HIDDEN VALLEY COMMUNITY ASSOCIATION Hidden Valley & Hanson Ranch

VOLUME 214

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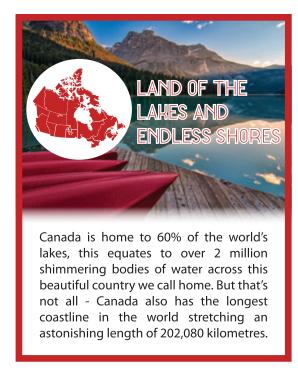
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- · Supply & install new showerhead & diverter spout
- · Supply & install new mold-resistant board
- · Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS

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

- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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- · Supply & install new drain system & pop-up stopper

SALE \$11.679

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- Remove all old materials from bathroom and job site
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- · 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 one corner caddy with soap dish

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Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!





Light up the Night in Violet Vibes! Light up your homes,
offices, and public spaces in
purple to show your solidarity.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



Share your purple moments using #postyourpurple



epilepsycalgary.com

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Please consider volunteering for our vacant				

positions. Email volunteers@hiddenhut.org.





PRESIDENT'S MESSAGE

I hope you are all enjoying the winter season! I am thrilled to share the wonderful success of our recent Community Winter Festival, held on February 8, 2025. The event brought together a remarkable turnout of our community members, who joined in the festivities and enjoyed the array of activities we had prepared. The joy and camaraderie shared was truly heartwarming. A heartfelt thank you to everyone who participated and to the volunteers who made this event such a triumph.

Looking ahead, we're excited about our Community Membership Drive, taking place on March 22 and 23 from 11:00 am to 2:00 pm. During these days, our dedicated team will be visiting homes in the neighbourhood to invite you to purchase or renew your community membership. Your support directly funds important initiatives, including community beautification projects, future events, and essential programs that make Hidden Valley such a vibrant and welcoming place to live. As a 100% self-funded organization, we rely on memberships and donations to continue our efforts. Please consider joining or renewing to help us keep the momentum going!

Additionally, we're thrilled to announce an upcoming Community Volunteer Appreciation Event. Volunteers are the backbone of our association, and we want to take this opportunity to celebrate and thank each of you for your contributions. If you've volunteered with us in the past and have not yet received an invitation, please contact our Volunteer Director, Felicia, at volunteers@hiddenhut.org so we can ensure you're included in this special celebration. Thank you all for your continued support and enthusiasm for our community. Hidden Valley thrives because of the dedication and spirit of its members, and I'm so proud to be part of this incredible neighbourhood.





by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during "rutting" (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out http://www.calgary.ca/ parks/trees/education-workshops.html.



HVCA Facilities Update

Meet the Iceman

It's a cold prairie night at the outdoor rink. No wind. Temperature well below zero. A bit of a bite in the air. That puts a smile on the face of Alex Traboulay. It's a perfect night for making ice. Alex and his crew of rink rats will use the snowblowers to clear the recent snowfall, followed by the sweepers to gloss the ice to a fine shine, and finish up with the 100-foot hose to put a new layer of ice on top.

Alex gives up most of his winter to make sure our rinks are among the best in the city. You've probably walked right by him at the Hidden Hut, never knowing he was responsible for the ice you just skated on. He prefers it that way. He's unassuming, but very approachable, with a great laugh. We thought you'd like to meet one of Hidden Valley's fine volunteers.

How long have you been doing this?

Since before COVID. About eight plus years.

Why would a guy be out here, in this weather, building a rink?

I've been volunteering since I was 20 years old, whether it's been coaching hockey or lacrosse. When me and my family moved here in '95, we helped with building the rink and the playground, and of course when the winter came it just made sense to help out with the rink.

What's the process of building a rink?

Starting in November, I'll put the plugs in the drains. It's all weather dependant. This year we were lucky and started flooding in November. Usually, we don't get started until early December. It takes about three weeks of flooding, sometimes two to three floods per day to get the ice up to a certain level where it can sustain the skaters and the weather. So probably about 40 hours' worth of flooding. Our plan is always to get it ready to go by the Christmas break. Then, after that, it's just maintenance. We try to sweep the ice every day and flood every second day. That's of course, dependant on usage and weather. So, probably five to ten hours per week.

What makes good ice?

You want no cracks, or pits. I always judge the ice by the edges. If you can take a shovel and go around the edges and not catch anything, that's good ice.

Favourite time to work on the ice?

I could be here at five or six in the morning doing it. I get up, have my coffee, go outside, put my gear on, put my ear buds in and do it.

You also volunteer with other sports, don't you?

Yes, I coach a senior women's lacrosse team, from March until the middle of July. And I'm the commissioner of all female major lacrosse in Alberta.

What brings you joy about volunteering at the rink?

I put my ear buds in, throw my music on and just let the machine go. Nothing to worry about. Listen to my music. I use it to unwind after a stressful day at work. My smile comes out when the kids are out there on the ice playing and they say, "good ice." My thanks is when the kids enjoy the ice.

