

JUNE 2024

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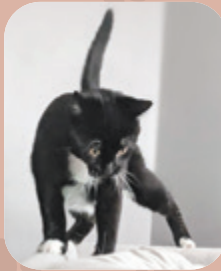
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Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?



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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as "rough fescue" was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. www.albertapcf.org/. The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta's prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as "Blue Sky City." The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta's official bird, in 1977, after a provincewide children's vote.

Thank You to HVCA Members!

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SCAN THE QR CODE
FOR THE SOLUTION



We are thrilled to extend our heartfelt gratitude to the incredible members of the Hidden Valley Community Association (HVCA) for their overwhelming support and generosity. Thanks to your dedication and commitment, our community has seen a significant increase in memberships and donations, with our membership numbers soaring to approximately 500 since our initial call to action.

We are especially grateful to welcome new members who have not only joined the HVCA but have also stepped up to serve as directors on our board. Your willingness to take on leadership roles demonstrates a deep sense of community spirit and a desire to actively contribute to the betterment of Hidden Valley and Hanson Ranch.

The impact of your support is already evident in the positive changes we've been able to implement within our community. With the increase in memberships and donations, we are delighted to announce the reinstatement of the porta potty at the hut for the summer months. This essential amenity enhances the accessibility and convenience of the Hidden Hut, and the playground during the summer months for community gatherings and events.

Furthermore, we are thrilled to announce that we have secured a waste removal contract with the local business Scoop, Cut N' Shovel. This partnership will ensure the efficient and environmentally responsible disposal of waste in our community, contributing to a cleaner and more sustainable environment for all residents.

However, despite these significant achievements, our work is far from over. With approximately 4,000 houses in Hidden Valley and Hanson Ranch, we recognize the ongoing need for increased membership participation to sustain our board initiatives and continue serving the needs of our community effectively.

As we move forward, we urge all residents to consider renewing their memberships annually and encourage others to join the HVCA. Together, we can build upon the momentum of our recent successes and continue fostering a vibrant, inclusive, and thriving community for generations to come.

Once again, thank you for your unwavering support and dedication to the Hidden Valley Community Association. Your contributions make a meaningful difference, and we are immensely grateful for your ongoing commitment to our shared vision of community excellence.

Please follow this link and join the HVCA: <https://hiddenhut.org/why-join/join/>.

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Prairie Winds 4-H Club June Update

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

We started off the spring with an opportunity for members to go behind the scenes at Porsche. They learned about the history of Porsche, got a tour of the dealership, and got a sneak peek of the new Porsche model coming out.



We had a multi-workshop day where we completed a few projects all at once. The day started off with a "Going Batty" workshop, facilitated by the Cochrane Ecological Institute, where members learned about some bat myths, explored a bat's role in the ecosystem, and learned what we can do to help them. Bat boxes are a good way to help bats by providing safe shelter. The second workshop of the day was part two of the introduction to crochet and amigurumi, the Japanese art of crocheting small, stuffed creatures. We worked on finishing a stuffed dino and learned that this craft is not for everyone. Following these workshops, we spent some time working on our 4-H diaries. Diaries provide an opportunity for members to reflect on their year and track participation, which will be used in the years to come. The last workshop of the month was an essential oils workshop. During this workshop members got a behind the scenes tour at Milkjar to learn more about this local company. Members will get to watch candles being made and each member gets to make an essential oil roller.



After another fun month of 4-H, members are getting closer to the end of our 4-H year and starting their preparations for achievement day. Finally, we would like to thank the Ronald McDonald House for giving us an opportunity to tour the house and for showing us how they help families with sick children.

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GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.





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Father's Day

Father's Day in 2024 brings an opportunity to celebrate and honour the significant role that fathers, grandfathers, and paternal figures play in our lives. Observed on the third Sunday of June each year, Father's Day is a time to express gratitude, appreciation, and love for the dads who have made a lasting impact on our upbringing and development.

