

JULY 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

HIDDEN VALLEY HANSON RANCH

HIDDEN VALLEY
COMMUNITY ASSOCIATION
Hidden Valley & Hanson Ranch

VOLUME 230

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January	26	10	12	\$544,900	\$532,500
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October	25	10	12	\$631,500	\$595,000
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥



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HIDDEN VALLEY CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Volunteers always appreciated.
Email volunteers@hiddenhut.org.

Interested in helping shape the future of Hidden Valley and Hanson Ranch?

The HVCA is currently seeking volunteers for several open Board positions. Joining the Board is a great opportunity to meet neighbours, support community initiatives, and help strengthen our neighbourhood for everyone.

If you are interested in volunteering or learning more about available roles, please contact: volunteers@hiddenhut.org

PRESIDENT'S MESSAGE AND UPCOMING EVENTS

As we head into the warmer months, I'm filled with excitement for what's coming up in our community!

First and foremost, I'm really looking forward to our upcoming Annual General Meeting (AGM). This is a wonderful opportunity for all of us to come together, review the past year, and help shape the future of our Community Association. Your voice matters, and I encourage every household to attend.

I'm also thrilled about our Neighbour Day Carnival! This is always a highlight of the year — a fantastic day filled with fun, food, games, and most importantly, great, neighbourly connections. It's the perfect reminder of what makes Hidden Valley such a special place to live.

If you're looking for a meaningful way to welcome new neighbours or show appreciation to the ones you already have, consider giving them the gift of a Community Association Membership. For just \$30 per household, per year, you can help get them involved in all the great events, programs, and initiatives we offer. It's a simple but powerful way to strengthen our community spirit and make sure everyone feels welcome and included.

I also want to give a huge thank you to our Public Space Director and their family for the beautiful new inserts in our community pots. The fresh look they've created is absolutely stunning and brings so much life and colour to our neighbourhood. Their hard work and dedication to making Hidden Valley even more beautiful is truly appreciated by all of us.

Thank you for being such a vibrant, caring community. I look forward to seeing many of you at the AGM and the Neighbour Day Carnival!

Robyn Moser

President, Hidden Valley Community Association

403-818-3907





4-H INTRO CLUB

From Hesitant to Confident: A Growing Year for 4-H Intro Clubs



What happens when you give kids a welcoming place to try new things, make friends, and build confidence all in just six weeks?

This year, 4-H Alberta's Intro Clubs continued to grow across urban communities, with nine clubs hosted in Calgary and two in Edmonton. Two additional summer clubs, one in north Calgary and one in south Calgary, will wrap up the season at the end of July.



Although many people still associate 4-H with rural communities and livestock projects, today's 4H programs offer a wide variety of opportunities for urban youth as well. From baking and science to leadership, communication, community service, and creative projects, 4-H helps young people build life skills through hands-on learning experiences.

Designed as a short-term introduction to 4-H, the Intro Clubs give youth the opportunity to experience friendship, leadership, responsibility, and community involvement in a welcoming environment for busy families.

For many participants, the experience became much more than just an after-school activity.

One parent shared that their son arrived nervous and unsure on the first day, but by the end of the program he was excited, enthusiastic, and sad to see it end. Another family described the program as "extraordinary" and praised both the hands-on learning and the welcoming atmosphere created by the leadership team.

A special part of this year's success was the involvement of 4-H Ambassador and member, Devyn, who worked



alongside club leaders to mentor younger members and help create a positive and encouraging environment.

Whether youth were presenting speeches, participating in community service, trying new activities, or simply making new friends, Intro Clubs helped families discover what 4-H is truly about: belonging, confidence, leadership, and learning by doing. Contact introclubs@4hab.com to find out more!

July in the Parks

July in Alberta brings long sunny days, warm evenings, and plenty of opportunities to enjoy the beautiful parks and pathways throughout Hidden Valley and Hanson Ranch. As the Parks Director for the Hidden Valley Community Association (HVCA), I encourage residents to take advantage of the outdoor spaces that make our community special.