So, if you see Alex out at the rink, say "hi", and maybe a "thanks". Or, better yet, join his rink rat crew next fall and share in his joy of watching the kids smile.

Bruce R.

Facilities Director





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COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	25	5	2	\$552,000	\$548,500
December	24	7	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
February	24	8	7	\$579,900	\$625,000

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

Hanson Ranch Traffic Safety Advocacy

On the evening of January 4, 2025, a tragic incident occurred on Hidden Creek Blvd, where two pedestrians were struck by an SUV travelling south through the playground zone. Witnesses reported the vehicle appeared to be speeding, and several residents immediately provided first aid and called 911. The driver initially fled the scene in his vehicle but later returned and appeared to be arrested. The pedestrians were transported to the hospital, and we have since been informed that they sustained only minor injuries. While their identities and injury details remain unknown, we hope they have recovered both physically and mentally. We also express our gratitude to the residents who offered help.

This incident highlights the ongoing safety concerns along key roads in our community, particularly Hidden Creek Blvd, Hidden Creek Way, and Hidden Creek Dr. The stretch of Hidden Creek Blvd leading down to Hidden Creek Dr is hazardous due to its poor lighting, incline, sharp bends, and high traffic volumes and speeds. Despite city and school buses stopping on both sides of the boulevard, there are no marked crosswalks here, including where the pedestrians were struck.

This event has underscored the need for Hanson Ranch to formally request a safety review of our busiest roads from the Mobility department. We are advocating for measures such as marked crosswalks, light controls like beacons or controlled crosswalks, and additional stop signs. In early January, Hanson Ranch directors reached out to the Ward 3 office for support. Councillor Mian's office recommended working with our Neighbourhood Partnership Coordinator (NPC) to liaise directly with Mobility. An email was sent to the NPC, requesting that Mobility revisit safety concerns in our area. The NPC confirmed that Mobility would review the situation and consider further changes during their spring project cleanup, including feedback from previous communications.

We encourage residents to submit 3-1-1 requests for stop signs, lit crosswalks, crossing beacons, painted crosswalks, and any other safety measures they feel are needed. 3-1-1 requests are tracked and provide a direct way to voice concerns.

It's important to note that some traffic safety measures, like reducing the speed limit on Hidden Creek Blvd to 40 km/h and installing speed humps, are still in progress. Mobility has stated that all measures must be in place for at least a year before their effectiveness can be assessed. While we recognize the need for patience, we strongly believe a review of the few existing intersections and crosswalks, and the lack of controlled crosswalks, is urgent.

We will continue to keep everyone informed on the progress of our request to Mobility and any other updates. In the meantime, please don't hesitate to reach out with any questions.

Sonia Q. and Sandy R.B.

Hanson Ranch Directors





Winter Festival Recap

The Winter Festival this year was a tremendous success, marked by great attendance and exceptional weather that made the day even more enjoyable for all who participated. From start to finish, the event was filled with energy, joy, and plenty of fun, making it a memorable experience for everyone involved.

Our horse-drawn wagon rides were a standout attraction! The wagon was packed with enthusiasm and full for every trip, with families and friends piling in to enjoy a scenic ride through the winter wonderland. The laughter and excitement from those on board made it clear that this traditional activity was one of the festival's highlights, bringing a touch of old-fashioned charm to the day.

The ice rink was another big draw, with hockey games happening throughout the day. Enthusiastic players showed off their skills and for those looking for a more relaxed skating experience, the smaller rink was the perfect spot to glide around and enjoy the crisp air.

Families took full advantage of the winter playground, with sleds, toboggans, and anything that could slide making an appearance on the slopes. The sight of kids and adults speeding down the hill, laughing, and chasing after their sleds, was a true testament to the festive spirit of the event. The sunshine only added to the fun, as families spent the afternoon outdoors, making memories and sharing plenty of giggles.

Of course, none of this would have been possible without the incredible support of our volunteers. A special shoutout is deserved for these generous individuals who were all hands-on deck throughout the day. From serving hot chocolate and donuts to handing out corn dogs and marshmallows, they made sure everyone stayed warm and well-fed. Their hard work and enthusiasm kept the festival running smoothly, and their friendly faces were a welcome sight for all attendees.

Sincere gratitude to our local community sponsors:

- · Councillor Jasmine Mian and Team: Donation of the beautiful prizes.
- Tim Horton's Harvest Hills: Community discount for hot chocolate and donuts.
- · Sobey's Country Hills: Community discount for corn dogs and condiments.

The HVCA and our entire community truly appreciate your kindness and support.

The combination of great weather, fantastic activities, and a strong sense of community ensured that this year's Winter Festival was one to remember. Keep your eyes on our Facebook Page and Instagram for exciting events coming up this year.

Anita K.

