

SEPTEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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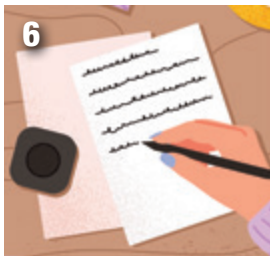
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GREAT NEWS MEDIA

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**SCAN HERE TO VIEW ADDITIONAL
HIDDEN VALLEY CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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PRESIDENT'S MESSAGE

Dear Hidden Valley Residents,

I am truly thrilled and honoured to address you as the new president of our community association. Stepping into this role, I am filled with anticipation and excitement for what lies ahead. Our community association plays an indispensable role in advocating for Hidden Valley on all levels of government, ensuring our collective voice is heard, and making sure our community remains safe and our property values stay robust.

It was incredibly inspiring to see so many residents come forward during our recent Annual General Meeting (AGM). Your willingness to step up and take on various roles within our association is a testament to the strength and vitality of our community. I am very grateful for such an energized group of individuals. Together, we will ensure that Hidden Valley continues to be the exceptional community it has been for many years.

I would also like to extend my heartfelt thanks to the previous board members for their dedication and hard work. Their tireless efforts have laid a solid foundation for our association, and their commitment has been instrumental in making Hidden Valley the desirable community we cherish. Their legacy will guide us as we build upon the great work they have done.

As we look ahead, I am excited to share some of the many new events and projects that are on the horizon. Our community spirit has been wonderfully exemplified by the recent and upcoming events designed to bring us all together and enhance our neighbourhood experience.

For our past events, we loved our Neighbour Day Potluck, it was a fantastic opportunity for all of us to connect, share delicious food, and build stronger bonds with one another. Our, now annual, Sounds and Spirits event was a delightful evening filled with great music and engaging conversations.

In addition to these social gatherings, we have made significant improvements to our community facilities. The rebuilding of the skating rink boards will greatly enhance our recreational options and thanks to an Art Grant we were able to beautify The Hut. These upgrades will not only provide fun and entertainment for our residents but also contribute to maintaining and increasing property values within our neighbourhood.

Our recent AGM was a resounding success, and it was invigorating to see so many of you actively participate and engage in shaping the future of Hidden Valley. Your enthusiasm and commitment are what drive the vitality of our community.

Please keep a lookout for many more exciting events and initiatives that are in the works. We are dedicated to bringing fresh and engaging activities to Hidden Valley, and your involvement and support are crucial to making these events successful. From new community gatherings to continued improvements in our shared spaces, there is much to look forward to in the coming months.

Our community association is here to stay, and we are deeply committed to fostering a strong, healthy community spirit in Hidden Valley. Together, we will continue to build on our successes and ensure that our neighbourhood remains a wonderful place to live, work, and play.

Thank you for your support, your energy, and your enthusiasm. I am confident that with your continued involvement, Hidden Valley will thrive and flourish. Here's to a vibrant and successful year ahead!

Robyn Moser

President of the HVCA



World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

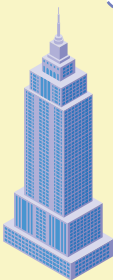
HVCA's Newly Elected Board Members 2024

President	Robyn Moser
Vice-President	Deb Munro
Treasurer	Heather McGeachy
Secretary	Meredeth Wilkes
Sports Director	Mitch Gallant
Events Director	Vacant
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Parks	Vacant
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Membership Director	Vacant
Fundraising Director	Ray Lynne
Volunteer Director	Felicia Mastromatteo
Public Spaces Director	Doug Fenton
School Liaison	Adwoa Savage

JOKE OF THE MONTH

Can a kangaroo jump higher than the Empire State Building?

Of course. The Empire State Building can't jump!



Think Pink Month

October is breast cancer awareness month. A woman is diagnosed with breast cancer every two minutes which is why breast self-exams are so important! Observing breast cancer awareness is simple:

1. Share a Story – Whether you are a cancer survivor, a family member, a caregiver or medical professional do an online search and read up on all the online and social media platforms on breast cancer awareness month. Share your story on what you've learned and feel proud that you are one more person who's helping bring awareness.

