

The Valley Breeze



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.suburbanjournals.ca/current-issues.

Questions regarding article / photo contributions should be directed to the editor at breeze@vrca.community. Submissions (300 words or less) and high resolution pictures are due 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.

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In Our Community

President's Update

Happy New Year!

I hope everyone had a great holiday and spent time with family and friends.



The Board of Directors at the Valley Ridge Community Association is looking at another very challenging year again in 2021.

As the COVID-19 pandemic continues into 2021, the VRCA will be following all the requirements and guidelines set out by Alberta's chief medical officer of health and the City of Calgary.

We will endeavor to have the Ice Skating Rink and the Sports Court open for the enjoyment of the residents of Valley Ridge, while following the COVID -19 guidelines and requirements.

However, the VRCA has a very limited source of revenue to fund the operation of these facilities. Hence, I urge everyone who enjoys these facilities to purchase their 2021 VRCA membership.

Dave McCarrel, VRCA President

VALLEY RIDGE

Valley Ridge Community Association

Next Board meeting is TBD

Be a Snow Angel!

"Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.



When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

City of Calgary



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VR Soccer 2021 Outdoor Season

We hope to run a soccer program in 2021, COVID-dependent, and will be proceeding with the registration.

Online registration for the upcoming season begins January 2 and will be ongoing until March 31. Late registrations (if space/uniform is available) will be accepted until April 15.

The soccer program play will begin April 19 and end June 17.

The U4 division will play on Monday nights from 5:15 p.m. to 6:00 p.m.; U5 & U6 will play on Monday and Wednesday nights from 6:15 p.m. to 7:00 p.m.; and U8 & U10 will play on Tuesday and Thursday nights from 6:00 p.m. to 7:00 p.m.

All play will occur on the east fields. A Valley Ridge Community Association membership (\$35) is required for all participants and will be charged at time of registration if one has not already been purchased.

A full complement of coaches is required, and we encourage parents to volunteer for 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, and so teams are capped and fewer children can play.

To encourage parents to volunteer as coaches, we offer a \$20 discount for U4 coaches and assistant coaches and a \$30 discount for U5–U10 coaches.

Additional perks for coaches and team managers include guaranteed buddy placement for those who volunteer together for the same team. We also arrange pre-season coach training and provide a drill booklet. Formal training is not required.

Interested parents are encouraged to contact Christa McKegney (sports@vrca.community) for more information.

At the committee level, we are looking for division coordinators, a coach coordinator, medals and photo coordinator, bottle drive coordinator, BBQ coordinator, and a volunteer coordinator. Other volunteer options include team managers, jersey coordinators, community and field clean up (May 8), and the end of season BBQ /

activity day (June 19, or in case of rain September 4).

Volunteers should expect to provide three hours of volunteer time as a minimum requirement (regardless of event cancellation). Please pick your top three preferred volunteer positions during your online registration process.

The volunteer buyout option is available for \$120. This fee goes back into the soccer program and helps keep fees low. Check the Valley Ridge Community website for more information, vrca.community, or email sports@vrca.community.

Christa McKegney, Sports Programs Director

DIVISION	DAY	TIME	REGULAR TIME
U4 (under 4)	Monday	5:15 – 6 p.m.	\$75
U5 (under 5)	Monday and Wednesday	6:15 – 7 p.m.	\$85
U6 (under 6)	Monday and Wednesday	6:15 – 7 p.m.	\$85
U8 (under 8)	Tuesday and Thursday	6 p.m. – 7 p.m.	\$95
U10 (under 10)	Tuesday and Thursday	6 p.m. – 7 p.m.	\$95



News From Your Community Garden

It's early January and a great time to turn over a new leaf (ha ha). Consider renting a community garden box. There are so many great reasons to join us:

- Fresh, pesticide-free produce
- Meeting neighbours
- Connecting children to nature
- Affordably supplementing meals/nutrition
- Adding beauty, inspiration, and serenity to the neighbourhood
- Increasing community pride
- Improving urban air quality
- Informal knowledge sharing and hands-on learning by doing
- Reducing personal stress
- Participating in outdoor physical activity
- Bartering and sharing seeds, garden care, produce, stories, and recipes
- Creating a community hub that welcomes people of all ages, ability, or life experience.

