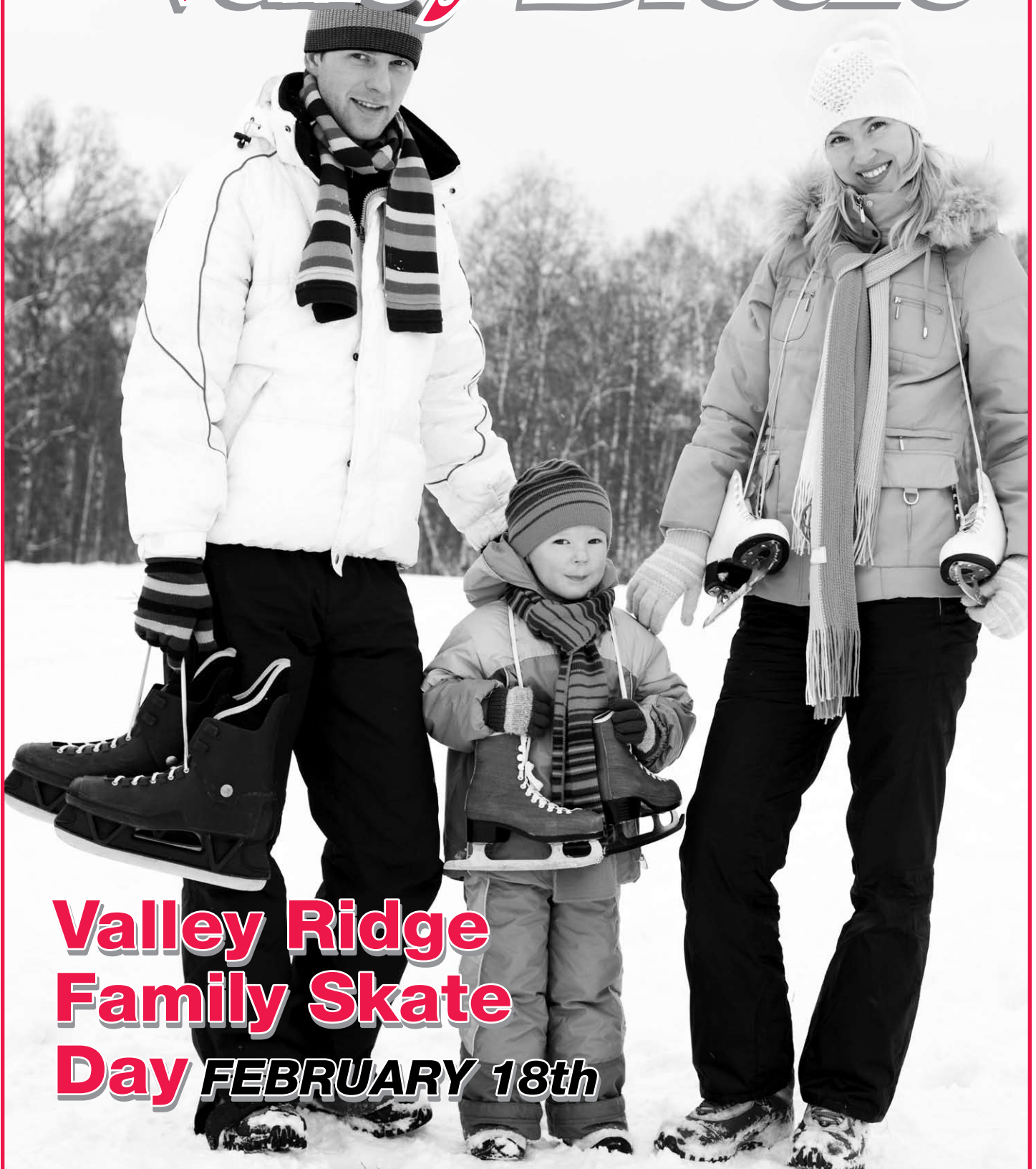


Available online at www.suburbanjournals.ca/community_currentissues.html

Valley Ridge's Community Newsletter

February 2012

The Valley Breeze



**Valley Ridge
Family Skate
Day FEBRUARY 18th**

The Valley Breeze



The Valley Breeze is the official newsletter for Valley Ridge and the Valley Ridge Community Association.

It is published 12 times a year by Suburban Journals Publishing and delivered by Canada Post. The Valley Breeze is also available for pickup at Valley Ridge Pharmacy. An electronic version of The Valley Breeze can be viewed at www.calgaryarea.com/nw/valleyridge/valleyridge.htm. Questions regarding article / photo contributions should be directed to the editor at valleybreeze@vrca.info or 403-220-1826. Submissions (300 words or less) are due by the 5th of the preceding month. Questions regarding advertising should be directed to Suburban Journals Publishing at phil@suburbanjournals.ca or call Phil at 403-660-7324.

Please note, the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher, the editor, or the VRCA Board of Directors.

Disclaimer: Any advertisements, home businesses, babysitters and nannies, or other parties listed in The Valley Breeze should not be interpreted as recommendations or endorsements by the VRCA, the editor or the publisher.

Re-publication of the Valley Breeze Newsletter (in whole or part) requires the express written permission of the article's author and the publisher. Please direct re-publication requests to valleybreeze@vrca.info.



Suburban Journals
PUBLISHING

make an impression

- 26 community newsletters
- more than 81,000 homes
- over 215,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for: Arbour Lake, Bears paw, Citadel, Dalhousie, Evanston, The Hamptons, Hawkwood, Huntington Hills, Kincora, Ranchlands, Rocky Ridge, Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Cranston, McKenzie Lake, McKenzie Towne, New Brighton in the SE; and Aspen Woods / Wentworth, Signal Hills and Strathcona in the SW of Calgary.

For the best return on your advertising dollar, call Phil today at 403-660-7324 or email Phil@SuburbanJournals.ca
www.SuburbanJournals.ca

From the Editor

Where's My Breeze?