Some of my personal favourite spots include the trailhead near Hidden Valley Drive and Hidden Park, as well as the Hanson Ranch Wetlands trails. Whether you enjoy walking, biking, jogging, or simply relaxing outdoors, our parks offer a great way to stay active and connected with nature during the summer season.

July is also a wonderful time to gather with neighbours, spend time with family and friends, and enjoy community events happening throughout the area. With school out and the weather at its best, our parks become an important place for connection, recreation, and wellness.

I encourage everyone to explore a new pathway, visit a local playground, or enjoy a quiet moment outdoors this month. If you capture a beautiful summer moment in one of our parks, feel free to share it on Facebook and tag [hiddenvalleyhansonranch](#) (Hidden Valley Community Association).

If you have recommendations for park improvements, future events, or ideas to help enhance our green spaces, please feel free to contact me at parkspaces@hiddenhut.org.

Wishing everyone a safe and enjoyable July!

Kunal J.

Parks and Public Spaces

Message from Communications

One of the best parts of living in Hidden Valley and Hanson Ranch is the people who make this community feel like home.

The Hidden Valley Community Association (HVCA) Communications Team is currently looking to feature neighbours, families, local stories, community initiatives, hobbies, achievements, and small businesses in upcoming editions of the community newsletter.

Do you have a story to share? Know a neighbour doing something interesting? Have photos from a community event, a local project, or a seasonal activity in the neighbourhood? We would love to hear from you.

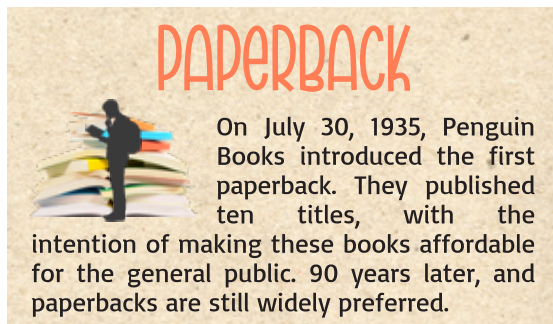
Our goal is to continue building a newsletter that reflects the people, experiences, and connections that make our community unique. Submissions from residents and HVCA members are always welcome.

To submit a story idea, photos, announcements, or community highlights, please contact Kim J. at communications@hiddenhut.org.

We look forward to featuring more of the amazing people who help make Hidden Valley and Hanson Ranch such a vibrant community.

Kim J.

communications@hiddenhut.org

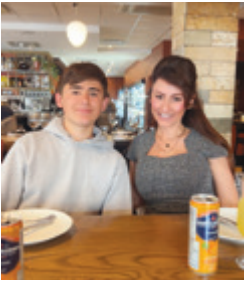


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HVCA Resident Feature: Helena Berman



Long before I lived in Hidden Valley and Hanson Ranch, I would purposely drive through the area, even if it meant taking the longer route. There was just something about it – it felt calmer, greener, and more peaceful. I remember thinking, “One day, I’d love to live here.”

Now, after years of calling this community home, I still feel grateful every time I turn into the neighbourhood. As a realtor, I spend my days all over Calgary and the surrounding communities, but Hidden Valley and Hanson Ranch continue to hold a special place in my heart.

This has been an incredible place to raise my son, who started kindergarten here and is now heading into Grade 8. From the parks and pathways to the schools and neighbours, this community offers a true sense of connection and belonging.

What makes this area special is not just where it is, but how it feels, peaceful, welcoming, and deeply connected. I’m proud to call Hidden Valley and Hanson Ranch home.

