

APRIL 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

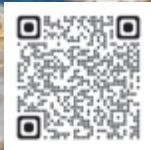
HIDDEN
VALLEY



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VOLUME 215

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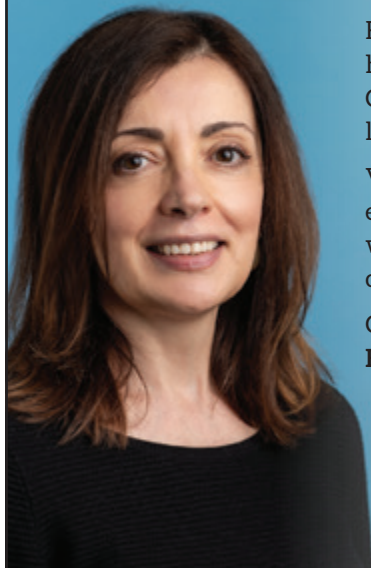
Say Cheese! It's Grilled
Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

An advertisement for Wicker Land Patio. The top half shows two sets of outdoor furniture: a large sectional sofa and a smaller set of chairs and a table. The bottom half is a yellow banner with the text "Your Patio Furniture Superstore!" in large, bold, black letters. Below this, there are logos for "YETI", "Traeger", and "weber". The main logo "Wicker Land Patio" is in a stylized font with a wicker texture. To the right, it says "RATANA". Below the logos, there are two more logos: "BBQ LAND" and "Modern Patio". At the bottom, the address and phone number are listed: "Located Three Blocks East of Chinook Mall, 6125 Centre Street S, (403) 258-2506, WickerLand.ca".

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MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

Limited Supplies

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SCAN HERE TO VIEW ADDITIONAL HIDDEN VALLEY CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Please consider volunteering for our vacant positions. Email volunteers@hiddenhut.org.



by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.





ELDERDOG
CANADA



HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

 facebook.com/elderdoggyyc

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 elderdog.ca

*Help us provide
assistance to people
and dogs in need.*

Learn more:



Knights in Bundled Armour: The Unsung Heroes of Hidden Valley

by Anna Balfourt

Most of us in the community have at one time or another, enjoyed the two ice rinks nestled beside the Hidden Valley Hut. Whether for a leisurely skate or a pickup hockey game, these rinks have become a winter staple. But when the temperature plummets, especially after dusk, we retreat indoors wrapped in oversized knit sweaters, matching lounge sets, and thick fuzzy socks. A steaming cup of tea or a generous pour of Merlot in hand, we settled into the warmth of our homes, safe from the biting cold.

Most of us. But not all.

For the past two weeks, a group of anonymous heroes—whom I've come to call 'the knights in bundled armour'—have been braving the cold to maintain these ice rinks with unwavering dedication. Long after the rest of us have surrendered to our cozy refuges, they are out there, tending to the ice as if it were their own front lawn in the height of spring.

From my windows, I catch glimpses of their work—snow spraying in the frigid air, the glow of headlights cutting through the darkness, silhouettes moving in quiet determination. They never falter. Morning and night, they show up, undeterred by the temperatures that make even the bravest among us think twice.

As a non-native, I know I will never fully adapt to these relentless winters. But as a member of this community, I recognize the people who make it special. To those 'knights in bundled armour' who endure the elements so the rest of us can glide effortlessly across the ice—thank you. Your work does not go unnoticed.



Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Communications Update

Happy Spring Neighbours!

The Hidden Valley Community Association is organizing a Community Litter Cleanup on May 10, 2025. Please watch for more information on our website, hiddenhut.org, and social media, for dates, times, and sign-up information.

Then in May we will host our annual Parade of Garage Sales on May 24 and 25. This will be followed by our fundraiser, Value Village FUNDrive, on May 25 from 4:00 to 7:00 pm. The FUNDrive is the perfect opportunity for you to bring unsold garage sale items, in good condition, to be donated. Hidden Valley Community Association will bring your donations to Value Village and part of the proceeds will go directly back to HVCA.

Just a friendly reminder, Hidden Valley Community Association board meetings are on the third Thursday of every month. Everyone is welcome and encouraged to attend, it is a great way to stay in the know and be a part of your community.

Looking further ahead, June will bring HVCA's Annual General Meeting, please watch for updates.

Amy M.

Communications Director, HVCA

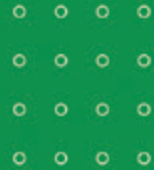


BRAIN GAMES SUDOKU

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								6

SCAN THE QR CODE FOR THE SOLUTION

HVCA'S Fundraiser
sponsored by Value Village



Community FUNDrive



SUNDAY, MAY 25

**4pm-7pm at the Hidden Valley
Community Association**



Unsold garage sale items?
Bring them to the hut on May 25!
Items will be donated to Value
Village in Sage Hill
Items must be in excellent used
condition, HVCA reserves the
right to turn an item away.



For More Information:

Email:
Fundraising@hiddenhut.org

Or watch for updates on at:
Hiddenhut.org

**Part of the proceeds
will go to HVCA**

Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder.

GAMES & PUZZLES

Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR CODE FOR THE ANSWERS!

When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

Sports Update

As the days get longer and the weather warms up, it's time to kick off the season! Soccer is back, and we're excited to announce that registration is open! Sign up now at soccertech.ca to join in the fun and start your spring season on the field. But that's not all – this spring, we're offering a variety of event-based sport programs to keep everyone active and engaged. Get ready for exciting floor hockey games at our outdoor rink, multi-sport days that bring together a mix of fun activities, and special golf days for those looking to try something new. Stay tuned for more details, and don't miss out on these exciting opportunities to stay active and have fun this spring!

Mitch G.

Sports Director, HVCA





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- ✓ Fun games



MONDAYS
APRIL 28 - JUNE 16
(EXCLUDING MAY 19)

5:15-5:55		
U4/U5	2021-2020	\$99
6:00-6:55		
U6/U7	2019-2018	\$129
7:00-7:55		
U8/U9	2017-2016	\$159
Optional Game Day Thurs	Location TBD	\$50

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		Listed	Sold	Listed	Sold
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December	24	6	6	\$647,450	\$637,194
November	24	5	10	\$614,950	\$601,250
October	24	9	14	\$577,450	\$585,000
September	24	11	7	\$629,000	\$613,000
August	24	13	13	\$580,000	\$595,000
July	24	14	9	\$600,000	\$627,000
June	24	18	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

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



Flying with an Insight of the Past

by Morgan Reynaud, Prairie Winds 4-H Club Reporter

Our 4-H group had an amazing time at the Altitude Flight Simulation Centre in Calgary. We watched a quick video on how to take off, steer with the joystick, shoot, and other interesting facts! The flight has so many different experiences you could try.

They had a VR WW2 Aerial Combat Spitfire model where you got to experience what it was like flying a spitfire from back in 1939. It had the option to fight one-on-one with your friends or you and your friend against two German spitfires. We also had an option to fly a F-18 Super Hornet model but instead of VR they have a huge, tall, wraparound screen. This is one of the modern models of fighter jets. We also got to shoot each other in this one or go sightseeing. With many other exciting things to try, this was a good activity that was fun for juniors and seniors.



F-18 Super Hornet model



VR WW2 Aerial Combat Spitfire model



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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