Registration information will be provided in the February Valley Breeze and on the VRCA website.

Registration will be online through the Valley Ridge Community Association website, and garden plots will be allocated on a first come–first serve basis. Registrants must hold a current VRCA membership (which will also be available on the VRCA website: <http://www.vrca.community>).

If you have questions about the garden, email garden@vrca.community.

Word Puzzles

- | | |
|----------------|----------------------|
| 1. HARDx1HEAD | 5. MOV4IE |
| 2. _SHIP | 6. OR OR Ø |
| 3. TRUTH | 7. drawn scale scale |
| 4. ¢ ¢ ¢ ¢ ¢ ¢ | 8. Itttttttt..... |

1. Hard times ahead 2. Spaceship 3. Stretching the truth 4. Sixth sense 5. Foreign Movie 6. Double or nothing 7. Drawn to scale 8. There is no end to it

Young Artist in VR

This summer the City of Calgary ran a micro grant program through Public Art, allowing communities and individuals to propose small-scale, community-focused projects. Jamison Smith, a 12-year-old artist in Valley Ridge applied to paint a utility box in his neighbourhood. As this was his first experience with public art, local artist Mary Haasdyk was hired as the artist mentor for the project to guide him through the process.

Valley Ridge residents shared thoughts online about what makes their community special, and Jamison considered this input as he developed his artwork. Certain elements, such as the bike path running around the lower part of the box, were inspired by this, and Jamison developed cheerful artwork to brighten up his neighbourhood. The utility box is located at Valley Ridge Green & Valley Ridge Blvd NW.

Jamison shares some thoughts on the project:

How long have you lived in Valley Ridge?

J: I have lived in Valley Ridge for 6 years and have loved living here.

Why did you apply to paint a utility box?

J: It's cool to see the painted utility boxes around the city. There are so many different ones, and they make neighbourhoods more interesting. I've been working a lot on my art this year, trying to come up with my own style. One night my mom saw an ad for this Calgary public art program, so I printed out the application and sent it to the City and got approved. I was glad to have something to work on with so many other activities being cancelled because of COVID.

What is the title of this artwork?

J: I haven't been able to think of a name for it, but there is a lot of food, which is kind of a theme.

Can you tell us a little bit about your artwork on the box (what inspired it, etc.)?

J: I find my work a lot like an artist named Vexx. He has a YouTube channel that I follow. He does doodles, and I get a lot of ideas from him. But I was trying to add lots of colour and things I love. For example there is a spray can, snowboard, radio, and more. And of course lots of food.

What did you enjoy about the process?

J: People would stop while I was painting, and I loved talking to them while working on the piece. Everyone in this neighbourhood is so nice, and they loved the art. Also, a couple of weeks ago my brother discovered that the box is now a new Pokestop in Pokemon Go. It's cool to see my art in a game like that.

Councillor Report

Budget Outcome

In November, Council passed the 2021 Budget that cut property taxes by 1.77%, while still supporting Calgary police funding and addressing the concerns of marginalized Calgarians. Every City department identified budgetary cuts to achieve this goal. The Calgary Police Services (CPS) identified buckets of reductions; \$10M from future growth and \$8M to explore alternative service models for mental health calls.

It's important to note that the Chief of Police along with the Chair and the Board of the Police Commission are independent and proposed their budget to the city. The \$10M was for hiring an additional 60 staff, 30% non-sworn civilian support staff and 70% sworn officers for growth. The CPS is currently hiring and training officers as replacements to replace those lost to attrition and turnover. With COVID-19, the CPS informed Council that they do not have the capacity to hire the additional 60 staff next year, even if they wanted to. To mitigate unknown future hiring concerns for the CPS, Council supported a motion that allows CPS access to further funding for hiring, should it be required. Council also unanimously passed a motion that called on the Province of Alberta to support a joint funding partnership to fund the Community Safety Investment Framework.

Lastly, Council approved a Property Tax Program (PTP), a one-time credit to cap increases for segments of the business warehouse district. Again, the assessment system is broken and requires a more modern approach to dealing with the current and future realities facing all municipalities throughout Alberta. I encourage you to contact your MLA to support Council's request for reform.