If this is the first Breeze you've seen in a while, you're not alone. In November, Canada Post determined that 174 homes in Valley Ridge had up and moved to parts unknown and decreased their delivery accordingly. Even my home was one of those mysteriously missing and I did not receive the Breeze in December and January.

The good news is that all 174 homes have returned safely to Valley Ridge and should receive this issue of the Breeze. If you should ever find yourself without a Breeze there are two ways to solve your dilemma: Pick up a spare copy from the Pharmacy at the Plazebo or go online to: www.suburbanjournals.ca/community_currentissues.html.

Although I know what the editorial content is in each issue, I'm always interested to see who the advertisers are that chose to target our community. I have used the business services of a number of our advertisers and highly recommend that you do too.

Did you see the two homes side by side down on Valley Crest Rise that won first and second place in our annual Holiday Lights Contest? I drove by them several times and wondered how the committee would choose between the two as they really went all out this year.

Our community looked so festive during the Christmas season, it was a real joy to drive home each night and see all the coloured lights. I've left my Christmas lights up in my fir tree for the past four years and this year they shorted out. Not such a good idea! Now to get them down and replaced for next year. Yeah, I'll just put that

on my "to do list" right up there with clean the gutters.

Will you be attending Valley Ridge's annual Family Day event? It's a great way to meet your neighbours and receive a free hot beverage!

— J'Anne Claridge
Editor, Valley Breeze



Valley Ridge now on Facebook!
Check it out at
www.facebook.com/valleyridgecalgary

Get up to date community info whenever you need it.

VALLEY  RIDGE

**Valley Ridge
Community Association**

Board meetings are held every fourth Wednesday of the month at The Lodge at Valley Ridge starting at 7:00 p.m.

VRCA Planning Committee

Please contact David McCarrel for the next meeting date, time and place: planning@vrca.info.

Residents are welcome to attend either of these meetings.

Board Matters

Highlights of the November 2011 Board Meeting

Casino papers to be submitted by January 15.

Michelle Adams submitted her resignation. The Board accepts her resignation with regrets.

The VRCA Board polices were accepted as amended.

Jan Turner was accepted as the new secretary for the Board.

Kim Younger Holmes reported on the new community garden initiative. The first meeting was held on December 8. This was mostly a “meet-and-greet” meeting with 7 people attending and 4 absent with regrets. It was agreed that the garden was wanted and needed in the community. Policies were discussed, and the new committee will make up Terms of Reference at the next meeting, and will be under the umbrella of the VRCA and report to the Board. They prefer raised beds and a chain-link fence. 20 people are interested at this point.

The planning committee reported that they met with Cove Properties and then had an additional meeting with the City later. They suggest that Cove Properties have an information night for the residents in January, before construction commences.

Facilities Update - Rink will be opened this weekend. The Olympia is back from repairs and is working great.

Communications Update - website update: Kim and Suzanne will discuss further to ensure that the domain name and appropriate web tools are compatible and can be used.

New Playground - The playground should be installed in early May 2012. Volunteers for labour and for snacks for the volunteers will be needed.

Christmas Lights and Display Contest Winners

Thanks to everyone for their fabulous lights this holiday season! It was lovely to see several houses that increased their displays from last year. The top winner this year was 211 Valley Crest Rise, and they won a \$100 gift certificate to Van Gogh's. The second runner-up was 215 Valley Crest Rise, winning a \$50 gift certificate to Van Gogh's. These neighbours made a fabulous effort to either out-do each other or to join forces to make the most impressive display. The runner-up was last year's winner 236 Valley Ridge Court. Thanks as well to those homes who decorated their cul-de-sac parks. Congrats to our winners, and we are eagerly awaiting next year's competition!

- Christa McKegney
Director of Community Events

Valley Ridge Annual Skate Day

Celebrating Family Day in Alberta isn't just about families with children, but about all families. The VRCA is celebrating this year's holiday with our third Annual Skate Day, and all residents of Valley Ridge are invited to attend this free event.

The skate day will be held from **2-4 pm on Saturday, February 18**. Come with your family, friends and neighbours to enjoy a day of skating on some of the best outdoor ice in

the city. Drink free hot chocolate, coffee and tea, and enjoy some treats. Consider offering to volunteer to help maintain the rink once or twice this season by leaving your email address (a sign-up sheet will be provided near the refreshments), and do not forget to bring your sleds! There is a fantastic sledding hill just behind the rink.

We look forward to seeing everyone out again this year!

- Christa McKegney
Director of Community Events

Letters to the Editor

Dear Editor,

Regarding the four way stop and the traffic circle; I was pleased to see the oversized stop signs installed at the four way stop. Kudos to those involved. I was going to cc Dale Hodges, but I don't see an email address on his website.

Additional kudos to the fencing committee for leaving an access hole in the west fence for the many people who jog or hike around the perimeter of Valley Ridge.

Over the summer, curb repairs were performed at the traffic circle. When I saw them, I was hoping they were installing a crosswalk, but alas, it was not to be. There remains no safe way for those hikers, joggers, and dog walkers to cross that road from east to west or vice versa anywhere south of the four way stop. A crosswalk is needed, possibly BETWEEN the traffic circle and the highway. I think that lights would NOT be needed, but a marked, signed cross-walk would be sufficient. As it is, I have stood there while up to nine cars in a row accelerated past me. Occasionally one is nice enough to stop.

- Ken Brant

Valley Ridge Rink Update

Some of you are probably happy for the warm weather, but your volunteer ice makers are certainly not! Despite Mother Nature's best attempts we were able to open and keep open the rink, pond and oval with high quality ice during the holiday season. This is something most outdoor rinks were not able to do. This is only due to the countless hours of our volunteers and if you see a volunteer at the rink please say thanks. As one of the only rinks open, the usage was greatly increased and some issues arose. To avoid further conflicts at the facility please note the following rink usage guidelines:

- 1) The pond, oval and kid rink are not to be used for hockey. All hockey should be restricted to the main rink.
- 2) Per above, nets are to be kept off the oval and pond to allow for pleasure skating and those just learning.
- 3) Occasionally due to weather the main rink will be locked. As soon as the ice thickness can be restored it will be re-opened.
- 4) During very warm conditions the main lights may be off to try and limit usage on the pond and oval until the ice can be restored.
- 5) Please pick up all your garbage.
- 6) No body contact of any sort or aggressive behaviour on the ice surfaces.
- 7) Respect all users' right to enjoy the facility.

