

JUNE 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

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BATHROOM RENOVATION SALE

SUPREME ULTIMATE

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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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SALE \$13,879
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SUPREME TUB TO SHOWER CONVERSION

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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 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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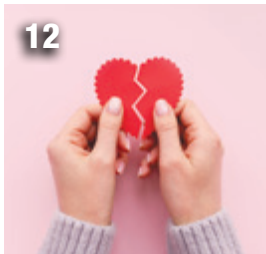


Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
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.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	

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HIDDEN VALLEY CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Email volunteers@hiddenhut.org.



PRESIDENT'S MESSAGE AND UPCOMING EVENTS

Our recent Bunnylympics event was a tremendous success, and we're still smiling from the incredible turnout and community spirit. Despite an unexpected blanket of snow, residents came out in full force, proving that a little winter weather can't dampen neighbourhood fun. From start to finish, the energy was high, the laughter was contagious, and it was clear that everyone had a fantastic time.

We received an outpouring of positive feedback from participants of all ages. Families, friends, and neighbours embraced the activities with enthusiasm, making the day truly memorable. Events like these remind us just how strong and vibrant our community is when we come together.

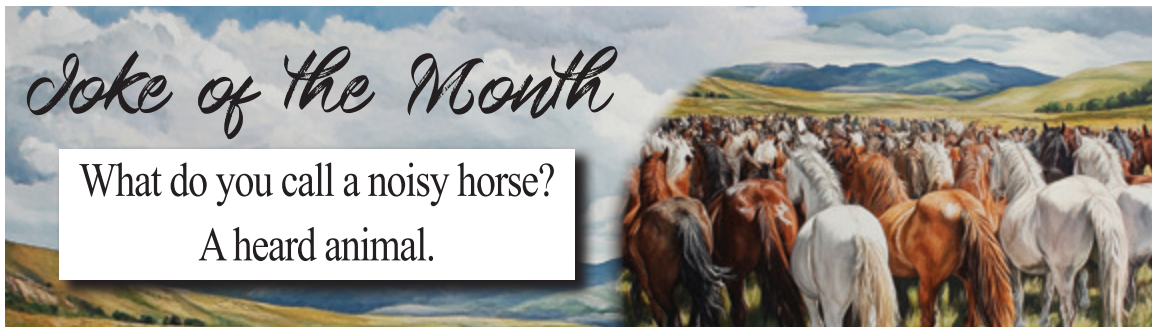
A heartfelt thank you goes out to our amazing volunteers, whose time and dedication made the Bunnylympics possible. Their hard work behind the scenes ensured everything ran smoothly. We also extend our sincere appreciation to our generous sponsors for their continued support. Your contributions help bring these events to life and strengthen the connections within our community.

Looking ahead, we're excited to invite everyone to celebrate Neighbour Day with us on June 20. Join us for a relaxed and friendly potluck gathering from 1:00 to 4:00 pm at the Hut. It's a wonderful opportunity to meet new neighbours, reconnect with friends, and enjoy a delicious variety of homemade dishes.

Grab a lawn chair or a comfy blanket and sit back for a relaxed afternoon!

Joke of the Month

What do you call a noisy horse?
 A heard animal.



Your HVCA will provide drinks, plates, and cutlery—just bring your favourite dish to share. Whether it's a family recipe or a store-bought treat, all contributions are welcome.

We hope to see you there as we continue building a warm, welcoming, and connected community together.

I am thrilled to share some exciting updates from your Community Association Board!

A warm welcome to our new Communications Director. Please join me in giving a heartfelt welcome to Kim J.! Kim brings an extensive background in communications and IT, and we are confident she will excel in this role. Her expertise will help us strengthen connections within our community and keep everyone informed and engaged. Welcome, Kim—we're so glad you're here!

Fond farewell and grateful thanks to our previous Treasurer, Tanya I.. Tanya worked tirelessly to get our financial reporting back on track, and we could not have done it without her dedication and hard work. Thank you, Tanya, for your outstanding service and commitment to our community. You will be missed!

Welcome to our new Treasurer, stepping into the role is Nupur N., who brings significant experience in accounting and IT. We are excited to have Nupur on the team and look forward to the continued strength and stability she will bring to our financial operations.

We are genuinely excited about the direction our community board is heading. With these strong

additions to our team, we are well-positioned for even greater success. That said, we still have a few board positions to fill. If you're interested in getting involved and helping shape the future of Hidden Valley, please reach out—we would love to hear from you!

Since March 2024, we have made incredible strides together. Our community involvement continues to grow, and I can confidently say that Hidden Valley will soon be hard to keep "hidden"! The energy and participation from all of you have been inspiring.

Upcoming Events Mark your calendars!

- Our Community Garage Sale is coming up at the end of this month—perfect for spring cleaning and connecting with neighbours.
- We also have wonderful events planned for Neighbours Day and our Community Cleanup. Details will be shared soon, so stay tuned!

Exciting News!

We are very pleased to share the announcement of a new firehall coming to our community. Our current facility has reached the end of its life, and this new project has been thoughtfully designed with strong community focus. It will take all of our neighbourhood's needs into careful consideration. More information about this important development will be shared as it becomes available.