Ward Sutherland, Councillor, Ward 1

This Month in History

January 25, 1959

An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.



Winners of the Pumpkin Contest

- 187 Valley Brook Circle- Winner
- 5 Valley Woods Way- Winner
- 199 Valley Stream Circle- Winner

There were some absolutely amazing submissions this year! Choosing three was very difficult. Thanks to everyone for bringing joy to our community.



Now Drop Off More Electronic Items for Free Recycling

Finding piles of discarded electronics in your drawers and closets, or upgraded to a new device over the holidays? It might be time to recycle your old and used electronics! Never put your electronics in the blue bin, as it can cause damage to recycling facility equipment and harm workers.

Electronics like cellphones, televisions and computers have been recycled in an environmentally safe way instead of being buried in a landfill since 2004.

The City of Calgary is participating in a two-year pilot to help divert even more electronic items from the landfill, such as:

- Small appliances (hair dryers, irons, toasters, shavers,

- vacuums)
- Audio visual (calculators, radios, headphones and earbuds, microphones)
- Telecom (landline phones, modems and routers)
- Power and air tools (drills, grinders, circular saws)
- Games, toys and music (action figures, toy robots, toy vehicles, guitars)

We will continue to accept the following electronics for recycling. Remember to remove personal data before dropping off electronics.

- Mouse devices, keyboards, cables and speakers
- Laptops, tablets and notebooks
- Printers, copiers and fax machines
- TVs and monitors

Visit calgary.ca/electronics for a complete list of accepted items and City-approved drop-off locations, including City landfills. There is no charge to bring electronics to a City landfill unless your load contains other garbage.

City of Calgary

Put holiday waste in its place

Follow these tips and ideas to make your holiday season a little less wasteful.

	Reduce	Reuse	Recycle or compost
Gifts and wrapping	Support local businesses by purchasing gift cards. Give a gift of a donation to a favourite charity.	Wrap using: <ul style="list-style-type: none"> • Paper bags or gift boxes. • Jars or tins. • Fabrics or dishtowels. 	Crumple wrapping paper into a ball, put in blue cart. No metallic or foil gift wrap. 
Cooking	Check what you have at home before you shop. Make a list and buy only what you need.	Use reusable containers for leftovers instead of plastic wrap or tin foil. Save bones and vegetable peelings for soup stock. 	Compost unusable food scraps, toothpicks, paper napkins and plates, put in green cart. Recycle empty, clean and dry tin cans, glass and plastic containers. 
Holiday cleanup	Keep clean wrapping paper, gift bags and boxes for next year. 	Donate gently used household items like working electronics, furniture, clothing and toys to a local charity.	Recycle Christmas cards, envelopes and cardboard boxes. Take old electronics to an electronics recycling drop-off. 

For more holiday tips, visit calgary.ca/recycleright

VALLEY RIDGE NOTICE BOARD

WILLING WORKERS IN VALLEY RIDGE: The Vice President maintains a list of people willing to do odd jobs or babysit for families within Valley Ridge and Crestmont. People have offered to do a variety of things such as shovel snow, house watch, walk pets, dig flower beds and mow lawns. The babysitter list notes whether the sitter has taken the babysitting course, whether they are comfortable with babies and the general location where they live. If you would like a copy of the either of these lists, please contact vicepresident@vrca.community.

Classifieds

Ads are \$10 per month for 40 words maximum. Payment is required in advance in the form of cash or cheque payable to "VRCA". Please drop off or mail in care of The Valley Breeze Classifieds Editor, 252 Valley Crest Rise NW, T3B 5Y4. Online payments are now accepted at www.vrca.community/index.php/advertisement. Ads must be received by the classifieds editor

by the 5th of the preceding month. For more information, contact Janine at breezeads@vrca.community. The Valley Breeze does not endorse or guarantee the businesses or individuals that advertise in the Classifieds.

STRESS? HEADACHES? MUSCLE PAIN? MASSAGE THEM AWAY! Valley Ridge MTAA massage therapist with 17 years experience and 2200 hours of schooling. Specializing in Deep Tissue Massage. Please phone Christa at 403-471-9363 to book your free assessment.