Events Director











Conquering Your Fears!

by Morgan Reynaud, Prairie Winds 4-H Club Reporter

This month was full of fun things! To start off we had our annual communication day. There were a lot of fun and very interesting speeches and presentations. Congratulations to all who got on stage. Being able to talk in front of a big group is hard but a good skill to learn. We ended the month off with a Willy Wonka chocolate workshop. We got to learn the craft of chocolate-making, and how cocoa beans influence the chocolate flavour. We also got to taste a variety of different chocolates while exploring this amazing local business.





CHECKLIST

Remove valuables & garage door openers from vehicles

- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

This Canmore Wedding

by Garth Paul Ukrainetz

Three Sisters over Canmore
O beautiful the bridesmaids
At the altar in the valley
Where the River Bow does run

Tall groomsmen of Mount Rundle Rugged handsome chiseled features Wearing spruce tree green tuxedos Faces flushed with rising sun

Proud Nakoda poised in middle His true love will soon make entrance Yes, at last they'll be united Grassi tear wells in his eye

Though the bride is slow in coming
Patient bridal party waiting
Heaven knows this Canmore wedding
Stands majestic to the sky



WHAT A KNOCKOUT!



On March 17, 1908, Canadian world heavyweight boxing champion Tommy Burns knocked out Irish challenger Jem Roche in a blistering 1 minute and 28 seconds setting the record for the quickest world heavyweight title fight ever at the time!

Learning About Palliative and End-of-Life Care

by Alberta Health Services

People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.
- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- · How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.





MLA Calgary-North Hon. Muhammad Yaseen

104 – 200 Country Hills Landing NW T3K 5P3

- ✓ calgary.north@assembly.ab.ca
- **f** @muhammadyaseenyyc

Happy St. Patrick's Day!

Alberta's government is taking action to grow the Alberta Heritage Savings Trust Fund to at least \$250 billion by 2050. To help achieve this, the Heritage Fund Opportunities Corporation has been created to govern and grow all Heritage Fund assets. The new corporation will strengthen partnerships with global sovereign wealth funds, thereby unlocking access to new opportunities. The new corporation will be assisted in its work by a world-class board of directors that will strengthen the governance of Heritage Fund assets and support investment decisions independent from government.

Alberta's government is a proud supporter of the arts, and through the Alberta Foundation for the Arts (AFA), will continue to support artists and art organizations across the province. So far, this fiscal year, Alberta's government has provided \$21.2 million in grant funding for 304 arts-based organizations and 422 individual artists, with more funding to be approved before the fiscal year is over. This represents a 40% increase in the number of grants provided compared to this time in 2023. The arts play a significant role in enhancing the quality of life for Albertans, fostering positive health and well-being, supporting economic development, and preserving and sharing our unique culture and history.

Once again Alberta's tourism sector garners recognition for its industry-leading innovation and dedication to excellence. Several Albertans and Albertan businesses were nominated and won Canadian Tourism Awards for outstanding success, innovation, and leadership in Canada's tourism industry. The accolades highlight Alberta as a top-tier tourism destination and recognize the outstanding Albertans that elevate the province's reputation nationally and internationally. As an advocate for Canada's tourism sector, the Tourism Industry Association of Canada presents the Canadian Tourism Awards annually.

Thank you to my constituents for your support as I carry out my duties as your MLA.



Councillor, Ward 3 Jasmine Mian

- f @jasminemian @@jasmine.mian
- X@jasmine mian

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

2025 Municipal Election

Last month, I announced that I will not be seeking re-election for the next term. It has been an absolute pleasure to represent Ward 3 in City Hall for the last three years. I am proud of the work we accomplished together including the Sandstone MacEwan Rink Renovation, the Nose Creek Park Strategy, and making transit free for kids under 12 years of age.

To read more about my decision, visit my website.

Youth Hiring Fair

The Youth Employment Centre's annual Youth Hiring Fair returns this month. If you or someone you know is between 15 and 24, this event is an opportunity to meet with 80 employers ready to hire.

You can receive free resume building and interview preparation through the Youth Centre beforehand.

Mark your calendar: Thursday, March 27 from 1:30 to 6:00 pm at the Big Four Building.

Visit calgary.ca/yechiring for full details.

Earth Hour 2025

Calgary Unplugged is a family-friendly event to celebrate Earth Hour on March 22. You can join in at the Central Library for music, entertainment, and a lights-out dance party from 7:00 to 9:30 pm.

If you can't make the event but still want to participate, reduce your impact by turning off nonessential lights and unplug from electronics at 8:30 pm.

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



YOUR CITY OF CALGARY

What Goes Where?

by The City of Calgary

Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the 'Right Bin for the Win!'

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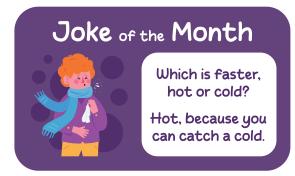
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