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- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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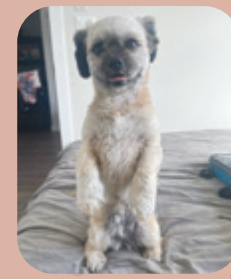
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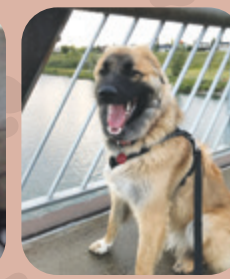
Bean, *Seton*



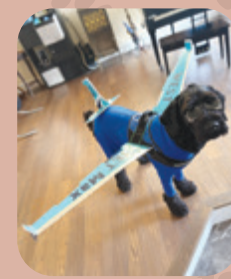
Coco, *New Brighton*



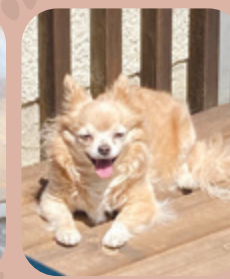
Ember, *Seton*



Kato, *McKenzie Lake*



Max, *Signal Hill*



Teasha, *Huntington Hills*



Whiskers, *Oakridge*



Zeke, *Seton*

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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.



News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

PRESIDENT'S MESSAGE

November is a time to reflect on the generosity, kindness, and community spirit that makes Hidden Valley such a wonderful place to call home—and our recent Walk of the Pumpkins gave us plenty to be thankful for!

The event was a tremendous success. A huge thank you to everyone who attended, entered their pumpkins, volunteered, and contributed donations. Your creativity and enthusiasm made it a memorable evening and a wonderful opportunity to bring our neighbours together.

This was also our first year running Operation Boo, collecting food and monetary donations for the Veterans Food Bank. We were excited to launch this initiative, and we could not have been more honoured by our community's generous response. As Remembrance Day approaches, your contributions are a meaningful way to recognize the sacrifices of our veterans and help ensure they receive care and support. Thank you to everyone who gave.

I also want to thank our residents for doing their part during Calgary's water restrictions. By reducing water use and adjusting everyday routines, you helped protect our shared water supply and support continued access to clean water across our city. Every household's efforts made a difference.

With the holiday season approaching, everyone at the Hidden Valley Community Association wishes you a Merry Christmas and a safe, joyous season. Whether you celebrate Christmas, observe another tradition, or enjoy this time in your own way, please know that our neighbourhood's warmth and good wishes extend to you. You belong here, and we are grateful to share this community with you.

We are already looking forward to the new year and the opportunities ahead, including our first Hidden Valley Scholarship! Please remember to submit your applications. We cannot wait to hear the amazing stories of people in our community and recognize our inaugural recipient. For more information and submission details, visit hiddenhut.org.

Thank you for continuing to make Hidden Valley a community that cares, gives, and comes together.

Robyn Moser

President

Hidden Valley Community Association



November Flowers

by Garth Paul Ukrainetz

Poet of the Blackmud Creek

November flowers will never grow
Upon a field of fallen snow
O thoughtful heart, your garden best
Remembrance fertile fills the chest

In silence, sacred waters flow
Our hearts, like sunshine, warmly glow
For rain and sun make flowers thrive
Keep freedom, valor's hope, alive

In honour, gratitude, and pride
Deep poppy roots take hold inside
Lest we forget their row on row
November flowers will never grow

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	Listed	Sold	Listed	Sold
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August 26	19	5	$614,900	$605,000
July 26	15	10	$607,450	$602,000
June 26	26	13	$549,900	$542,450
May 26	15	12	$599,900	$602,550
April 26	18	14	$592,500	$586,250
March 26	13	15	$585,000	$579,500
February 26	9	10	$607,500	$602,000
January 26	10	12	$544,900	$532,500
December 25	5	10	$619,450	$605,750
November 25	14	12	$570,250	$540,500
October 25	10	12	$631,500	$595,000

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

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Modest Millionaire

by Karen Boudewyn, Senior Wealth Advisor



When you picture a millionaire, what comes to mind? Perhaps someone who sold a business, received an inheritance, or had an extraordinary career.

