

NOVEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

# HIDDEN VALLEY HANSON RANCH



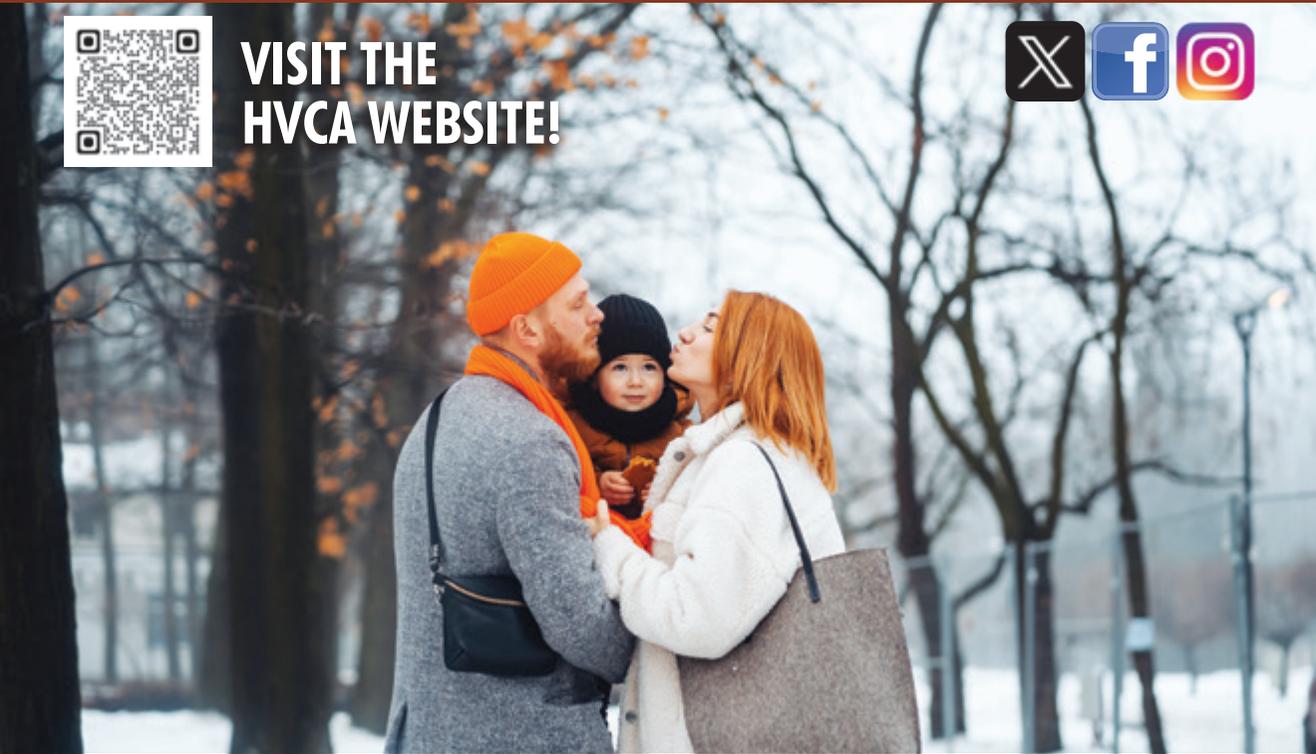
**HIDDEN VALLEY** COMMUNITY ASSOCIATION  
Hidden Valley & Hanson Ranch

VOLUME 222

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## Word of the Month

Magnanimous: Adjective  
 (mag-nan-uh-muhs)

Generous and high-minded.  
 Not petty or resentful.

She paid for both her and her friend in a magnanimous gesture.