Please remember that this facility is 100% volunteer maintained and give them your support and help when they are out working at the facility. Of course, any one interested in helping out or if you have questions

or comments please contact us at facilities@vrca.info.

Enjoy the facility and please please wish for COLD weather.

Casino Reminder

March 17th and 18th, 2012

Mark your calendars for our fundraising casino March 17 & 18 at the Blackfoot Cash Casino. Contact 403-281-7159 or shar147@shaw.ca.



West Valley Softball

On-line registration begins Feb 1, 2012. Go to www.calgaryminorsoftball.com to register or call 403-288-2616 for more information.

Mites:	2003, 2002 Tuesday and Thursday \$165
Squirts:	2001, 2000 Monday and Wednesday \$180
PeeWee:	1999, 1998 Tuesday and Thursday \$195
Bantam:	1997, 1996 Monday and Wednesday \$250
Midget:	1995, 1994 Tuesday and Thursday \$250

Programs include 1 – 2 practices per week as well in fielding and hitting. The season runs May - June for LTP, Mites and Squirts and into July for Pee Wee, Bantam and Midget age groups.

We also have a very successful "Learn To Play" program.

LTP 1: ages 5 and 6
born 2006 and 2007
Monday and Wednesday
\$110

LTP 2: ages 6 and 7
born 2005 and 2006
Tuesday and Thursday
\$110

LTP 3: ages 7 and 8
born 2004 and 2005
Monday and Wednesday
\$110

LTP teams meet twice a week.

Scenic Acres Women's Recreational Soccer

Girls just want to have fun, even big girls! Here's your chance to play soccer with a group of fun loving girls (18 and older).

Our season runs from mid April to late June on Tuesday and Thursday evenings (8 – 9 pm.) We offer orientation, tech sessions and a wind up party.

We are a recreational soccer league, open to all skill levels... from beginner to seasoned players. All you need is your cleats, shin pads, water bottle and a sense of humor!

Online registration starts February 13, 2012 (www.scenicacresca.ca)
Click on Program Registration
Space is limited so register early. Cost is \$60 for Members & \$70 for Non-Members.

If you have any questions please contact Fiona at 403-239-5303.

Sports

VR Soccer Outdoor Season 2012 Update

Online early bird registration for the upcoming season began January 16 and is ongoing until February 13 (\$10 discount off of total registration). In person registration will be offered on February 11 at Van Gogh's. Please note that only cheques/cash are accepted at the in person registration (February 11 at Van Gogh's). Credit card payment is accepted online.

Regular registration runs from February 14 to March 31, and late registrations (if space/uniform is available) will be accepted until April 15. Late registrations will only be accepted if there is room on a team and a uniform available with a \$10 late fee. Uniform distribution will be held at the shed on April 9 and 10 from 6 pm to 8 pm.

The program will begin Monday April 16 and end Thursday June 28. U4 will play on Monday nights from 5:15 to 6:00 pm; U5 & U6 will play on Monday and Wednesday nights from 6:15 to 7:00 pm; and U8 & U10 will play on Tuesday and Thursday nights from 6:00 to 7:00 pm. All play will occur on the East fields this year near the hockey rink.

Valley Ridge Community Association membership (\$35) is required and will be charged at time of registration. Please wait until you are registering for soccer before getting your membership. For parents who purchased a 2012 VRCA membership for the CWSC indoor play and train program, please contact us for special instructions for the 2012 VRSC outdoor program registration.

We need a secretary/communications coordinator, equipment coordinator, BBQ coordinator, a U8/U10



coordinator and a Calgary West Soccer Club liaison to assist with the program. A full complement of co-coaches and team managers will also be required and we encourage parents to consider this position when registering. Without these essential positions filled we won't be able to offer a full program and may have to cap registration. The fundamental concern is that without enough coaches team sizes will be too large to ensure adequate field time for all players.

To encourage parents to volunteer as coaches, we are offering a \$20 discount for U4 co-coaches and a \$30 discount for U5-U10 co-coaches. Additional perks for co-coaches and team managers include guaranteed buddy placement for those who volunteer together, and an end of the year appreciation party for co-coaches and team managers. Interested parents are encouraged to contact Suzanne

Brett Welsh (sbwelsh@ucalgary.ca) for more information.

Other volunteer options include bottle drive (April 28), pathway clean up (May 5), pancake breakfast (May 26) and end of season bbq/activity day (June 23). Volunteers should expect to provide three hours of volunteer time as a minimum requirement. All volunteer positions are available for first come sign up during registration. The volunteer buyout option is still available for \$100. This fee goes back into the soccer program and helps keep fees low.

Check the Valley Ridge Soccer website for more information and the registration link: www.valleyridgesoccer.com. To volunteer for any of the positions, or for more information, please call Suzanne at 403-836-5631 or email sbwelsh@ucalgary.ca.

Division - YOY	Day	Time	Regular Fee
U4 (2008)	M	5:15 pm – 6:00 pm	\$55
U5 (2007)	M and W	6:15 pm – 7:00 pm	\$60
U6 (2006)	M and W	6:15 pm – 7:00 pm	\$60
U8 (2005/2004)	T and Th	6:00 pm – 7:00 pm	\$75
U10 (2003/2002)	T and Th	6:00 pm – 7:00 pm	\$75

Bow Ridge Little League

Another Exciting Baseball Season Ahead

With registration already underway for Bow Ridge Little League, the 2012 season is shaping up to be another exciting season. Bow Ridge Little League is a well-established Little League Baseball program catering to boys and girls ages five to 18 from beginners to advance skilled. Our mission is to encourage personal and athletic development, active participation and community belonging through sport.