2. Think Pink – Pink is the colour for breast cancer awareness. Whether you wear pink, dress in a pink wig or change your website background to pink for the month, it's a simple way to show your support for the fight against breast cancer.

Breast cancer awareness month promotes self-care, raises awareness and allows people to share their stories and triumphs. So, warm-up the old hands and treat your "ladies" right by doing a breast self-exam!

Breast Cancer Facts

- Breast cancer doesn't discriminate – anyone can develop breast cancer.
- Breast cancer baffles scientists – the left breast tends to develop cancer more often than the right breast.
- Breast cancer surgery was a trailblazer – the first operation that used anaesthesia to deaden pain was during a breast cancer surgery.
- Men get it too – 1% of males are diagnosed with breast cancer.
- 1 in 8 women will develop breast cancer during her lifetime and 1 in 31 will die from it.
- Nun's disease – at one time, breast cancer was referred to as the 'Nun's disease' because it seemed to afflict more nuns than women in the general population.

Cranberry Sweet Potato Breakfast Skillet

This hearty and delicious breakfast skillet combines fresh cranberries, ham, sweet potatoes, and a hint of orange for a perfect Thanksgiving morning meal.



Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 cup fresh cranberries
- 1 cup diced cooked ham
- ½ medium onion, finely chopped
- ½ cup orange juice
- 2 tablespoons brown sugar
- 1 tablespoon olive oil
- Salt and pepper to taste
- ¼ teaspoon ground cinnamon (optional)
- Fresh parsley, chopped (for garnish)

Instructions:

1. Prep the Ingredients: Peel and dice the sweet potatoes. Finely chop the onion. Dice the cooked ham. Set aside the fresh cranberries.
2. Cook the Sweet Potatoes: Heat olive oil in a large skillet over medium heat. Add the diced sweet potatoes and cook for about ten minutes, stirring occasionally, until they start to soften and turn golden brown.
3. Add Onion and Ham: Add the chopped onion to the skillet and cook for three to four minutes until it becomes translucent. Stir in the diced ham and cook for another two to three minutes until the ham is heated through.
4. Add Cranberries and Orange Juice: Add the fresh cranberries to the skillet, followed by the orange juice and brown sugar. Stir to combine. If using, sprinkle in the ground cinnamon for added warmth and flavour.
5. Simmer: Reduce the heat to low and let the mixture simmer for about five to seven minutes, or until the cranberries have softened and the sweet potatoes are tender. The orange juice will reduce and create a slightly sweet and tangy glaze.

6. Season and Serve: Season with salt and pepper to taste. Garnish with chopped fresh parsley before serving.

This Cranberry Sweet Potato Breakfast Skillet is a perfect way to start your Thanksgiving Day, combining savoury ham and sweet potatoes with the tart pop of cranberries and the refreshing hint of orange juice. Enjoy with a glass of fresh orange juice for a complete breakfast!



October Activities in Calgary

In Calgary, October is a vibrant month with Thanksgiving and Halloween as major highlights. Here are some other events and activities you can look forward to in the city during this time:

1. Thanksgiving Celebrations: Families and friends gather for Thanksgiving dinners, and various restaurants offer special Thanksgiving menus.
2. Halloween Events: Haunted houses, pumpkin patches, and costume parties are popular. A family favourite in our house is going to a corn maze, there are corn mazes north and south of the city.
3. Oktoberfest Celebrations: Various venues around Calgary host Oktoberfest-themed events with traditional German food, beer, and music.
4. Fall Markets and Fairs: Local markets and craft fairs offer unique handmade goods and seasonal produce.

Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!



Halloween Safety Tips for Hidden Valley/Hanson Ranch Families

As Halloween approaches, excitement builds for a night of costumes, candy, and fun. To ensure everyone in Hidden Valley and Hanson Ranch has a safe and enjoyable experience, here are some Halloween safety tips.

Costume Safety

1. Choose Bright Colours: Opt for bright, reflective costumes and accessories to make children more visible to drivers.
2. Fit Matters: Ensure costumes fit properly to avoid tripping hazards. Avoid long, trailing fabric.
3. Flame-Resistant Materials: Check that costumes, wigs, and accessories are flame-resistant.
4. Safe Accessories: If your child's costume includes props like swords or wands, make sure they are soft and flexible to prevent injuries.