As we approach Father's Day in 2024, families around the world come together to celebrate the fathers in their lives in meaningful and heartfelt ways. Whether through thoughtful gifts, heartfelt gestures, or quality time spent together, Father's Day provides an occasion to show dads how much they are cherished and valued.

In 2024, Father's Day holds added significance as families reunite and reflect on the challenges and triumphs of the past years. The bonds between fathers and their children have been strengthened through shared experiences, moments of laughter, and unwavering support. Father's Day serves as an opportunity to acknowledge and celebrate these bonds, expressing gratitude for the love and guidance that fathers provide.

From teaching valuable life lessons to offering words of encouragement and wisdom, fathers play a vital role in shaping the character and values of their children. Whether serving as role models, mentors, or providers, fathers leave a lasting imprint on the lives of their loved ones, instilling values of integrity, resilience, and compassion.

On Father's Day in 2024, families come together to celebrate the unique qualities and strengths of their fathers. Whether it's a special meal prepared with love, a heartfelt card expressing appreciation, or a meaningful activity enjoyed together, Father's Day offers a chance to create lasting memories and strengthen familial bonds.

As we celebrate Father's Day in 2024, let us take the time to honour and cherish the fathers in our lives. Whether near or far, their love, guidance, and presence are cherished and appreciated beyond measure. Let us express our gratitude and love for the fathers who have shaped us into the individuals we are today, celebrating their unwavering dedication and the profound impact they have made on our lives.



A Message for The End of The School Year

As the school year draws to a close in Calgary in 2024, students, teachers, and families reflect on the achievements, challenges, and memories that have shaped the academic year. It has been a year of resilience, adaptability, and growth, as the school community navigated through unprecedented circumstances with determination and perseverance.

Despite the disruptions and uncertainties brought about by the ongoing pandemic, students have demonstrated remarkable resilience and determination in their pursuit of knowledge and personal growth. From adapting to remote learning environments to embracing new technologies and learning strategies, students have shown resilience in the face of adversity, overcoming challenges with courage and determination.

Teachers and educators have played a vital role in supporting students' academic and emotional well-being throughout the school year. Their dedication, creativity, and compassion have been instrumental in creating supportive learning environments and fostering a sense of connection and belonging, both in person and virtually.

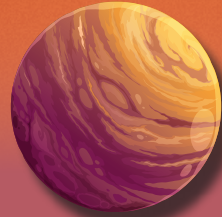
As the school year comes to an end, it's a time to celebrate the accomplishments and milestones achieved by students, teachers, and staff alike. Whether it's academic achievements, artistic accomplishments, or personal growth, each success represents a testament to the hard work, dedication, and perseverance of the entire school community.

The end of the school year also marks a time of transition and reflection as students prepare to embark on new adventures and experiences. For graduating seniors, it's a bittersweet moment as they bid farewell to familiar faces and embark on the next chapter of their journey, armed with the knowledge, skills, and friendships forged during their time in school.

As we look ahead to the summer months, let us carry with us the lessons learned, the friendships formed, and the memories shared during the school year. May the spirit of resilience, adaptability, and community that has defined this academic year continue to inspire and guide us in the months and years to come.

To students, teachers, staff, and families, the HVCA extends its heartfelt congratulations and best wishes for a restful and rejuvenating summer break. May it be filled with joy, laughter, and moments of reflection as we prepare to embark on new adventures and opportunities in the upcoming school year.

HOT! HOT! HOT!



In all our vast solar system, Venus has the highest average temperature of any planet! Because of its atmosphere (which is quite thick) and how close it is to the Sun, the surface of Venus can reach over 460 degrees Celsius! Talk about needing sunscreen.

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Girl Guides
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Spring Break Girl Guide trip to Vancouver Island

Eight Pathfinders/Rangers and three Guiders went to Vancouver Island on March Spring break.