In a continual effort to improve the baseball experience for our youth, the Board is pleased to announce several changes again this year; the most significant being our extended season pilot project. Based on member feedback over the past few years, regular season games for both the Machine Pitch and Coach Pitch division will play until July 14th. This extended season will be a trial for 2012, and feedback will be solicited to determine if there is an appetite among our members to extend further into the summer in future years. There is no additional charge for this extended time nor should this affect anyone from registering, as we are aware that not all players will be available in July due to summer vacations. Based on previous year's history, we do expect that there will be sufficient players and coaches on each team to allow play for this additional three weeks to the season. Last year drop-in clinics were offered throughout July for our Minor Division and based on member interest, we expect to carry these on again this year.

In addition to the extended season, registration for 2012 will be closed earlier than usual and evaluations scheduled into March. This earlier

start will allow all divisions to assign players to teams two weeks earlier than previous years and allow additional time for the teams to organize themselves and hold pre-season practices. The result will be more development time and better-prepared young athletes for the start of the upcoming season. With the changes noted above and weather permitting, the 2012 season could see up to an additional 44% (4 weeks) playing and development time for many of our divisions.

Another enhancement for 2012 is our continued focus on quality coaching. Building on the success of last year's re-designed Coach Pitch program complete with standardized curriculum, and weekly coaching plans, this year Bow Ridge will be teaming up with Alberta Baseball and the Coaching Association of Canada to offer NCCP training and certification to coaches in all of our divisions. Our first NCCP coaching seminar will be held in mid-March. Details can be found on our website.

In preparing for the 2012 season, we noted several significant increases in our costs from last year. These inflationary increases have occurred in all of our major expenditures from uniforms, to equipment to diamond rentals and facility enhancements. In order to offset these costs and keep our player fee increases to a minimum the Board will be undertaking an aggressive financial campaign early in 2012. The purpose of this campaign is to target individuals, local and national businesses offering various donations, sponsorship and advertising opportunities. Please feel free to contact us at treasurer@bowridgebaseball.com should you wish to make a donation or should require further information on the sponsorship and advertising opportunities available.

As noted above, registration for the 2012 season is underway and will remain open until February 29th. For additional information on our league or to register online, please visit our website at www.bowridgebaseball.com.



Our Schools

Hawkwood



Hawkwood School is the perfect place to send your child because we have it all! We have a great building, excellent teachers, music and phys ed specialists, and a strong program for kids with special educational needs!

Kindergarten registration for the 2012/13 School year started Monday January 16 and is on-going. Registration takes place at the school, contact the office for details at 403-777-6410.

Family Dance:

Hawkwood School's most exciting event and fundraiser, the family dance, will be held on Thursday February 23 in the gym. This year's theme of Monopoly promises to be a fun-filled evening with games, dancing and treats! New this year is a 50-50 draw!

If your business or company would like to support Hawkwood School with a donation to the dance, we would gladly recognise your contribution within the school and our community. We would love to hear from you! Please contact Heather at hawkwoodsc@gmail.com.

Parent Information Session:

Our first Parent Information Session of 2012 will be February 8, 2012, 6:30 pm in the library. Our topic this month is the "21st Century Learner." Come on out to discover how our children learn these days and how it differs from when we were students.

To help those who would like to come to our information sessions but have child care issues, Hawkwood

School Council will now be providing babysitting in the school during the meeting! If you know a potential babysitter who has their babysitting certificate and would be interested in this Council opportunity, contact us at hawkwoodsc@gmail.com. Those who would like to take advantage of the babysitting must RSVP to HawkwoodSC@gmail.com with the number of children at least 48 hours before the meeting.

Coming Soon!

In June of 2012, Hawkwood School will be opening its Time Capsule! Stay tuned for details!

Dates to Remember:

- On-Going: Kindergarten Registration
- February 8: Parent Information Session, 6:30 in the library
- February 10: Extreme Pita Fun Lunch
- February 16 and 17th: Teacher's Convention (no school)
- February 20: Family Day (no school)
- February 23: Family Dance
- February 24: Panago Fun Lunch

Questions about Hawkwood School Council?

Contact us at HawkwoodSC@gmail.com or "Like" us on Facebook at www.facebook.com/hawkwoodschoolcouncil.

Our Lady of the Assumption

Our Lady of the Assumption School is the designated Catholic K-9 school for the neighborhoods of Valley Ridge and Crestmont, and the Science and Technology school for Calgary's

northwest quadrant. As a Science and Technology school we are committed to providing our students an educational experience grounded in Inquiry Based, and 21st Century Learning. Our 350 students enjoy greater access to technology to both enhance and celebrate their learning.

We are very proud of the academic program we offer our students. However, the Advent and Christmas season gives us the opportunity to celebrate the arts and our school's on-going commitment to social justice.

Our Lady of the Assumption School offers a traditional Art and Drama program as well as Graphic Arts to our junior high students. And, with the hiring of an extremely talented elementary music specialist this year, we have a rejuvenated music program, vocal and handbell choir. Our parent community enjoyed an elementary Advent Carol Service, featuring performances by all classes, the choir and handbells, which reminded us all of the true meaning and beauty of Christmas. Our Junior High students presented a high energy musical, featuring the more playful and secular songs of the season.

Lastly, and perhaps most noteworthy of the students of Our Lady of the Assumption School, is their tremendous on-going commitment to social justice. Whether it be to address local needs right here in our own community, or responding to international crises, the students' generosity and willingness to get involved is well known and inspiring. This Christmas season, all classes rallied in support of the local St. Vincent de Paul Society to provide Christmas hampers to needy families. It was a tremendous way to help others, and acknowledge and appreciate our own blessings.