Thank you all for your continued support, involvement, and pride in our community. Together, we are building something truly special.

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Underfoot: The Broadleaf Plantain

by H.N Wells



Plantago major, or, the broadleaf plantain, is a Eurasian plant commonly referred to as a weed in North America. It was likely introduced into the Americas during the seventeenth century and can now be found widespread across both Canada and the US. Plantain is an incredibly resilient plant, and thrives in almost any conditions, including compact or disturbed soil - as a result, *Plantago major* and other members of its genus tend to grow alongside human-made trails easily and are abundant in urban and agricultural settings.

This funky little flora has some interesting uses! Historically, the plant has been used for both its antibacterial and anti-inflammatory properties, often as a quick in-the-field remedy. Its use dates back as far as the Romans! Pliny the Elder, in *The Natural History*, describes *Plantago lagopus* and *Plantago altissima*, relatives of *Plantago major*, as having natural cauterizing properties. Traditional herbalism also utilizes plantain (and its relatives) for these purposes. Plantain poultices were (and still are) very common. That being said, urban and agricultural weeds are often treated with herbicides, so tread carefully should you decide to try it out.

The broadleaf plantain has since become a naturalized plant - as in, it no longer requires human intervention to spread or to be maintained, as is the case with many ornamental plants. Flora of this category may become invasive should they begin to diminish the resources available to native flora. At this time, *Plantago major* is typically considered to be invasive.

The next time you're walking along the pavement, take a look at the ground! You might notice a small plant with round leaves and spike-like flower stems - that's the plantain, always underfoot.

Where There's Water, There's Risk

by The City of Calgary



With summer finally approaching, the Calgary Fire Department is urging Calgarians to stay safe when enjoying our city's rivers and lakes.

Each year, we respond to a lot of calls to help citizens on our waterways, so we have compiled some information to help you stay safe.

Always Scout, Assess, and Decide from shore before going on the water.

- Scout the waterway for potential hazards, and check weather and water conditions.
- Assess the level of danger and assess the swimming and paddling skills of your group.
- Decide if it is safe to swim, raft, boat, or paddleboard.

Bring the right supplies:

- Watercraft suitable for the body of water and conditions.
- Properly fitting life jackets for everyone on board.
- Water, hats, and sunscreen.
- Cell phone to call for help in case of emergency.
- A complete water safety kit.

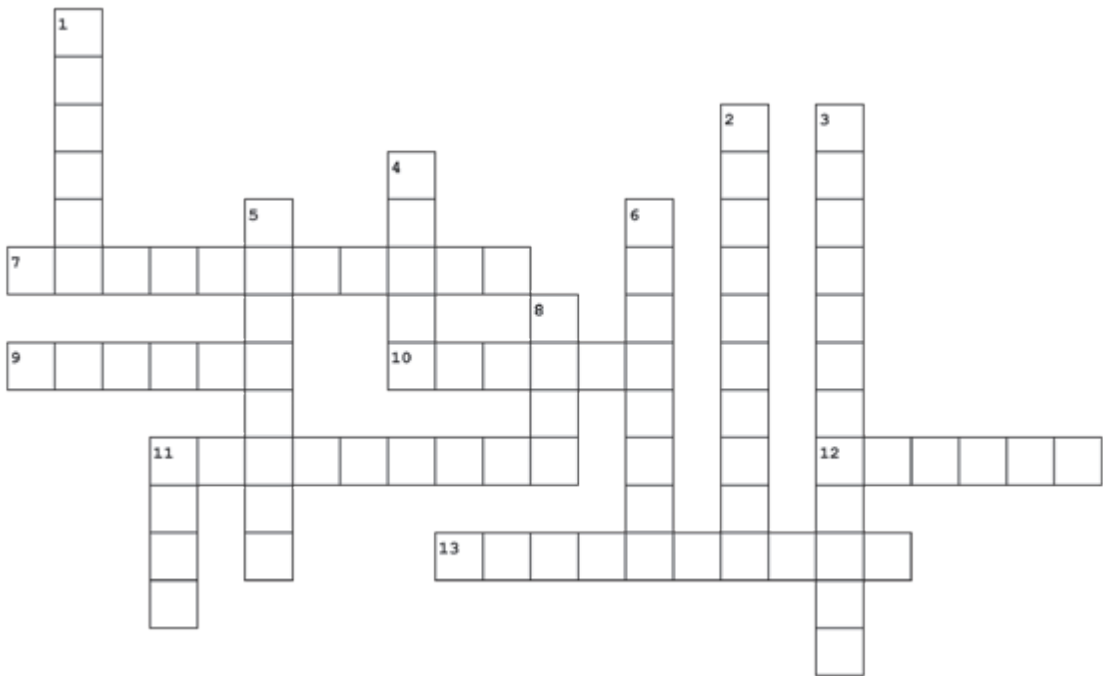
What's In a Water Safety Kit?

Water safety kits are required on all types of watercraft, including kayaks, paddleboards, canoes, dinghies, inner tubes, and rafts.