We left Calgary on March 23, 2024, flew to Victoria, rented two vehicles, and drove to Tofino. We stopped along the way to view a few sights and stayed in Tofino at the Tofino Hostel/Hi Whalers on the Wharf.

Day 2 – We went Grey Whale watching (with Remote Passages) and saw cormorants, eagles, seals, many other birds, sea otters, and Grey Whales, including a mama and her calf. The mama whale was teaching the calf how to spy hop, something the guide hadn't seen a grey whale do before! After going to Ucluelet for lunch, we stopped at the Ucluelet Aquarium (a small catch and release aquarium).

Day 3 – We went to Meares Island Boardwalk and Wickaninnish Beach to beach comb.

Day 4 – We drove back to Parksville, stopping at Horne Lake Caves to go caving, then met a Pathfinder/Trex unit for dinner!

Day 5 – We met up again with the island unit to go to the North Island Recovery Centre. The resident animals are wild animals who can't be released back into the wild. There are owls, eagles, peregrine falcons, wild turkeys, pigeons, and ravens. There are also four white ravens! After our visit, our group shopped a bit, went into a few art galleries, then returned to the hotel to use the pool. We had a lovely dinner at a restaurant facing the ocean.

Day 6 – Everyone packed up, then stopped at Pipers Lagoon Park in Nanaimo to see some more amazing views! That evening, we hopped on the plane to come home!

All the participants had a great time on the trip! We made some amazing memories, and great connections!



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A Day in the Life of a Girl Guide Leader

by Karla, Girl Guide Leader

Most people know, at least on a basic level, what it means to be a "Girl Guide". Sell cookies, go camping, have fun.



But what is it like to be a Girl Guide leader?

I can't speak for every leader out there, but I can speak from my own personal experience.

Over 20 years ago, I was talked into becoming a Girl Guide leader because there was no space available in any Spark unit for my daughter – they were all full. So, I signed up as a leader to open a brand-new Spark unit.

I will say that because I had zero experience in Girl Guides (I wasn't a Girl Guide when I was a child, plus I had little experience working with groups of kids), my co-leader really saved me that year; she was a great mentor. She was a kindergarten teacher, and I learned a lot from her. During that first year as a leader, I learned a lot about Girl Guides as an organization as well. The lingo, its policies, and procedures.

Fast forward to the present day, I no longer have a daughter in Girl Guides. She is now an adult. So, why do I still lead a unit without a kid in the program? I continue to work with young girls because I have fun doing it, and I can see their potential. It is great to see them enjoy learning new skills like building a tower out of just paper and tape. Or being able to ask a person they don't know if they would like to buy a box of girl guide cookies – and they get a yes!

It makes my heart sing to see girls getting along well, having fun together, and learning new skills. I don't do it "because I have to" anymore. It's because it makes me feel good inside to see young girls succeeding and having fun.

So, if you have ever thought of becoming a Girl Guide leader, know that it is one of the most rewarding things you'll ever do.

And Girl Guides has a new initiative this year – VolunTry. You can try being a leader for a short time, they'll fast track your application so that you can try it out for the remainder of this year. For more information, please email me at guiderkarlayyc@gmail.com.




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

Walk and Wheel Week

Walk and Wheel week is June 2 to 8 and focuses on getting kids to walk, bike, skate, and scooter to school. Thank you so much to Panorama Hills, Northern Lights, Hidden Valley, Coventry Hills, Valley Creek, Simons Valley, and St. Clare School for helping encourage alternative modes of getting to and from school! The Ward 3 office is happy to support this initiative with prizes for the kids because it helps get youngsters active and reduces traffic congestion during rush hour.

Canada Day Celebrations

On July 1, Calgaryians and visitors are invited downtown to celebrate Canada Day. This year’s free and family-friendly celebration features an Indigenous showcase and powwow, live music, and will end with fireworks above Stampede Park. Other attractions throughout the day include cultural activities, performances, face painting, turban tying, a street fair, and more.

