

FEBRUARY 2026

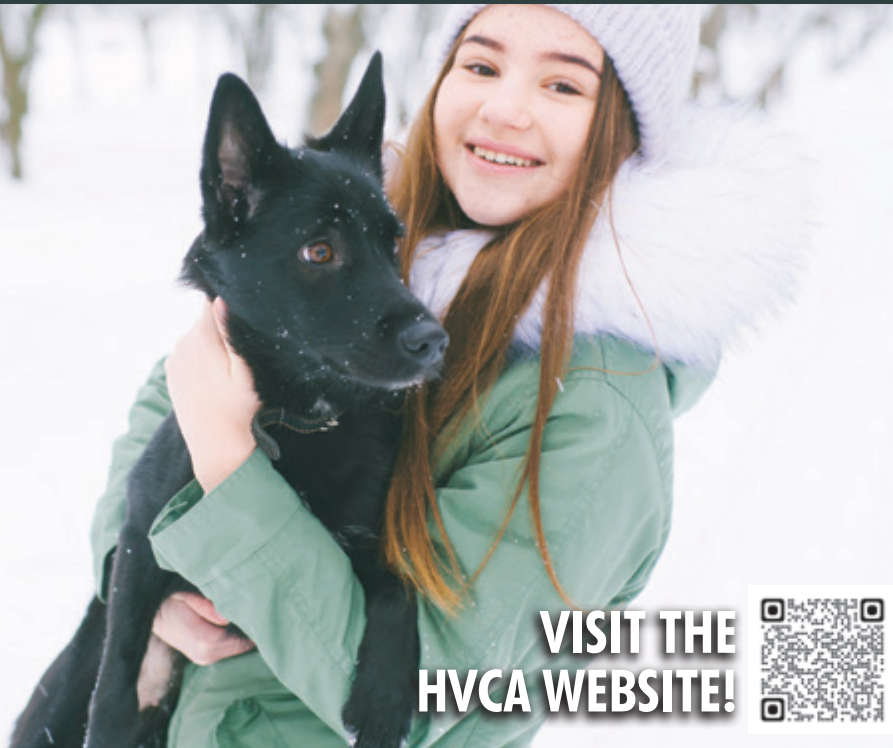
YOUR OFFICIAL COMMUNITY NEWSLETTER

# HIDDEN VALLEY HANSON RANCH

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COMMUNITY ASSOCIATION  
Hidden Valley & Hanson Ranch

VOLUME 225

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		Listed	Sold	Listed	Sold
December	25	5	10	\$619,450	\$605,750
November	25	14	12	\$570,250	\$540,500
October	25	15	12	\$631,500	\$595,000
September	25	18	3	\$705,000	\$692,500
August	25	14	12	\$659,900	\$646,500
July	25	16	11	\$599,900	\$585,000
June	25	17	18	\$649,450	\$645,750
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

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

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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
- 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

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- Supply & install new tile to ceiling
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- 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

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

**News, Events,  
& More**



**Crime  
Statistics**



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Statistics**



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## PRESIDENT'S MESSAGE

Dear Hidden Valley and Hanson Ranch Neighbours,

Spring is just around the corner, and I hope you're all staying warm and enjoying the longer days ahead!

First, I want to offer a heartfelt apology for the delays in newsletter submissions and content over the past few months. As many of you know, we've had some board member transitions that temporarily disrupted our usual process for gathering and publishing updates. We're truly sorry for any frustration this caused and appreciate your patience more than words can say. The good news is that we've worked through those changes, streamlined our procedures, and are now fully back on track—delivering the timely, vibrant newsletter you deserve.

What an incredible few months it's been for our community! Hidden Valley has truly shone as a beacon of great community spirit, and it's not going unnoticed. Our association and our many activities have been featured in the news multiple times, highlighting our advancements, events, and the strong sense of togetherness that makes this neighbourhood so special. We're showing Calgary—and beyond—how a tight-knit community can thrive through volunteerism, creativity, and care for one another. Thank you to every neighbour who contributes to this positive spotlight!

A huge shout-out goes to all the volunteers who made our Winter Festival on February 21 such a resounding success. From horse-drawn wagon rides to family fun at the Hut, your energy and enthusiasm turned a chilly day into warm memories for so many. We couldn't have done it without you!

Special personal thanks to our amazing Events Director, Anita, for her tireless hard work in pulling everything together—your dedication is truly inspiring.

We also owe a big debt of gratitude to our Rink Rats and our Facilities and Public Spaces Director, Bruce, along with Doug, for keeping our outdoor ice rink in fantastic condition all winter long. This space has been a wonderful gathering spot for skating, games, and neighbourly chats—thank you for making it possible and safe for everyone to enjoy.

And let's not forget our Casino Night fundraiser! What an unforgettable event—two days of excitement, laughter, and community spirit. We raised important funds for our projects thanks to so many of you stepping up to volunteer your time and energy. The way our community pulled together was nothing short of remarkable. Thank you from the bottom of our hearts!

To keep this momentum going and build on our successes, we're looking for passionate volunteers to join the board in these open director positions: Communications, Hanson Ranch, Volunteer, and Fundraising. If you're interested in helping shape our future events, communications, and initiatives, please reach out—your ideas and involvement make a real difference!