Trick-or-Treating Safety

1. Adult Supervision: Young children should always be accompanied by an adult. Older children should trick-or-treat in groups and stick to familiar areas.
2. Set Boundaries: Plan and discuss the route in advance, setting clear boundaries for where children can go.
3. Crosswalks and Sidewalks: Always use crosswalks and sidewalks. If there are no sidewalks, walk on the left side of the road facing traffic.
4. Flashlights and Glow Sticks: Equip children with flashlights or glow sticks to make them more visible.

Halloween Safety Tips for Teenagers

Party Safety

1. Know the Details: Make sure your teen knows the location, start and end times, and who will be at the party. It's a good idea for parents to have contact information for the host.
2. Supervision: Encourage your teen to attend parties where there will be responsible adult supervision.
3. Buddy System: Teens should stick with their friends and never leave the party alone or with someone they just met.

4. Plan Ahead: Have a plan for how your teen will get to and from the party. Consider arranging a pick-up time or having a trusted adult provide transportation.

5. No Alcohol or Drugs: Remind your teen about the dangers of alcohol and drug use and encourage them to avoid these substances.

Trick-or-Treating Safety

1. Stay in Groups: Teens should always trick-or-treat in groups. There's safety in numbers, and it's more fun!
2. Set Boundaries: Agree on a route and a curfew ahead of time. Make sure they have a phone and keep it charged.
3. Stay Visible: Encourage teens to wear costumes with reflective elements or carry flashlights and glow sticks to increase visibility.
4. Stick to Familiar Areas: They should trick-or-treat in well-lit, familiar neighborhoods and avoid shortcuts through alleys or unlit areas.
5. Respect Others: Remind them to respect other people's property and to avoid any pranks that could damage property or cause harm.

Technology Safety

1. Stay Connected: Encourage your teen to check in with you periodically and let you know their whereabouts.
2. GPS Tracking: Consider using a GPS tracking app if both you and your teen are comfortable with it. This can provide peace of mind about their location.
3. Social Media: Remind them to be cautious about sharing their location and plans on social media to avoid unwanted attention.

General Safety Tips

1. Emergency Information: Ensure your teen knows important contact numbers and has a plan in case they need help.
2. Trust Your Instincts: Encourage your teen to trust their instincts. If something doesn't feel right, they should leave the situation and contact you or another trusted adult immediately.
3. Health and Safety: Remind your teen about the importance of hygiene, especially if they are sharing food or drinks at parties.

Good News in the Valley

by Dawn H.

We live close to the Hidden Hut. We have two families on our street that have taken over this patch of land along the sound wall. For years they have taken the time to plant and grow the most beautiful garden. Everyone who visits us always comments how beautiful it is!



Also, on our street/manor, we had a July 1 breakfast with our neighbours. Almost 30 people came, next time we will make flyers to deliver.



Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



Councillor, Ward 3

Jasmine Mian

ward03@calgary.ca

@jasminemian

@jasmine.mian

@jasmine_mian

Here are some updates related to new City initiatives and programs.

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 a safe secondary 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.

Call for Volunteers: Older Adult Advisory Table

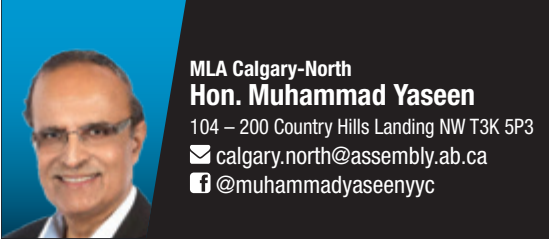
If you have first-hand insight on living as an older adult or as a caregiver to one, your insights and ideas are needed. Consider volunteering for the Older Adult Advisory Table to help inform strategies and actions for the Age-Friendly Calgary Steering Committee. The Committee is tasked with advising on ways to help make Calgary more age friendly.

Requirements are:

- Aged 45+
- Live in Calgary
- Understanding of older adults' needs now and/or in the future
- Commitment to monthly meetings on a two-year term

Apply by September 11 at calgary.ca/OATT.