Our Schools

St. Sylvester



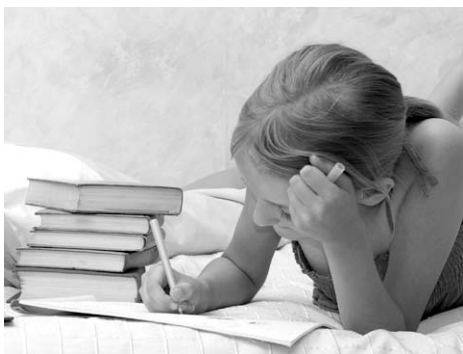
Greetings from the staff and students of École St. Sylvester School. A New Year is well underway. The kids returned from Christmas refreshed with smiles on their faces! The holiday was a wonderful time for all to get geared up for the remainder of the school year!

This month our school held a special St. Sylvester Day Liturgy. In addition some of the special events that took place included Melodies & Memories, a KBAM Theater presentation, and our monthly pizza lunch & Spirit day. Just a reminder to all, there will be no school on February 3, which is Professional Development Day.

École St. Sylvester School is a place where caring, respect, responsibility, trust, and family are taught and lived! All parents are encouraged to register their children at our wonderful school. If you are not Catholic, please call us to enquire, 500-2063.

We look forward to what February has in store for all of the staff, students and families of École St. Sylvester School!

- Carrie Morin



In Our City

A Message From Your MLA

Bowness Ratepayers Scout and Guide Hall

If you have had a chance to drive along east Bowness Road you will see the new hall is progressing nicely. The siding and windows have been installed and it looks absolutely amazing. I want to congratulate everyone involved in the resurrection of the new hall. I especially wish to thank Harold Graham, Dale, Kally and Brendon Streit, Larry Hausauer, Barb Raivio, Gord Barge and Trevor Goodliff for their help in preparing a grant proposal for a Community Facility Enhancement Program grant through Alberta Culture and Community Spirit (CCS).

In December, I was delighted to present a grant in the amount of \$125,000 from CCS that will be used to complete the interior of the hall which will include the electrical, heating, drywall and finishing. "We are very grateful for the funding provided, 10 years after we began this project prices have increased exponentially. It will be put to good use," commented Kally Streit.

South Saskatchewan Regional Plan Public Input

A regional plan for southern Alberta is about more recreation and tourism options because we all want beautiful places where we can escape and have fun. It's about conserving critical landscapes that are home to so much wildlife. It's about what we do to ensure that the energy, forestry and agriculture industries, along with many others, are successful because, as Premier Redford says, "we need to grow economically to create jobs."



Population growth and water supply are important issues as well in our part of the province. A lot of good work has been done so far developing the South Saskatchewan Regional Plan, the second plan under Alberta's Land-use Framework. But we know there are concerns about property rights and we are going to listen to Albertans before moving forward. My colleague Diana McQueen, Minister of Environment and Water, is heading a task force to listen to people's property rights concerns. Meetings are underway with stakeholders. Look for open houses in several communities next month, and a website to submit written input.

The online consultation for Albertans to comment on the advice provided to the government by the South Saskatchewan Regional Advisory Council continues until April 30, 2012. Public and stakeholder sessions in a number of southern Alberta communities will start in late February.

Go to www.landuse.alberta.ca for dates, venues and much more information about regional planning.

- Alana DeLong

In Our City

Alderman's Report

2012 Property and Business Assessment Notices

On January 3, The City of Calgary mailed 2012 Property and Business Assessment Notices. The 60-day Customer Review Period, which also starts on January 3, is your opportunity and timeframe to review your Notice. Please read over your 2012 Assessment Notice carefully. The City offers a number of online tools and resources to help you understand and review your assessment for fairness and equity.

When reviewing your assessment:

- **Check:** Is the factual information which the City has on record correct?
- **Review:** Is your property and/or business assessment a reasonable estimate as of July 01, 2011, of the market value of your property, or typical net annual rental value of your business premises, as of that date?
- **Compare:** Is your assessment equitable when compared with similar properties or business premises?

Assessment Search website: The City's newly redesigned Assessment Search website – calgary.ca/assessmentsearch, provides 2012 property and business assessment information. Assessment Search will provide the resources you need to conduct your assessment review. Assessment Search offers more information, enhanced search capabilities, a secure environment for your information and new account management features.

By selecting the new secure login service for Calgary property owners, you can conduct more in-depth assessment research, using real estate market information, summary assessment information of other properties and more detailed information

about your own property (viewable only by you – the property owner). A similar secure login service is available for business owners, which was introduced in May 2011.

Secure Login – getting started:

Information on how to login and use Assessment Search will be provided on your 2012 Assessment Notice and on calgary.ca/assessmentsearch. Also available online is “How-to” information which offers step-by-step details to complete an online assessment review.

Complaint Process: If you have endeavoured to sort out any issues with the Assessment Department, but have been unsuccessful, you must file a complaint prior to March 5, 2012. You will be scheduled for a hearing before a panel of the Board. In advance of the hearing, you will need to submit evidence and arguments to support your position. The Assessment Business Unit will also submit evidence, to which you will have a chance to respond in writing. The Board will use the evidence before it determines whether to uphold the existing assessment or vary it. Details about the complaint process and copies of the complaint form can be obtained by calling the Assessment Review Board at 403-268-5858 or by visiting Calgary.ca/arb.

For more information: Contact the Assessment business unit at 403-268-2888 (Mon. – Fri. 8:00 am – 4:30 pm) with questions or to arrange an appointment with your assessor. Phone 3-1-1 after 4:30 pm daily and on weekends. Web: calgary.ca/assessment

Crowfoot Library

Programs for Children and Youth

- **Love you Forever:** Feb. 10, 10:30 am – 11:00 am, ages 2 – 5.
- **Drop-in Gaming for all Ages:** Feb. 16, 11:00 am – 12:30 pm.
- **Make-up for Teens:** Feb. 18, 2:00 pm – 3:00 pm.
- **Manga and Comics Drawing Workshop for Teens:** Feb. 26, 1:00 pm – 2:00 pm, ages 13 – 17.