Visit calgary.ca/Canada-day to learn more.

Got Junk?

Community cleanups are continuing across the city and can help save you a trip to the landfill. The city supplies trucks and crews to assist community volunteers in helping you get rid of unwanted items.

Here are the cleanups in Ward 3:

- June 8 – Livingston Community Association
- June 23 – Sandstone MacEwan Community Association

Visit calgary.ca/cleanups to view all the locations.

Neighbour Day

Calgary’s annual celebration of community is coming up on Saturday, June 15. Check out your local community association to view events in your neighbourhood.

Happy Father’s Day and thank you for everything you do!

I had the privilege of attending the North Trail High School official opening in April. It was delightful to see students and staff beaming with school spirit and appreciation after years of hard work and commitment put forth by the community.

As Alberta experiences record population growth and evolving transportation needs, advancing passenger rail infrastructure is essential for enhancing accessibility, efficiency, and connectivity across the province. In view of the foregoing, Alberta’s government announced Alberta’s Passenger Rail Master Plan. This Plan will look forward decades, identify concrete actions that can be taken now in addition to future actions to build the optimal passenger rail system for the province. The Master Plan will assess the feasibility of passenger rail in the province, including regional (inter-city), commuter, and high-speed services.

To empower communities to resolve issues outside the traditional court system, Alberta’s government created a one-time grant to boost community-justice programs that serve the unique needs of Alberta communities. Alberta’s government is investing \$961,000 in one-time grants to 39 organizations, to support community justice initiatives that serve the unique needs of Alberta communities. Grants consist of payments ranging from \$5,000 to a maximum of \$25,000. The recipients were selected from across Alberta.

The school year will soon come to a close and summer vacations will follow! I wish all of you a relaxing and enjoyable summer as you reconnect with family and friends.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA.



Summer Solstice

The summer solstice, often referred to as midsummer, marks the longest day and shortest night of the year in the Northern Hemisphere. Falling around June 21 each year, the summer solstice heralds the official start of summer and holds significant cultural, spiritual, and astronomical importance across cultures and civilizations.

Astronomically, the summer solstice occurs when the Earth's axial tilt is at its maximum, resulting in the Sun reaching its highest point in the sky and casting the longest shadows of the year. This phenomenon occurs because the Earth's Northern Hemisphere is tilted towards the Sun, allowing for maximum exposure to sunlight and longer daylight hours.

Culturally and spiritually, the summer solstice has been celebrated for millennia as a time of abundance, vitality, and renewal. Many ancient civilizations, including the Egyptians, Greeks, and Celts, observed rituals and festivities to honour the power of the sun and its life-giving properties. In contemporary times, the summer solstice continues to be celebrated in various forms, from lively festivals and bonfires to meditative practices and spiritual ceremonies.

In addition to its cultural and astronomical significance, the summer solstice holds practical implications for agriculture, ecology, and daily life. Farmers use the longest day of the year to optimize crop planting and harvesting schedules, while ecologists study the effects of sunlight on eco-systems and wildlife behaviour.

Furthermore, the summer solstice serves as a reminder of the interconnectedness of humanity with the natural world and the cyclical rhythms of the seasons. It invites us to pause, reflect, and appreciate the beauty and abundance of the natural world, while also acknowledging the need for balance and harmony in our relationship with the environment.

As the sun reaches its zenith on the summer solstice, illuminating the world with its golden light, it offers a moment of awe and wonder, reminding us of the enduring power and majesty of the cosmos. Whether through festive celebrations or quiet contemplation, the summer solstice invites us to embrace the warmth, vitality, and boundless possibilities of the season ahead.

YOUR CITY OF CALGARY

Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events that will be happening across the city on June 15, Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's "All Sport One Day" will offer children a free opportunity to try out a new sport.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.



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GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

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Root Beer

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	23	17	16	\$534,850	\$532,400

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