME STATISTICS



Hidden Valley Crime Activity was Down in May 2024

The Hidden Valley community experienced 3 crimes in May 2024, in comparison to 5 crimes the previous month, and 6 crimes in May one year ago. Hidden Valley experiences an average of 4.3 crimes per month. On an annual basis, Hidden Valley experienced a total of 52 crimes as of May 2024, which is down 39% in comparison to 85 crimes as of May 2023. 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.



MLA Calgary-North
Hon. Muhammad Yaseen
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 ✉ michelle.rempel@parl.gc.ca
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Happy Canada Day! May the spirit of unity and camaraderie fill your hearts today and always.

Alberta’s government is investing \$66 million to build stronger communities through community grants to non-profit organizations. The Community Facility Enhancement Program (CFEP) supports the building of new and enhancing of existing community spaces such as heritage locations, community halls, community theatres, festival spaces, and many more. The most recently approved projects include 377 non-profits that received funding.

A new Aging with Dignity funding agreement with the federal government will enhance Alberta’s continuing care transformation efforts to support Albertans as they age. To meet the growing needs of an aging population and ensure the future of the province’s continuing care system, Alberta’s government has committed \$1 billion over three years to transform continuing care in Alberta. Also, \$654 million in funding has been allocated over three years for the Continuing Care Capital Program to improve access to continuing care spaces and reduce emergency department wait times by freeing up more beds.

The Alberta government is proud to honour the outstanding accomplishments of the recipients of the 2023 Alberta Sport Recognition Awards. Award recipients were selected by a committee and considered results from the 2022 to 2023 competition season. You can find a list of award recipients here: www.alberta.ca/release.cfm?xID=90411E209E05B-CFD4-76B5-3790C9FD378AD866. The program was established in 1987 to acknowledge the outstanding achievements and commitment of coaches, officials, and volunteers. In 2002 the Athlete and Team of the Year awards were added to the awards program to acknowledge high performance athletes and teams who are promoting Alberta on the national and international stage, and their pursuit of sport development goals.

Wishing you all a happy and safe Stampede! As always, it is my great honour to serve as your MLA.

Happy Canada Day! I hope you are able to take some time this summer to reflect on what a wonderful country and community we call home.

I continue to hear concerns about the high cost of living in our community. The cost of food and housing must be addressed. That is why the Official Opposition has been calling for a summer break for Canadians from the carbon tax, the federal fuel tax, and GST on gasoline and diesel. Unfortunately, the federal government has not implemented this solution that would help ease the financial burden on Canadians. Nevertheless, I will continue to work hard and push for solutions to the challenges people in our community are experiencing.

As Parliament is out of session, I look forward to spending time in our community hearing about the issues that are important to you. Many community and faith-based organizations are hosting events throughout the city over the summer. I hope you will join me in supporting these events that bring our community together. Thank you to all the volunteers that make these events possible.

I hope you have a safe and enjoyable summer.



GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!





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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
June	23	21	17	\$525,000	\$560,000

To view more detailed information that comprise the above
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