

SEPTEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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		Listed	Sold	Listed	Sold
July	25	22	11	\$599,900	\$585,000
June	25	21	18	\$649,450	\$645,750
May	25	20	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
September	24	11	7	\$629,000	\$613,000
August	24	13	13	\$580,000	\$595,000

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

GAMES & PUZZLES

Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".



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CODE FOR THE
ANSWERS!

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**BRAIN
GAMES**

SUDOKU

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5			7			4	6	
		2						3
	9							5
		4			8		9	1
							4	
				1			7	
	2				4			8
				2	6			

SCAN THE QR CODE
FOR THE SOLUTION



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SCAN HERE TO VIEW ADDITIONAL
HIDDEN VALLEY CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

HVCA Board of Directors

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School Liaison	Adwoa Savage

Volunteers always appreciated.
Email volunteers@hiddenhut.org.

WORD OF THE MONTH

RIGMAROLE: NOUN
(RIG-MUH-ROHL)
Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.



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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

Cats, Canines, & Critters of Calgary



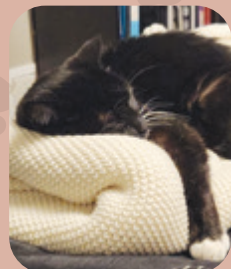
Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



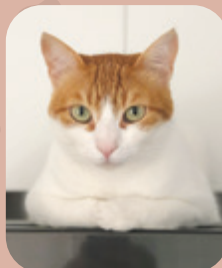
Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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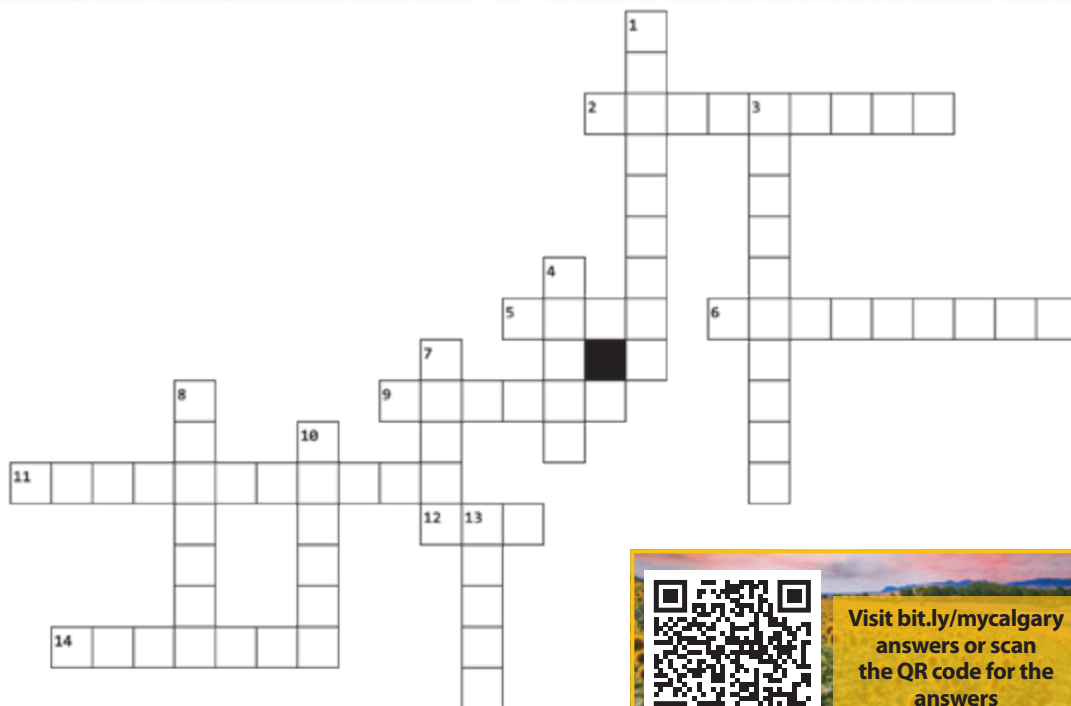
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September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



Girl Guides

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So Long and Thanks for All the Fish

This will be my last Girl Guides community newsletter article. I only received four responses back from my last article where I asked people if they were still interested in reading articles about what Girl Guides are up to in their communities (thanks to those of you who emailed me, I appreciate it!).

I've been submitting these articles for over ten years now. Some have been written by other leaders, some have been submitted by me about what's been going on in our Ember unit; it has been a slice.

This will also be my last year as a Girl Guide leader. Because reasons.

Over the last 22 years, I have had so much fun planning meetings and seeing girls grow in their abilities and relationships. I've also made good friends with other leaders I've worked with. It is definitely one of the most rewarding volunteer positions I've ever held. Being a Girl Guide leader can also bring out the inner child in you - playing games you haven't played since you were a kid yourself, or doing crafts with them, it can be really fun!