But many people approaching retirement have built substantial wealth in a quieter way. They earned a salary, managed their expenses, lived within their means, and invested what they could over many years. Some earned additional income from a rental property or another source, but there was no single windfall. Their progress came from choices repeated over time.

These are The Modest Millionaires. They understood their numbers: what came in, what went out, and what was available to save. They invested for the long term, knowing markets would have both strong years and pullbacks. They did not need to make a new investment decision every day.

The foundation is simple: earn, spend with intention, and invest the difference. Time and compounding can then do the heavy lifting. Of course, people start with different opportunities and face different challenges. The point is that steady habits can have a powerful effect over a working life.

Perhaps the most meaningful choice these people made was to give their future selves a place in today's decisions.

As retirement approaches, though, the question changes. It is no longer only "Have I saved enough?" It is also "What kind of life have I been saving for?"

Wealth is More Than a Number

Financial wealth creates options, but it is only one of the six priorities of wealth I encourage people to consider:

- **Financial Wealth:** Having the resources to support your needs, goals, and choices.
- **Physical Wealth:** Caring for your health and ability to enjoy daily life.
- **Mental Wealth:** Supporting your sense of clarity, resilience, and peace of mind.
- **Time Wealth:** Having room for the people and activities that matter to you.
- **Social Wealth:** Building and maintaining meaningful relationships.
- **Spiritual Wealth:** Living with purpose and in keeping with your values, however you define them.

These priorities are connected. Money may give you the freedom to travel, but physical health helps you enjoy the trip. More free time can be a gift, but relationships and a sense of purpose help make that time meaningful.

Ten Questions to Shape Your "Enough" Life
A million dollars is a number. A fulfilling retirement is personal. As you think about your next chapter, ask yourself:

1. **What Does an "Enough" Life Look Like to Me?** What would make my days feel satisfying?
2. **Where Do I Want to Live?** Does my home and community support my health, relationships, and lifestyle?
3. **What Qualities Do I Want to Bring into This Stage of Life?** Perhaps curiosity, generosity, independence, or a willingness to try something new.
4. **Who Do I Want to Share My Life With?** Which relationships do I want to nurture?
5. **What Do I Want to Do and Learn?** How would I like to use my time when work takes up less of it?
6. **Which Material Things Matter to Me?** What adds value to my life, and what simply takes up space or money?
7. **How Much Flexibility Do I Want in My Spending?** What would I like to be able to say yes to?
8. **What Feels Missing Today?** Is there something important I have been postponing?
9. **What Role Do I Want Work to Play?** Would I like to retire fully, work part-time, mentor others, or pursue a new goal?
10. **What Are My Family Priorities?** How do I balance supporting others with caring for my own future?

From Questions to Action
Your answers may reveal gaps between the life you have built and the life you want to live. Some gaps may be financial. Others may involve your health, relationships, time, peace of mind, or sense of purpose.

Choose one or two priorities to start. Then look at the numbers and the practical steps behind them. A thoughtful financial plan can help you understand what is possible, where adjustments may be needed, and how to use your resources with intention.

Building financial wealth matters. So does making room for the other kinds of wealth that make life rich. The goal is to align your money with your life—and give yourself permission to enjoy the future you spent so many years preparing for.

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SCAN ME

From Canvas to Camouflage: Art in the First World War

by Kristina Quapp

Vorticism was a radical but short-lived avant-garde art movement of the early 20th century that embraced the dynamism of the machine age. Vorticism featured hard edges, geometric shapes, bold lines, and harsh colours that teetered towards abstraction. Inspired by Cubism and Futurism, Vorticism combined the static geometric structure of Cubism with the dynamism of the futurist movement.



Edward Wadsworth, Vorticist Study, 1914. Public domain. Courtesy of Wikimedia Commons.