Programs for Adults

- **Law at Your Library; Small Claims Court:** Feb. 8, 7:00 pm – 8:30 pm.
- **Coaching for Business Professionals:** Feb. 9, 6:30 pm – 8:30 pm.

Bowness Library

- **Today's Technology Transfer; Calgary Public Library Photo Club:** Feb. 4, 10:30 am – 11:30 am.
- **Digital Detox Day; Decorative Painting - Faux Finishing:** Feb. 5, 2:00 pm – 4:00 pm.
- **Organized Chaos:** Feb. 8, 7:00 pm – 8:30 pm.
- **EEK! A Mouse! Beginner Computer Skills:** Feb. 14, 10:00 am – 11:00 am.
- **Picky Eating:** Feb. 22, 6:30 pm – 8:30 pm Register online at www.birthingbabies.com.



Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.

- Dale Hodges

In Our City

Snow and Ice Safety

- Property owners are responsible for clearing all snow and ice from adjacent sidewalks within 24 hours of the snow being deposited.
- Remember that snow from a public sidewalk can be put onto the road or boulevard, but snow from private property cannot.
- All sidewalks must be cleared down to the bare concrete.
- With the freeze and thaw that can come from Calgary's chinooks, ice can form quickly.
- For hard to remove ice, take a container to a fire hall or Roads depot for a sand and salt mixture.
- Keep extension cords and other obstructions off the sidewalk.
- Help to ensure everyone's safety this winter.



- Animal and Bylaw Services

New Cat Room

The Animal Services Centre is now home to a spacious new communal cat room! The purpose of this bright new expansion is to help promote healthy living by providing an enriching living environment for some of our longer term residents.

Besides the obvious advantages to our adoptable cats of increased exercise, comfort and social interaction, potential adopters benefit from seeing the cats interact with each other. Cats are much more able to showcase their true personalities and temperaments in this spacious environment. Potential adopters have a much better idea of how a pet might adjust to his new home after adoption. The communal cat room also allows for more natural meetings between adopters and potential new feline friends.

The room can house up to seven cats at one time. It includes a gorgeous, big tree for climbing and hiding in, couches and chairs for lounging on and even a TV that's programmed with captivating programs about birds and fish!

If you would like to see the adoptable cats in action in the new communal cat room, stop by the Animal Services Centre at 2201 Portland Street S.E. Hours of operation are Monday – Friday, 10:00 a.m. to 7:00 p.m. and Saturday – Sunday, 10:00 a.m. to 4:00 p.m.



- Animal and Bylaw Services

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack (*Any or all of these signs & symptoms may occur*)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.

- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk

- Heart attack risk factors include:
- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

- Alberta Health Services

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

n00b: Feb. 3 – 4 & Feb. 10 – 11, Vertigo Mystery Theatre. A play inspired by a tragic true story. A n00b is an inexperienced or unskilled player in video games. www.vertigotheatre.com

Bliss Wedding Fair Extraordinaire: Feb. 5, Carriage House Inn. Showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. www.blissweddingfair.ca

Calgary Boat & Sportsmen's Show: Feb. 9 – Feb. 12, BMO Centre. Outdoor enthusiasts will find all the latest boats, fishing gear, accessories and outdoor products at this event. www.calgaryboatandsportshow.ca

Alberta Dance Festival: Feb. 9 – 11, 16 – 18 & 23 – 25, Dancers' Studio West Theatre. A three week festival showcasing contemporary dance works by Alberta choreographers. www.dswlive.ca

Great Northern Concrete Toboggan Race: Feb. 11, Canada Olympic Park. A celebration of innovations and engineering spirit, bringing together some of the most talented and enthusiastic members of the engineering community. www.winsportcanada.ca

The Harlem Globetrotters: Feb 15, Scotiabank Saddledome. Watch the entertaining Harlem Globetrotters. www.harlemglobetrotters.com

Calgary's World of Wheels: Feb. 17 – 19, BMO Centre. Features all types of cars, trucks, motorcycles and related products and accessories. Special guest appearances are featured and TV celebrities will be in attendance. www.autorama.com

Reel Fun Film Festival: Feb. 20 – 26, Eau Claire Theatres. 7 days of international family films showcasing award winning feature presentations, thought provoking documentaries and animated films that will engage children of all ages. www.reelfunfilmfest.com

Calgary Mid-Winter Blues Festival: Feb. 20 – 25, various venues. A week long festival showcasing the blues by way of workshops, jams, dances and concerts. Beat the winter blahs by enjoying the blues! www.calgarybluesfest.com

Calgary Home & Garden Show: Feb. 23 – 26, BMO Centre. Find inspiration and solutions for home improvement projects and discover the coolest new home and garden products. www.calgaryhgs.com

Winefest: Feb. 24 – 25, Stampede Park. Features hundreds of international wines, port, champagne, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Back Cast Fly Fishing Film Festival: Feb. 25, Mount Royal University. To benefit Western Sky Land Trust and their Bow and Beyond Initiative which

aims to conserve watershed lands along the nationally significant stretch of the Bow from Calgary to Siksika. www.westernskylandtrust.ca

Spruce Meadows February Classic: Feb. 25 – 26, Spruce Meadows. Watch as some of the best riders compete in show jumping tournaments. www.sprucemeadows.com

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers. www.100dollarfilmfestival.org

A Sampling of Concerts

- **Matt Anderson:** Feb. 3, Banff Centre—Eric Harvie
- **Herman's Hermits:** Feb. 4, Century Casino
- **Benny Benassi & Sander Van Doorn:** Feb. 10, Big Four Building
- **Chicago:** Feb. 14, Jack Singer Concert Hall
- **Hedley:** Feb. 16, Enmax Centre
- **Deep Purple:** Feb. 19, Southern Alberta Jubilee
- **Linda Tillery & Cultural Heritage Choir:** Feb. 19, Banff Centre
- **Jann Arden with Guests:** Feb. 23, Southern Alberta Jubilee
- **The Stampeders:** Feb. 25, Deerfoot Inn & Casino
- **Eric Burdon & the Animals:** Mar. 3, Deerfoot Inn & Casino
- **Puscifer:** Mar. 11, Southern Alberta Jubilee
- **Lady Antebellum:** Mar. 16, Scotiabank Saddledome
- **April Wine:** Apr. 7, Deerfoot Inn & Casino



VALLEY RIDGE NOTICE BOARD

BABYSITTER LIST: Debbie Burke has a list of eligible babysitters in the neighbourhood. New babysitters, please call Debbie to add your name to the list as many of our senior babysitters are retiring. Parents, please feel free to contact Debbie if you need a babysitter. Debbie can be reached at **403-286-5286** or bvinc@shaw.ca.