I do hope others sign up as Girl Guide leaders in the future. Leaders are always in short supply, as volunteering does take time and commitment. But is time to hang up my hat as a leader myself.

So long and thanks for all the fish.

Karla W.

guiderkarlayyc@gmail.com

Why Become a Girl Guide Leader?

- For women, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring, and travel opportunities.
- Fostering a sense of belonging. Leaders create an inclusive environment where girls can feel accepted, supported, and valued.
- The widest range of activities of any extracurricular program for girls and of any volunteer experience for women. Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship.
- Belonging to the world's largest organization of girls and women, the World Association of Girl Guides and Girl Scouts (WAGGGS).



The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!





Tuscany, Calgary

by Garth Paul Ukrainetz

No leaning tower of Pisa there
No art of Michaelangelo
No vineyards, nor the Florence dome
Chianti grapes, too cold to grow

Instead, refreshing western air
That blows from mountains pure and wild
That flies the flags Alberta Blue
To fill the lungs of soul inside

In Tuscany they mow their lawns
They drop their children off at school
Cheer loudly for their local teams
Make weekend trips to Banff's hot pool

A community of Calgary
200 more around it grow
Yes, life is good in Tuscany
O renaissance, thru foothills blow



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📱 @amandachapmandp

Dear Neighbours,

I hope you've enjoyed a restful and fulfilling summer. As the new school year approaches, I know that many parents, students, and educators are feeling a mix of anticipation and concern.

In my work as Official Opposition Shadow Minister for Education I have consistently heard from parents and educators alike that bloated class sizes and increasing complexity along with lack of supports have led to a difficult learning environment. I have also seen and heard endless examples of our educators going above and beyond to deliver the very best for our kids despite these conditions. For all that you do for our kids every year, thank you.

I share the desire I hear consistently from constituents to ensure every child receives a quality education, and every teacher has the support they need to succeed. Albertans know our future depends on it. If you have any questions or concerns as the school year begins, please don't hesitate to reach out to my office. My team and I are here to listen, support, and continue fighting for what matters most to our community.

Thank you to everyone who joined us at recent events, from another wonderful Stampede season to our recent ice cream social. It was a pleasure being able to connect with so many of you.

I wish all students, educators, and families a smooth and successful start to the school year.

MLA Amanda Chapman



MLA Calgary-North
Hon. Muhammad Yaseen

104 – 200 Country Hills Landing NW T3K 5P3

✉ calgary.north@assembly.ab.ca

📱 @muhammadyaseenyc

Happy fall! I hope your summer was filled with sunshine, rest, and relaxation, and that you are ready to take on the upcoming season.

It is great to see the progress on the new Evanston Middle School. This is a strong example of our government's commitment to supporting families by investing in new schools and growing communities across Alberta. This project remains on schedule, with expected completion in the first quarter of 2026.

In Alberta, we are turning our resource strength into lasting financial security through strategic, large-scale investments in the Heritage Fund. Our latest \$2.8 billion investment is helping the fund hit a record high of \$30 billion. This will support the government's overall target of growing the Heritage Fund to \$250 billion by 2050.

Through Budget 2025, the government is delivering on its promise to responsibly increase funding for the arts, including a \$4.5 million increase to the Alberta Foundation for the Arts (AFA). This increased investment is already making an impact, helping artists and arts organizations across the province expand their reach and bring inspiring experiences to more Albertans.

Legal Aid Alberta contributes to the well-being of low-income and other vulnerable Albertans and provides meaningful access to legal rights and protections benefiting all Albertans. Within the last year, Alberta's government contributed \$88.1 million to Legal Aid Alberta and supported Albertans in more than 319,000 legal matters, including 45,000 full representation certificates.

These investments within school construction, the arts, financial security, and justice reflect Alberta's commitment to its citizens, while building a resilient path for the future.

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

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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.

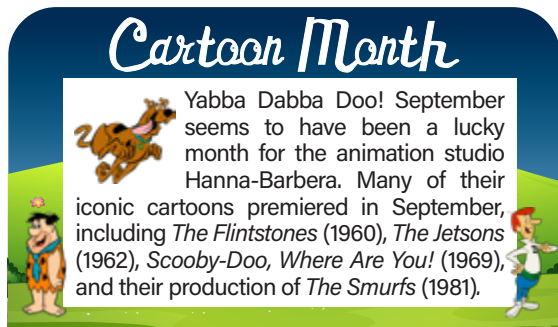
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Cartoon Month

Yabba Dabba Doo! September seems to have been a lucky month for the animation studio Hanna-Barbera. Many of their iconic cartoons premiered in September, including *The Flintstones* (1960), *The Jetsons* (1962), *Scooby-Doo, Where Are You!* (1969), and their production of *The Smurfs* (1981).



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