Helena Berman

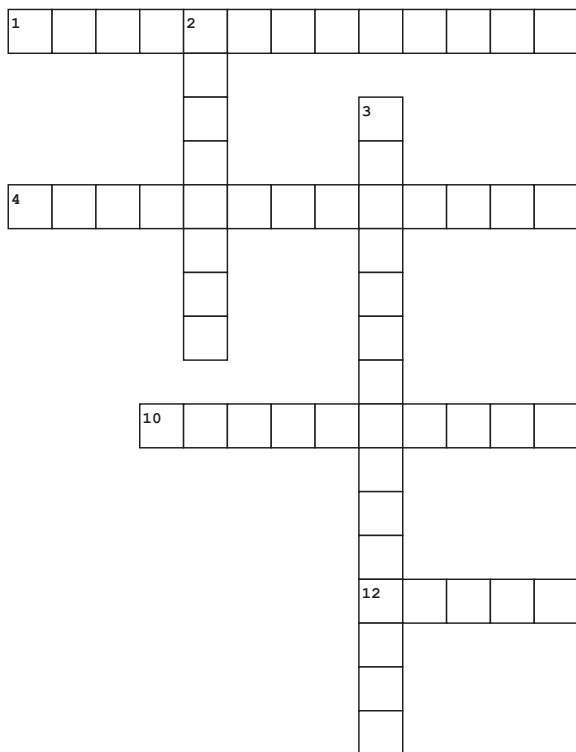


News from the Friends of Nose Hill

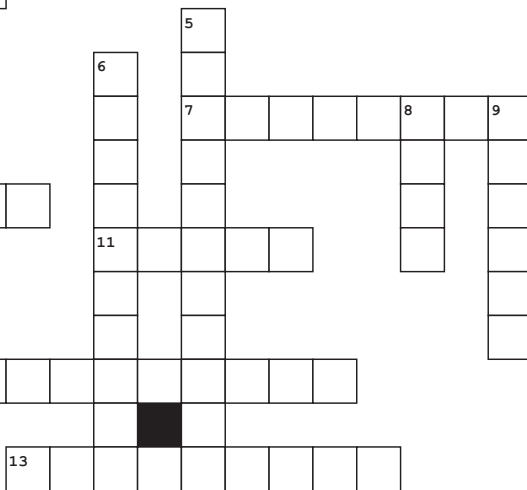
by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park’s escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park’s Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

The Prairie Bluebell

by H.N Wells



Campanula rotundifolia, also known as the bellflower or harebell, is a native wildflower that blooms in mid-summer to early autumn. This plant may also be referred to as *Campanula alaskana*, although there are debates as to whether the two plants are different at all. It was originally classified as *Campanula rotundifolia* var. *alaskana* by Asa Gray in 1886 but was later designated as an individual species by William Wright in 1918. In truth, the primary difference between *Campanula rotundifolia* and *Campanula alaskana* relates to their respective growth regions, rather than physical characteristics. As can be inferred from its taxonomic name, *Campanula alaskana* is strongly associated with North America, while *Campanula rotundifolia* may refer to both the North American plant and its Eurasian counterpart. However, as far as that debate is concerned, I'll leave it up to the botanists.

The plant can be found in most regions within the Northern Hemisphere, including North America, Europe, and northern Asia. Historic uses of the flower include herbal remedies such as teas or poultices for a myriad of illnesses, namely respiratory issues, earaches, and sore eyes. The roots of the plant may be crushed for use on minor wounds and abrasions. Further, the petals can be used to create blue dye.

As a native plant species, the bellflower is increasingly important to our prairie ecosystem and is the (nearly) exclusive pollen source for the oligolectic Little Black Sweat Bee, or *Dufourea maura*. The flower can be found in most wild spaces, including Nose Hill Park, Fish Creek Park, the Nose Creek River Valley, and other localized green spaces. Further information on native plants, including *Campanula rotundifolia*, can be found through the City of Calgary's YardSmart program.

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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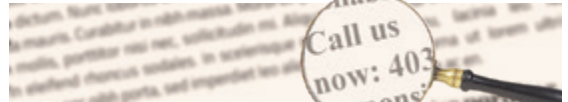
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