Emerging around 1914, Vorticism was quickly interrupted by the outbreak of the First World War. Many artists involved in the movement enlisted, and the horrors of mechanized warfare shattered the romanticized view of industrial machinery and the machine age. Canadian-born artist Wyndham Lewis, often considered to be the founder of Vorticism, enlisted in March 1916. While Vorticism was being interrupted by war, its bold geometric aesthetic would soon find an unexpected parallel in a very different setting: naval camouflage. In 1917, British artist and Royal Naval Volunteer Reserve officer Norman Wilkinson began developing a radically different approach to camouflaging ships. While serving the Royal Naval Volunteer Reserve in 1917, Wilkinson took note that German U-boat torpedo attacks were doing significant damage to British forces, sinking roughly eight ships per day. Wilkinson concluded that if painting ships to try and hide them wasn't working, the goal should be to make them harder to target through a German U-boat's periscope. To successfully hit a moving ship, a U-boat commander could not simply aim directly at it; they had to calculate the lead angle and fire where the ship eventually would be by the time the torpedo arrived. The calculations of a ship's speed, range, size, and course needed to be precise; Norman Wilkinson calculated that throwing a U-boat gunner's calculations off by just 10 degrees was often enough to cause a torpedo to completely miss the vessel. Dazzle camouflage, also known as "Razzle Dazzle" distorted the ship's silhouette, confusing the enemy as to whether the ship was moving fast or slow, and which direction it was sailing. The intention was to cause U-boat crews to miscalculate, causing a torpedo to miss, graze the vessel, or strike a less critical area.

Vorticist artist Edward Wadsworth served in the Royal Naval Volunteer Reserve, supervising the application of dazzle camouflage to ships. After the war, he and other artists returned to the canvas, capturing the striking vessels and preserving their place in wartime history.



Edward Wadsworth, Dazzle-ships in Drydock at Liverpool, 1919. National Gallery of Canada. Public domain.

Vorticism celebrated the energy and machinery of the modern world, only to be interrupted by a war defined by those same forces. Through artists like Wadsworth and Lismer, art became a way to document what followed and preserve pieces of the First World War experience. This Remembrance Day works like these remind us that remembrance takes many forms. Through stories, photographs, monuments, and art, the experiences of those who served and sacrificed continue to be shared and remembered. Lest we forget.

Living Alongside Urban Coyotes

by Calgary Wildlife



Spotting a coyote in Calgary isn't unusual. You might see them crossing a quiet residential road at dawn or dusk, moving through an urban park, or down a river path. While seeing one can be surprising, coyotes are naturally cautious animals that generally prefer to avoid people.

Coyotes are highly adaptable, which is one reason they thrive in and around cities. Calgary's network of parks, natural areas, river valleys, and green spaces provides ideal habitat and travel corridors, while urban environments can offer shelter and food. Their natural diet consists primarily of small mammals such as mice, voles, rabbits, and ground squirrels, along with insects, berries, and other seasonal foods. By helping control rodent populations, coyotes play an important role in maintaining healthy urban ecosystems.



Although coyotes are present year-round, their behaviour changes throughout the seasons. In late winter, particularly January and February, breeding season can make adults more territorial. During spring and early summer, parents become especially protective as they raise pups. By autumn, young coyotes begin dispersing from their family groups in search of new territories, increasing the chances of sightings throughout Calgary as they travel unfamiliar routes.

When pups are present, coyotes may also show "escorting" behaviour, following a person or dog from a distance as they move away from the den or territory. Although this can feel intimidating, escorting is generally a defensive behaviour rather than an aggressive one. The coyote is responding to a perceived threat and encouraging it to leave the area.

Most encounters between people and coyotes are brief and uneventful. Coyotes typically keep their distance, but problems can arise when they begin associating people with food. Intentional feeding, unsecured garbage, fallen fruit from backyard trees, compost, or pet food left outdoors can attract coyotes into neighbourhoods. Once animals become food-conditioned, they may lose some of their natural wariness, increasing the likelihood of conflict.