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## BATHROOM RENOVATION SALE

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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
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- 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
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- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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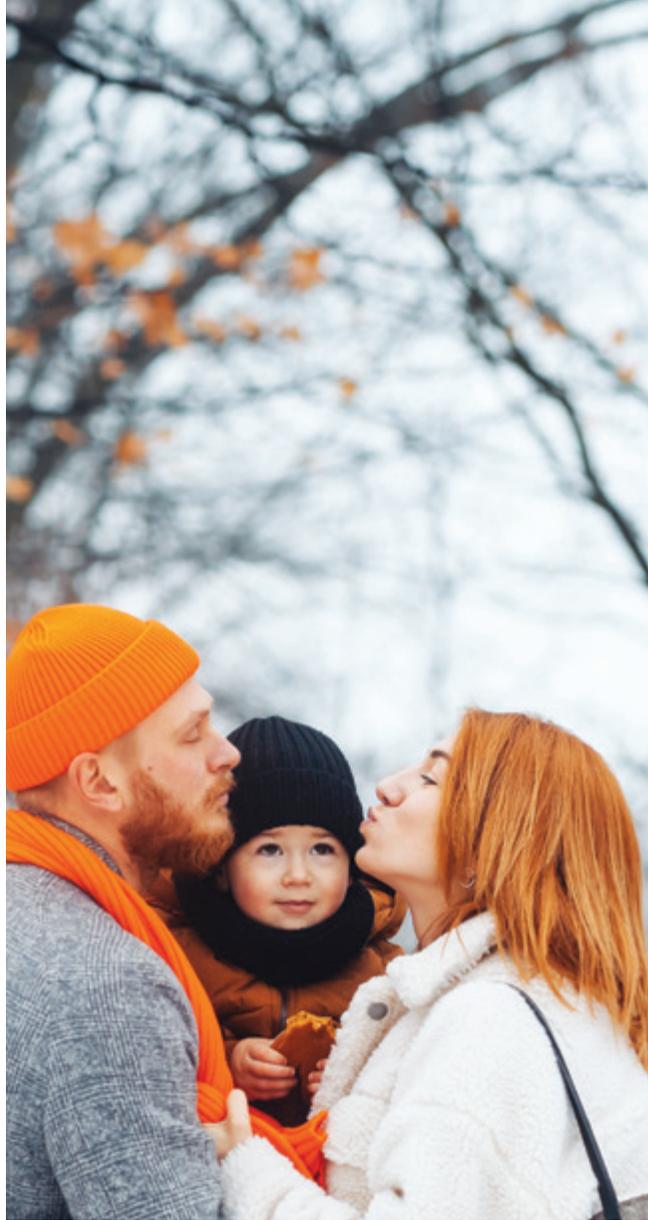


**SCAN ME**

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HIDDEN VALLEY CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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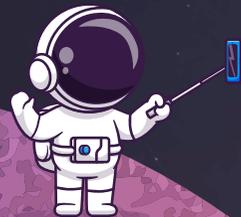
## A Minute Lost in Silence

*by Garth Paul Ukrainetz*

A minute lost in silence  
 Loud the roar of wartime years  
 Sacred poppies of November  
 In remembrance of their tears  
  
 In our minute lost in silence  
 We must listen close together  
 Lest we all forget to hear it  
 Lest the silence lasts forever

## SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!





## News from the Friends of Nose Hill

by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women’s rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: “Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring”. Another, “From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence”. Moreover, “She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts.” Calgary’s Centennial in 1975 was to celebrate the city’s first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada’s largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. [www.calgaryguardian.com/historical-photos-nose-hill-park/](http://www.calgaryguardian.com/historical-photos-nose-hill-park/).

## GAMES & PUZZLES

### Guess the 2000s Movie!

1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife’s killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes “survival of the fittest” to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



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# The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

### Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

### The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

**Resume Advice:** Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

### It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

### Employers Should Talk to All Applicants

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

**Reality Check:** Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

### **Biases and "Isms" are Why I'm Not Getting Hired**

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

## Cats, Canines, & Critters of Calgary



Prairie Chickens, *Calgary*



Buster and Knuckles, *Huntington Hills*



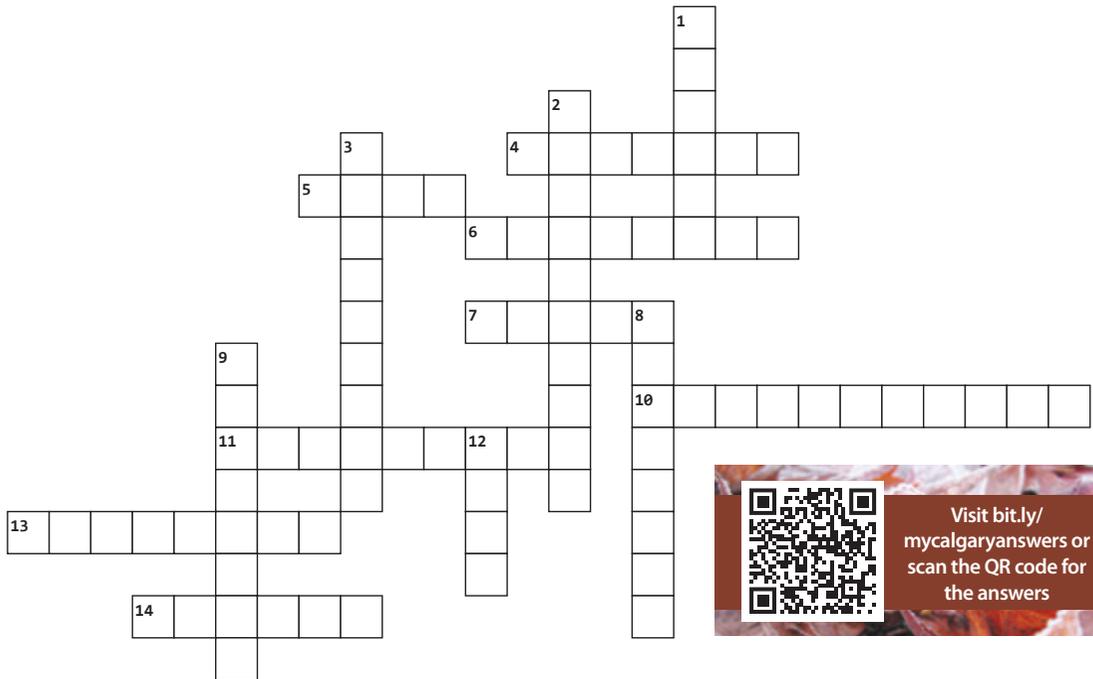
Shai and Star, *Copperfield*



Tobi and Cherokee, *Douglasdale*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# November Crossword



## Across

4. In November 1896, the hydroelectric powerplant at \_\_\_\_\_ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, \_\_\_\_\_ *Park*, by Michael Crichton was published in November 1990.
7. World \_\_\_\_\_ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "\_\_\_\_\_".
14. On November 27, 2013, this winter wonderland Disney animation was released.

## Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a \_\_\_\_\_ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon \_\_\_\_\_ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The \_\_\_\_\_*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis \_\_\_\_\_ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed \_\_\_\_\_, was discovered in Ethiopia on November 24, 1974.

# Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

### **When operating a vehicle:**

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

# Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Bake Time:** 35 minutes

**Servings:** 4

**Ingredients:**

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

**Directions:**

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



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Dear Neighbours,

In recent weeks, I've had the opportunity to connect with many of you—whether through phone calls, community gatherings, or thoughtful conversations. Thank you to everyone who spoke to me about the importance of public education. I hear your frustrations about overcrowded classrooms, complex learners lacking the supports they need to succeed, and our lowest funding per student in the country.

Please know that I will continue to advocate for better classroom conditions for our teachers and our students. I hope you continue to share your stories with me, so that I can continue my work to represent and support our community's concerns in the legislature.

As always, my team and I remain committed to listening and supporting you in any way we can. Please don't hesitate to reach out.

Warm regards,

*MLA Amanda Chapman*



**MLA Calgary-North  
Hon. Muhammad Yaseen**

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✉ calgary.north@assembly.ab.ca  
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As we enter the month of November, we pause to remember the brave individuals who served and continue to serve our country in times of conflict and peacekeeping.

Alberta's government is committed to providing anyone suffering from the disease of addiction the opportunity to pursue recovery. As part of the Alberta Recovery Model, Alberta's government is building 11 recovery communities throughout the province. Five of these are in direct partnership with Indigenous communities.

The province has committed \$15 million to plan eight new urgent care centers across Alberta and \$2 million for an additional integrated urgent and primary care center in Airdrie.

To help support the increasing demand for veterinarian training, Alberta's government has invested a total of \$68.5 million for the development of the new Veterinary Learning Commons at the University of Calgary's Spyhill campus. The new facility will offer an exceptional educational experience by creating new, modern learning and wellness spaces.

To mitigate rapid and steep premium hikes, Alberta's government is extending the 7.5% good driver rate cap through 2026. This measure will remain in place as the province prepares to launch a new care-first auto insurance system in 2027.

Budget 2025 invests \$185 million - up nearly \$89 million - to expand career and employment supports across Alberta. Job seekers can access in-person and virtual services like counselling, job placements, fairs, and training courses. Funding for on-the-job training has doubled, including over \$20 million for simulated worksites in Calgary, Red Deer, Grande Prairie, Millet, and Fort Saskatchewan, with plans to expand to more locations.

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



# Tasty Art

What do “The Persistence of Memory” and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



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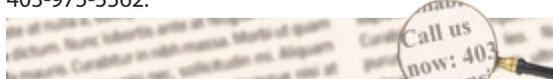
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May 25	19	15	\$599,900	\$595,300
April 25	18	10	\$684,450	\$673,750
March 25	14	15	\$579,999	\$568,750
February 25	14	9	\$649,900	\$644,500
January 25	6	2	\$552,000	\$548,500
December 24	6	6	\$647,450	\$637,194
November 24	5	10	\$614,950	\$601,250
October 24	9	14	\$577,450	\$585,000

To view more detailed information that comprise the above  
MLS averages please visit [hid.mycalgary.com](http://hid.mycalgary.com)