For questions and concerns or to view my voting record, visit www.jasminemian.ca.



Welcome back, students, teachers, and support staff, to an exciting new school year. I hope your summer was filled with rest, reflection, and rejuvenation, and that you are ready to begin a productive year of learning.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024 to 2025 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing \$215 million to help alleviate these pressures, beginning in the 2024 to 2025 school year. Through this investment, the Alberta government is creating up to 2,500 new spaces for students by building and installing up to 100 new modular classrooms.

50 modular classrooms will be relocated to rapidly growing communities in the Calgary Metropolitan Region and Edmonton, supporting up to 1,250 students. The Calgary Board of Education will receive up to 31 new modular classrooms, with up to 14 relocated, while the Calgary Catholic School Division will get up to 14 new modular classrooms, with up to six relocated.

School authorities can use this additional funding to hire more teachers and support staff, helping to manage class sizes and address rising costs without affecting student learning.

Moody's Ratings upgraded Alberta's credit rating outlook to positive from stable and confirmed the Aa2 standing, recognizing the province's commitment to balancing the budget, controlling spending, and paying down debt.

This is the fourth credit upgrade for the Government of Alberta in the past year and the fifth in 18 months. This upgrade follows Fitch's upgrade in June, reaffirming Alberta as Canada's economic engine. Meanwhile, the Alberta government has invested record amounts in healthcare and education, continues to pay debts, and saves for the future.

Another summer is winding down and students, teachers, and support staff are getting ready to head back to school. Recently, the Government of Alberta made an announcement of additional education funding. Unfortunately, this 1% increase in spending will be spread too thin to address needs in our classrooms and our students remain the lowest funded in the country.

Utilization rates across Calgary Board of Education and Calgary Catholic schools are at or approaching 100% in most areas of the city. We will run out of learning spaces soon if the government doesn't immediately address this space crunch. Portable classrooms are only a band-aid, we need to move quickly to build the new schools that our growing city needs. We can and must do so much better for our young learners. As your Opposition Education Critic, I will continue to advocate for adequate supports in our schools for students and teachers.

If you and your family have questions, concerns, or have a story to share about your school, please feel free to reach out to my office. I want to hear from you so that I can take these concerns directly to the Legislature.

As a teacher recently wrote to me - hope is contagious. Every day our educators work to provide the very best for our students, the future of our province. Despite the challenges we face in education, the persistence of these incredible people provides hope.

Thank you for all you do, and welcome back.

Fall Cleanup

With fall nearly upon us, it's time to start preparing your garden for the coming winter. Here is a list of fall garden activities to help you get your plants ready for the new season.

1. Fertilize your lawn (compost works for this too).
2. Transplant shrubs or young trees to new locations.
3. Cut diseased areas out of perennials. Do not compost and put into your black garbage bin.
4. Rake and compost any fallen leaves or use leaves as mulch for beds. If you have a mulching mower mulch them first.
5. Clean up garden debris. Remove all vegetable plants and fallen fruit. Amend the soil and consider fall seeding a few vegetables (see suggestions below).
6. Remove dead annuals from the garden, after a frost.
7. Cut back perennial foliage to discourage overwintering pests. Leave flowers with seeds for the birds and attractive plants that provide winter interest.
8. Continue watering trees and shrubs until the ground freezes.
9. Sharpen lawn mower blade and pruners before they are put away for the season.
10. Trim tall grass away from trees and corners of your home to discourage small rodents from creating nests.
11. Mulch your hardy perennial herbs like chives, sage, tarragon, and thyme.
12. Dig up tender bulbs such as dahlia, canna and gladiola, wrap them in moist material and store in a cool, dark space.
13. Turn off outside water connections and drain garden hoses before temperatures drop to freezing.
14. Clean fallen leaves in downspouts and gutters.

Here are some suggestions for good bulbs to plant at this time of year:

- Daffodil
- Grape hyacinth

- Siberian squill
- Allium
- Fritillaria
- Dog's-tooth violet
- Glory-of-the-snow
- Winter aconite
- Snowdrop





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Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

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*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	14	9	\$600,000	\$627,000
June	24	19	18	\$664,500	\$664,000
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

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



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