Simple actions can help reduce attractants around homes and communities. Make sure to securely store garbage in bins until collection day, clean up any fallen birdseed and pick up any fallen fruit. Compost bins should be properly maintained, pet waste should be regularly picked up, and pet food should not be left outside. These measures help discourage coyotes and many other wildlife species from relying on human-provided food sources.

Responsible pet ownership also plays an important role in preventing conflicts. Cats are safest indoors, particularly between dusk and dawn when coyotes are often most active. Dogs should remain on a leash in parks and natural areas unless they are in designated off-leash spaces where wildlife activity is low. Keeping pets close reduces the chance of defensive interactions, particularly during denning season.

If you encounter a coyote, remain calm and give the animal plenty of space. Do not approach it or attempt to feed it. If a coyote does not give you space or appears aggressive, make yourself appear larger by standing tall, maintain eye contact, pick up small children or small dogs, wave your arms, and speak in a firm voice while slowly backing away. Running is not recommended, as it may encourage the animal to give chase.



Coyotes have adapted remarkably well to urban life, but successful coexistence depends on maintaining healthy boundaries. By keeping wildlife wild, removing food attractants, and respecting their space, Calgarians can help reduce conflicts while supporting one of Southern Alberta's most adaptable native species.

Winter Parking Choices Matter Around Schools



As days get shorter and winter conditions arrive, visibility around schools becomes even more important. Snowbanks, early darkness, and icy roads can make it harder to see children crossing streets. Parking rules help reduce these risks by keeping corners, crosswalks, and sidewalks clear. Parking too close to intersections or in prohibited areas can further limit sightlines when visibility is already reduced. Choosing safe, legal parking options and allowing extra time during winter conditions helps protect students and families during the busiest parts of the school day. Learn more: calgaryparking.com/safeschools.

Can You See? Winter Conditions can Make School Areas Harder to Navigate

When visibility is reduced, small parking choices can make a big difference near schools. Shorter days, snow, ice, and changing weather can make it harder for children and drivers to see each other. School areas remain busy during drop-off and pick-up times, with children and families walking, wheeling, cycling, taking the bus, and driving. When vehicles stop or park in the wrong place, they can block sightlines at crosswalks, corners, sidewalks, driveways, bus zones, and school entrances. Even a quick stop can make it harder for children, families and drivers to see one another clearly.

The Calgary Parking School Patrol Program helps support safer school journeys throughout the school year. Parking Safety and Compliance Officers visit school areas where there are recurring parking or stopping concerns. They focus on education, reminders, and visibility. Enforcement may be used when unsafe parking continues or creates a safety or access issue.

Drivers can help by slowing down, leaving extra travel time, and choosing a safe, legal place to stop or park. Sometimes the safest choice is parking a little farther away and walking the remaining distance. Keeping crossings, corners, and travel lanes clear helps everyone move more safely. Before stopping near a school, ask yourself a simple question: Can children and drivers see each other clearly?

Students can help make school journeys safer by entering the Travel Safe Student Video Contest Parking category. Students are encouraged to submit creative video ideas that show how safe parking choices help everyone travel to and from school. Learn more about school-area safety and the Travel Safe Student Video Contest at CalgaryParking.com/SafeSchools.

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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





Your pee shouldn't be red either.

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Hidden Valley
DENTAL CENTRE



ABOUT US

Experienced Care With Community Trust

Established in 1998, Hidden Valley Dental Centre has built lasting relationships with patients across North Calgary. Our team combines longstanding community trust with comprehensive treatment planning and a welcoming approach to care.

Ready to schedule your appointment?

Arrange your next visit and learn more about family dentistry, implants, wisdom teeth extraction, and CDCP-covered care.

Book Now

HOURS

Monday	8:00am – 1:00pm
Tuesday	8:00am – 6:00pm
Wednesday	8:00am – 2:00pm
Thursday	8:00am – 6:00pm
Friday	8:00am – 3:00pm
Saturday	9:00am – 3:00pm

GET IN TOUCH

(403) 295-2477

info@hvdentalcentre.com

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Now Accepting CDCP and Now Open Saturdays