Water safety kits should include:

- Water bailing devices to remove water from inside the watercraft.
- A sound-signalling device (portable air horn, whistle, mechanical whistle, or bell) to alert others of your approach, or in case of emergency.
- At least 15 metres of heaving rope, towing line, or floating line to help pull your watercraft to safety.
- Waterproof LED flashlight and SOS mirror to call or signal for help in an emergency.

June Crossword



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

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.

Divorce: Who Gets the House?

by Christopher Bungay, Divorce Lawyer

The decision of “should we or should we not” get a divorce is not easy. It is a process that involves asking yourself a lot of questions about the future. A common question people ask themselves is “If we get a divorce, who will get the house?”

Many divorcing couples own a home together. There are a lot of emotions and memories attached to the home: A child's first steps, family dinners, family movie nights, the list goes on.

Most often, the question of “who gets the house” arises from another important question: “What is best for the kids?” Children who grew up in the house likely attend schools nearby. Their friends may live in the neighbourhood.

50/50 Roadblock

One major roadblock to one parent owning the house is this: the law (in most cases) says the house is a 50/50 split after a divorce. This means that each spouse is entitled to 50% of the value of the home.

In cases such as this, there are options to avoid this 50/50 roadblock. As part of the divorce process, most couples can negotiate with each other and agree how property and other assets will be split between them. This can be seen from the following example:

- Mr. and Mrs. Lahey own a home worth \$1 million dollars. They also have investments in stocks worth \$1 million dollars.
- Mrs. Lahey wants to stay in the home with the kids. Her aging mom also lives with them. The children attend school near the house.
- Mr. Lahey is okay with moving out, but he does not want to lose out on the money tied up in the house.

Solution: they can agree that Mr. Lahey gets the \$1 million dollars in stock investments, and in turn, Mrs. Lahey becomes sole owner of the family home that is also worth \$1 million dollars.

If Spouses Can't Agree, a Judge Can Step In

If a couple cannot agree on who stays in the house, there are times when an Alberta judge will step in



and make this decision for them. Sometimes, a judge will order the house to be sold, and the proceeds split between the couple.

However, in other cases, a judge can issue something called an “exclusive possession order.” This is a legal directive that says, “Who lives in the house, and who does not.”

The following are circumstances where a judge might order that one spouse can live in the home:

- There is an economic imbalance – example: a stay-at-home mom has no income, and dad earns \$300,000 per year.
- The children need the home for stability – Here, educational needs, health, or extra-curricular activities may require a child to continue living in the home with one parent.

When deciding what to do with the house, it is always best if a couple can agree on something fair for each of them. However, when that is not possible, one spouse may have to go to Court and ask a judge for help.

Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief,

anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.



by Anne Burke

The City Nature Challenge is a global community citizen science event wherein community groups, experts, and residents collaborate to find all types of nature around them. In the Calgary Metropolitan Region, the top 150 users in 2024 surpassed 10,000 observations. By then, they had uploaded a total of nearly 40,000 observations of Calgary's local flora and fauna. The year marked the tenth anniversary of both iNaturalist and the City Nature Challenge. For the Calgary Area, in 2025, there were 15,923 observations, 28,462 identifications, 891 species, 659 identifiers, and 356 observers. In 2026, the eighth annual Calgary City Nature Challenge focused on data quality for plants, insects, fungi, and wildlife. All information on Calgary's natural areas posted on iNaturalist can be used to revise and update the 1980 Calgary "Green Book" by 2030. Although you do not need an expert to lead a nature walk, John McFaul of Nature Calgary, in cooperation with Bird Friendly Alberta, guided field trips on Nose Hill. The group met near the 64 Ave and 14 Street NW parking lot. Much of their trip was off paved trails and on unlevel ground. A previous walk started at the Berkley Gate and 14 Street NW entrance. Calgary was one of the first certified Nature Canada Bird Friendly Cities. Injured birds can be rescued, in early morning and at night, but, of course, prevention is preferred. The aim is to identify and reduce threats since, in an urban environment, city lights and reflections cause collisions. Window treatments can help. Also turning off unnecessary lights. During fall and spring migrations, downtown is unsafe due to tall buildings, especially at night. Wildlife cameras examine how birds travel and weather radar is used to predict flight directions to support conservation and research. Learn more at <https://birdcast.org/>.

GAMES & PUZZLES

Space Trivia

1. Which galaxy is closest to the Milky Way?
2. Which planet in our solar system has the most moons?
3. What gas is Saturn mostly made of?
4. What is the coldest planet in our solar system?
5. What was the name of the spaceship that recently flew past the moon before landing back on Earth?



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The first full moon of summer is called a Strawberry Moon! It may occasionally appear to have a reddish hue when close to the horizon. This year, the Strawberry Moon will peak on June 29!



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December	25	10	12	\$544,900	\$532,500
November	25	5	10	\$619,450	\$605,750
October	25	14	12	\$570,250	\$540,500
September	25	10	12	\$631,500	\$595,000
August	25	17	3	\$705,000	\$692,500
July	25	14	12	\$659,900	\$646,500
June	25	16	11	\$599,900	\$585,000
May	25	17	18	\$649,450	\$645,750
April	25	18	15	\$599,900	\$595,300

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