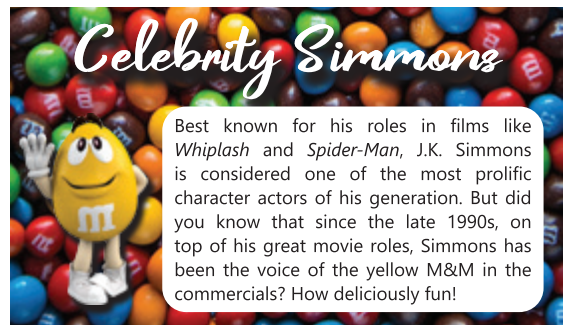
Finally, if you haven't already, please renew or purchase your 2026 Community Association membership at [hiddenhut.org](http://hiddenhut.org). Your support is essential to funding playground upgrades, events like the Winter Festival, rink maintenance, community beautification, and so much more. Together, we're keeping Hidden Valley strong, vibrant, and the envy of Calgary.

Thank you for being the heart of this wonderful neighbourhood. Here's to an exciting spring and summer ahead!

Warmest regards,

*Robyn Moser*

President, Hidden Valley Community Association (HVCA)





# Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that



truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

### 2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

### 4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

### 5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

### 6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

### 7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

### 9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

### 10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



## News from the Friends of Nose Hill

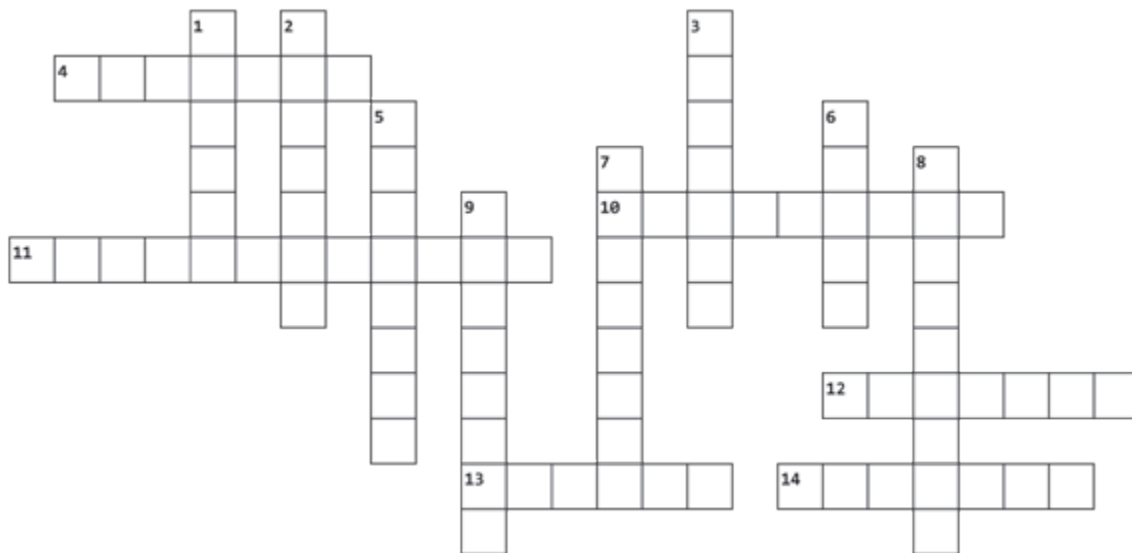
by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

# February Crossword



## Across

4. Islam's holy month of fasting, prayer, and reflection, called \_\_\_\_\_ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New \_\_\_\_\_ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, \_\_\_\_\_.
12. Canada's twelfth Prime Minister, Louis St. \_\_\_\_\_, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New \_\_\_\_\_ took place on February 27, 1827.

## Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael \_\_\_\_\_ won an astonishing eight Grammys!
5. Pope \_\_\_\_\_ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, \_\_\_\_\_, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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## GAMES & PUZZLES

### Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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ANSWERS!



## BRAIN GAMES

## SUDOKU

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						7	6	8

SCAN THE QR CODE  
FOR THE SOLUTION





## Face Your Stress

*by Recovery Alberta – Community Health Promotion Services*

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!





## 4-H INTRO CLUB

### Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

#### Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at [4hab.com/member-programs/](http://4hab.com/member-programs/) or email [introclubs@4hab.com](mailto:introclubs@4hab.com).

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Albertans deserve a strong assisted living sector that can meet their non-acute needs, so hospitals can remain dedicated to serving those who need them most. With the new Assisted Living Framework, Alberta's government is relieving pressure on hospitals, ensuring Albertans get the care they need, when and where they need it. This framework is backed by the largest continuing care expansion in Alberta's history, with our government investing billions over the next decade to build new continuing care spaces across the province delivering a more reliable, responsive, and sustainable care system that works better for patients, families, and front-line workers. Alberta's government has reduced the number of hospital beds occupied by non-acute patients by 20% in the past six months. Alberta is home to approximately 850,000 seniors.

Alberta's government will negotiate its own long-term equivalency agreement with the federal government on new methane regulations. Under the MOU, both governments agreed to complete a methane equivalency agreement by April 1, 2026. Our industry continues to deliver results by developing and testing new technologies and retrofitting existing sites. Solutions created in Alberta are deployed here and worldwide. Alberta will keep focusing on practical, flexible methane reduction solutions that help our industry stay competitive. Alberta is a global leader in monitoring, managing, and reducing methane emissions. The province has cut emissions from the upstream oil and gas sector by 51% since 2014 while saving industry about \$600 million through a province-led approach. Over the same time, oil production rose by more than 54%. Alberta has invested about \$129 million since 2019 into technology testing centres, retrofitting equipment, and developing new methane technologies.

Thank you to my constituents for your support, and happy Family Day to our wonderful community! Take time to celebrate with the people who matter the most.

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## 360 Degrees



Without turning their heads, rabbits can see nearly 360 degrees, as well as high above themselves. Their eyes are placed high and to the sides of their head which gives them this range of sight, though they do tend to be farsighted.

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