

OCTOBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

HIDDEN VALLEY HANSON RANCH

HIDDEN VALLEY COMMUNITY ASSOCIATION
Hidden Valley & Hanson Ranch

VOLUME 233

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July	26	16	11	\$615,000	\$604,000
June	26	23	13	\$549,900	\$542,450
May	26	14	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
September	25	17	3	\$705,000	\$692,500

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

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- 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
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SALE \$13,879

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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

ABSOLUTELY NO HIDDEN COSTS

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Affordability Grant funding is subject to Government of Alberta eligibility, program requirements, funding availability and change. The Academy does not determine government funding eligibility.

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SCAN HERE TO VIEW ADDITIONAL
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.

MESSAGE FROM COMMUNICATIONS

A New Season at HVCA

A new season is underway at HVCA, and there is plenty to look forward to in the months ahead. From upcoming community events to new ways of sharing local news and opportunities, we want to make it easier for residents to know what is happening, get involved, and feel connected to the neighbourhood.

We also want to hear more from you. This season, we are looking for residents to feature in our Community Resident Feature. Whether you are a longtime neighbour, a new resident, a volunteer, a local creative, a community builder, or simply someone with a story to share, we would love to hear from you.

There are exciting things coming up, and one of the easiest ways to support the work happening in our community is by purchasing or renewing your HVCA membership. Membership helps support community programming, events, advocacy, and the work that keeps our neighbourhood connected.

Keep an eye on our newsletter and social channels for more throughout the season. If you have a story, event, neighbourhood update or resident you think we should know about, you can always reach me at communications@hiddenhut.org.



Hooting Season

Who's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!



PRESIDENT'S MESSAGE

It is great to be back for another season at the Hidden Valley Community Association, and there is already plenty happening as we head into fall and winter.

Mark your calendars for Walk of the Pumpkins on Sunday, November 1 at 7:00 pm. Bring the kids, bring your pumpkins, and join your neighbours for an evening of community fun including hot chocolate, treats, smores around the fire, and prizes. Pumpkins will also be collected for composting after the event.

This year's Walk of the Pumpkins will also help launch Operation Boo, an initiative supporting the Veterans Food Bank ahead of Remembrance Day. Residents are encouraged to bring non-perishable food items or cash donations to the event.

Looking Ahead to Winter

Preparations for our community rink will begin soon, with flooding planned for late November if the weather cooperates. We are also working toward installing a camera overlooking the rink, giving residents an easier way to check ice conditions before heading out.

Looking a little further ahead, Winterfest is planned for February 2027, with more details to come as we get closer.

Growing Our Community

We are pleased to welcome Sarah Galant as HVCA's new Vice-President. We are also continuing to explore additional community discounts and benefits for

residents, while looking for more neighbours who would like to get involved with HVCA. There are currently opportunities to volunteer in areas including membership and fundraising. You do not need to make an enormous time commitment to make a difference. Even a few hours a month can help us continue delivering events, programs and community initiatives.

Community Safety

We have also heard concerns from residents about e-bikes, minibikes and e-scooters travelling at high speeds around blind corners near our ravine pathways. Residents who share these concerns are encouraged to submit a 3-1-1 request regarding pathway signage or other possible safety measures. Community reports help the City understand where residents are experiencing ongoing concerns. HVCA will also continue conversations around regulations, education and enforcement to help keep our pathways safe for everyone.

Thank you to everyone who continues to participate, volunteer, share ideas, and support our community. We have an exciting season ahead, and I look forward to seeing many of you at Walk of the Pumpkins on November 1.

Robyn Moser

President

Hidden Valley Community Association



Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.



Urban Forest Strategic Plan Update

by The City of Calgary



The City of Calgary held engagement for a new Urban Forest Strategic Plan (The Plan) this spring and a What We Heard Report summarizing findings is now available at calgary.ca/UrbanForestPlan.

The Plan's project team is currently reviewing and considering all feedback as they develop the new Plan. A status update, including the approach to finalizing a new Plan, will be provided by the end of 2026. This will include information about the timing of the What We Did Report, which will explain how public feedback helped shape the Plan. For all the latest information, please check back at calgary.ca/UrbanForestPlan.