ODD JOBS LIST: Due to the overwhelming popularity of the Babysitter List, the VRCA now keeps a list for Miscellaneous/Odd Jobs such as snow shovelling, dog walking, pet sitting, fence painting, etc. If you are interested in being added to the list, or finding someone who can help you with your odd jobs, please contact Debbie Burke at **403-286-5286** or bvinc@shaw.ca. Debbie will continue to screen people asking for the list to ensure they are Valley Ridge or Crestmont residents.

Valley Ridge Motorheads

A casual monthly get together of automobile enthusiasts.

7:30 pm, Tuesday, February 7 at Van Gogh's Grill and Bar

For more information, contact Jim Thornton at **403-287-9818** or jgt3@telusplanet.net

Classifieds

Ads are \$10 per month. There is a 40 word maximum per ad. Payment is required in advance in the form of cheque payable to "VRCA". PLEASE drop off or mail in care of the Valley Breeze Assistant Editor, 35 Valley Creek Cres NW, T3B 5V2. All proceeds will go to the Valley Ridge Facilities Fund. Please contact Suzanne Brett Welsh at 403-836-5631 or valleybreezeads@vrca.info for more information. Deadline is the 1st of the previous month.

LOOKING FOR A RELIABLE PAINTER AT A COMPETITIVE PRICE? Hardings Painting does all types of painting and QUALITY work! Call for a free estimate - ask about winter rates. No upfront fees, BBB, Liability Insurance, WCB. Call Mark 403-254-4726 or cell 403-708-0431 email hardingspainting@shaw.ca.

ARE YOU LOOKING FOR QUALITY CHILDCARE? Your child deserves it! I offer healthy homemade lunches, clean and safe smoke-free home and fun activities. Before and after school available. I will pick up kids from bus stop. Contact Maryam at 403-202-3664 or e safarz@yahoo.com.

PLUMBING WORK and city certified back flow device inspections for your in-slab heating. Need a shower repaired or toilet replaced? Give me a call for advice and reasonable rates. Local Valley Ridge business. Call Bill at 403-288-7710.

YOU RELAX, I WILL DO THE WORK! Hi my name is Bobbie. I have 30 years experience in residential cleaning. I'm meticulous, reliable and bonded. FREE in-home quotes. Call Bobbie at 403-968-8151.

COOL SCHOOL TUTORING for all your Academic Learning Needs: Math, Reading and Writing (Grades 1-8); Reading, Writing, Punctuation and Spelling (Grades 1-12). Kathy is a BPE/BEed Certified Teacher with 20 years of experience. Email coolschooltutoring@gmail.com or call 403-282-8359 for information.

GARAGE DOOR PROBLEM? NO PROBLEM! We can have your door opening and closing in no time. Call us today for service. We offer free estimates. Valley Ridge and Crestmont residents will receive a 10% discount. Call Tony at Best Doors Inc. 403-862-2162.

AFFORDABLE RESIDENTIAL CLEANING. We clean so you don't have to. Monthly, bi-weekly or weekly cleaning available. Affordable and trustworthy. References available. Call Sarah at 403-383-6185 or email sarah_mwangi@hotmail.com for a free estimate.

CLOTHING ALTERATION, REPAIR, CUSTOM MADE any clothes and interior decor in Plazebo co-located with drycleaners. Mon. and Tues. - 7:30-7:30, Wed.-Fri. -7:30-4:00, Sat.-11:00-3:00. Phone 403-617-9372 or email: yuliastailoring@shaw.ca.

STRESS? HEADACHES? MUSCLE PAIN? MASSAGE THEM AWAY! Valley Ridge MTAA therapist with 8 years experience and 2200 hours of schooling. Specializing in Deep Tissue Massage. Please phone Christa at 403-471-9363 to book your free assessment.

PIANO, GUITAR, VOICE, DRUM, VIOLIN, FLUTE and THEORY/HARMONY LESSONS. Certified teachers with many years experience and satisfied students. Recitals, exams and band workshops. Reasonable prices. Gift certificates and music books available. Call Irene at 403-510-3474 or email isoby@shaw.ca.

PROFESSIONAL HOME ORGANIZING! Getting ready to sell your home, or simply don't have time to organize it yourself? Let a professional home stager and organizer help you reduce clutter and get organized. Free estimates, reasonable rates. Call Charlene at 403-669-4154 or email randles@telus.net.



"Far away there in the sunshine are my highest aspirations. I may not reach them but I can look up and see their beauty, believe in them, and try to follow them."