Firework Safety: A Message from Calgary Fire Department



Fireworks safety is a year-round issue in Calgary. Whether you're celebrating a holiday, festival, or special occasion, it's important to understand the rules and choose safe ways to celebrate.

Personal fireworks are not permitted because they can quickly ignite fires, damage property, and put people at risk. Consumer fireworks, display fireworks, and firecrackers are all prohibited, even if purchased outside Calgary. Only novelty devices with limited effects, such as sparklers and party poppers, are allowed. Any fireworks, pyrotechnics, or movie special effects must be installed, ignited or fired by a trained and certified professional operating under a valid fireworks permit. Permits are required for all fireworks and pyrotechnic displays.

The Calgary Fire Department responds to many fireworks-related incidents every year. In 2025, personal fireworks caused four major fires — two vehicle fires and two residential building fires — and generated more than 200 complaints in Calgary. Fires can spread rapidly from balconies, yards, vehicles, and nearby vegetation, putting neighbours and their property at risk. There are so many ways to celebrate without fireworks! Enjoy local events, connect with family and friends, explore cultural traditions, or brighten the occasion with festive lights and displays. To report illegal fireworks, contact 3-1-1 and include the location. Call 9-1-1 if fireworks have caused an out-of-control fire or emergency. Learn more at calgary.ca/fireworks.

Symons Valley Centre Construction Underway



Construction is now underway on the Symons Valley Centre at 251 Sage Hill Boulevard NW. The City of Calgary began Phase 2 work this summer, including excavation and foundation work for a new 15,000-square-foot library, underground and surface parking, a community commons green space, and a new main street through the site. The new library will replace the temporary Sage Hill Library and will include spaces for community use.

The larger seven-acre development is being built in several phases and is intended to serve residents of Kincora, Sherwood, Sage Hill, Nolan Hill, and Evanston. Future plans also include mixed-use development, retail services, housing, non-market housing, and, beyond 2030, a Calgary Transit terminal and Park and Ride. The library, community commons, and main street are expected to open in mid-2028. The approved budget for the first two phases is \$43 million.

Put more in your bin

Starts October 1
calgary.ca/recyclemore

Recycle More This October

Calgary, get ready to recycle more! Starting October 1, 2026, you'll be able to recycle more household packaging than ever before. This includes:

- Flexible bags like chip bags, granola wrappers, and coffee bags.
- Foam packaging like cushion blocks, meat trays, and egg cartons.
- Tubes like lotion tubes, deodorant, and toothpaste.
- Food and body aerosols like cooking spray, hair spray, and sunscreen.

Visit calgary.ca/recyclemore to see the full list of materials.



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Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.



Walk of the Pumpkins is Coming to Hidden Valley!

Mark your calendars for November 1 and join your neighbours for HVCA's Walk of the Pumpkins!

Bring your carved pumpkin and get ready for an evening of Halloween fun as we take a walk through the community and celebrate the creativity of Hidden Valley residents.

This year, we're also supporting Operation Boo with a collection of non-perishable food donations for the Veterans Food Bank of Calgary. If you're able, bring a donation along and help us give back to local veterans and their families.

- November 1, 2026
- Walk of the Pumpkins
- Non-Perishable Food donations welcome for the Veterans Food Bank

Event details have been shared on the HVCA Facebook and Instagram pages. Follow along for updates as we get closer to November 1.

We'll see you on the walk!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

Ballet Season

In 1841, Paris, France premiered Giselle, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.

October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

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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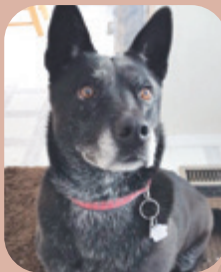
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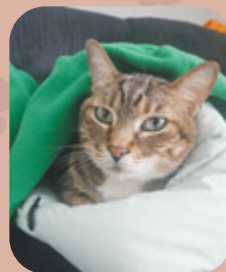
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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

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

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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