Louisa May Alcott



Valley Ridge
Community Association

VRCA EXECUTIVE COMMITTEE

President John DeRinzy president@vrca.info 289-1949
Vice President David St. Louis vicepresident@vrca.info
Secretary Jan Turner secretary@vrca.info
Treasurer Jim Hinks treasurer@vrca.info 288-7181

VRCA DIRECTORS

Community Planning & Development
 Dave McCarrel planning@vrca.info
Community Relations & Communications
 VACANT
Community Events
 Christa McKegney events@vrca.info
Sports Programs
 Devin Wagner sports@vrca.info 532-0521
Facilities
facilities@vrca.info
Director-at-Large
 VACANT
Director-at-Large
 Kim Holmes-Younger directoratlarge1@vrca.info
Director-at-Large/Membership
membership@vrca.info

VALLEY BREEZE NEWSLETTER

Editor J'Anne Claridge 220-1826
valleybreeze@vrca.info
Assistant Editor valleybreezeads@vrca.info

VALLEY RIDGE LEAF COMMITTEE

leaf@vrca.info 286-3421

VALLEY RIDGE SOCCER CLUB

Suzanne Brett Welsh www.valleyridgesoccer.com
info@valleyridgesoccer.com

PLAZEBO

Edward Jones 286-5636
 Jennifer Noble: Agent, State Farm Insurance 286-7009
 Allure Hair Salon and Spa 984-3899
 Pacht Assessment and Rehabilitation Services Inc.
www.pachetservices.com 232-1212
 Pizza 73 www.pizza73.com 273-7373
 Post Office M-F 8-8, Sat 10-6, Closed Sun/Hol. 603-1359
 Richard's Cleaners M-F 7:30am-8pm; Sa 9am-5pm; Su closed 451-7468
 Rockstar Tanning 984-2826
 SmartMart M-F 6:30a-10p, Sat 7-10, Sun 8-10 247-7677
 Stoney Trail Veterinary Clinic www.stvc.ca 247-2737
 Valley Ridge Dental Centre
www.valleyridgedentalcentre.com 202-2266
 Valley Ridge Family Physicians 282-3806
 Valley Ridge CounterCare Pharmacy 532-4500
 Valley Ridge Wine and Liquor jameslee@shaw.ca 247-0341
 Valley Ridge Chiropractic & Wellness Centre
www.vrchirowellness.ca 202-1114
 Valley Ridge Psychologist: Dr. Tanja Haley
www.drthanja.com 669-0005
 Van Gogh Grill & Bar 288-9664
 Yulia's Alterations M-Tues 7:30am-7:30pm; W,F 7:30am-4pm 451-7468
 Thur 7:30am-6:00pm; Sat 11:00am-3pm

ELECTED OFFICIALS

Alderman, Dale Hodges Dale.Hodges@calgary.ca 268-2430
 M.L.A., Alana Delong calgary.bow@assembly.ab.ca 216-5400
 M.P., Rob Anders robanders@telus.net 292-6666

OTHER

Calgary Public Library www.calgarypubliclibrary.com
 Bowness 221-2022 Crowfoot 221-4122
 Century Group www.valleyridgestates.com
 Community Liaison Officer Constable Niven 567-6200
 Lodge at Valley Ridge www.lodgeatvalleyridge.ca 286-4414
 Valley Ridge Golf Club www.valleyridgegolf.com 221-9682
 Valley Ridge Scout Group Jeff Schaffhauser 283-4993

VRCA

Plazebo Pause

Local businesses are invited to submit short profile articles to the Breeze. Content restrictions are minimal – we are interested in knowing more about the people who invest so much time and energy in their businesses at the Plazebo. Contact the editors for more information by emailing valleybreeze@vrca.info.

Just in Case You Didn't Know...

You can view the current issue of the Valley Breeze electronic file at our publisher's website: www.suburbanjournals.ca. Also, if you have misplaced a current issue, additional copies may be picked up at the Valley Ridge pharmacy, Counter Care. For this month's electronic edition you can also visit www.calgaryarea.com/nw/valleyridge/valleyridge.htm.

VRCA Membership Reminder: 2011 & 2012 Memberships On Sale Online

Membership in the VRCA runs the calendar year, January to December. The membership is per household, not per individual and one membership covers all individuals living at that address, including children. Contact information collected by the VRCA will only be used by the VRCA and will not be sold or otherwise distributed. Notices regarding upcoming community events may be sent via email.

You can purchase your membership by cheque (see form below) or online at our EventBrite page: <http://vrcamembership.eventbrite.com>. EventBrite accepts Visa, MasterCard, American Express and PayPal. The receipts provided by the website are all you need as proof of membership payment.

Your membership helps to fund activities within our community and provides support for VRCA initiatives and future facilities, making Valley Ridge a better place to live. If you have any questions, contact Mark (Membership Chair) via **403-640-7848** or email membership@vrca.info.



Valley Ridge
Community Association

I would like to become a member of the
Valley Ridge Community Association

New Renewal

Name: _____

Address: _____

Phone: _____ Email: _____

Mail membership form & cheque for \$35 to
 Valley Ridge Community Association
 C/O Membership Chair
 147 Valley Crest Close NW, Calgary, T3B 5X2
 Please make cheque payable to VRCA

VRCA

Happy Valentine's Day!

F E B R U A R Y

2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
NOTES: 1. Be a snow angel and adopt a neighbour's sidewalk. Visit www.calgary.ca/cns						
5	6	7 Valley Ridge Motor Heads Meeting 7:30 pm Van Goghs	8	9 Feb 9 - 12 Calgary Boat and Sportsmen's Show BMO Center www.calgaryboatandsportshow.ca	10	11 In Person VR Soccer Registration Van Gogh's 1:30 pm to 4:30 pm www.valleyridgesoccer.com
12	13	14 VALENTINE'S DAY	15 The Harlem Globetrotters Scotiabank Saddledome www.harlemglobetrotters.com	16	17 Feb 17 - 19 Calgary's World of Wheels BMO Center www.autorama.com	18 Valley Ridge Family Skate Day 2 - 4 pm
19	20 FAMILY DAY Feb 20 - 25 Calgary Mid-Winter Blues Festival Various venues www.calgarybluesfest.com	21 Feb 20 - 26 Reel Fun Film Festival Eau Claire Theatres www.reelfunfilmfest.com	22 VRCA Board Meeting The Lodge 7:00 pm	23 Feb 23 - 26 Calgary Home and Garden Show BMO Centre www.calgaryhgs.com	24 Feb 24 - 25 Winefest Stampede Park www.celebratewinefest.com	25 Feb 25 - 26 Spruce Meadows February Classic Spruce Meadows www.sprucemeadows.com
26	27	28	29			