LICENSED HAIR STYLIST IN VALLEY RIDGE! Professional stylist with over 20 years experience, now accepting new clients. Full services salon specializing in color, highlights, perms & hair cutting. Reasonable prices. For an appointment call Carrie at 403-247-9019 or email carriemann23@gmail.com.

GARAGE DOOR PROBLEM? Call Best Doors today and we will have your door up and running in no time. Visit www.bestdoorsinc.ca for info. Contact Tony at 403-862-2162.

EXPERIENCED & RELIABLE CAT SITTER, DOG WALKER AND HOME SECURITY CHECKS. We can also give needles for diabetic pets and pills for medication. References are available; reasonable rates. Valley ridge residents since 1994. Call Cheryl at 403-286-0638.

PLUMBING WORK. Need a shower repaired or toilet replaced? Give me a call for advice and reasonable rates. Local Valley Ridge business. Call Bill at 403-851-8208.

MUSIC TEACHER: QUALITY LESSONS IN MY VALLEY RIDGE HOME STUDIO! 35+ years experience in Piano, Voice, Violin. B.Mus, B.Ed., Kodály Diploma. Kids 5+, adults and seniors welcome! Call Judy 403-274-4383 or judy.buzogany@gmail.com.

LAWN MAINTENANCE, GARDENING, SPRING/FALL CLEAN-UP, TREE WORKS, SNOW REMOVAL. OVER 20 years of experience, FAMILY OWNED (less overheads so charge less) and it's OUR NEIGHBOURHOOD. For info call/text: IRWIN 403-467-8598 or email: iccleanservices@yahoo.com.

PRO CLEAN SERVICES will give you a sparkling clean home and free time to enjoy it! Thorough, efficient and reliable. With over 30 years of experience - I am the Queen of Clean! Call Tammy @ 403-608-5239.

PEST CONTROL Treating seasonal pest problems: ants, wasps, mice, squirrels, voles, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at 403-815-8930.

EXCELLENT CLEANING SERVICES Cleaning the way it should be! Detailed and thorough house and commercial services. Everything done to your satisfaction! Weekly, bi-weekly, once a month, one time cleaning or Move-in/Move-out. Licensed, insured and bonded. Call Toni 403-470-6548.

CERTIFIED ESTHETICIAN in Crestmont offering professional Eyebrows Waxing and Tinting, Eyelashes Tinting, Waxing, Skin Care (Facials, Chemical Peeling, Microdermabrasion), and professional Makeup. Phone or text at 587-897-2962, or email to champagne-esthetic@gmail.com.

SNOW REMOVAL, WINDOW CLEANING AND CHRISTMAS LIGHTS by Squeegee Brothers. Prompt, reliable and affordable. Satisfaction guaranteed. References available. Call Steve for information and pricing. 403-383-4309 or email spotvin58@gmail.com

OMA'S PLACE DAY HOME-VALLEY RIDGE NW! Approved Day home (affiliate of KID'S CHURCHILL PARK AGENCY) Now accepting clients (F/T & P/T). Learning through fun and love. Mon-Fri @ 7am-5pm. Register @ 403-266-4656 OR 403-818-1652.

SNOWBIRDS, VACATIONERS, HOME RENTALS, HOME WATCH? Rio Azul Homewatch Inc. specializes in vacation checks and property management services. VR resident for 27 years, also serve Crestmont & Springbank. Property security checks, AirB&B, VRBO & rental support. Call Leanne 587-999-6194 for information.

KIDS BOTTLE BUSINESS! We'll take your empty bottles in exchange for chocolate banana bread, chocolate chip cookies or a driveway shovel. Bottle pick up days will be the 1st and 3rd Saturday of each month. Email bottleblessing@gmail.com to participate.

ELEGANT FLORAL BOUQUETS DELIVERED TO YOUR DOOR! Weekly delivery starts as low as \$19.99 per week (plus \$5 delivery fee). Bouquets come in three sizes: Medium, Large and Extra Large. Call (403) 470-4212 to book your delivery today!

SYNERGY CLEANING SERVICES We offer professional quality cleaning services you can trust, with a personal touch. We work together with you to make your life easier. Valley Ridge residents receive 20% off your first clean. info@synergycleaning.ca or 403-999-9931.

ELECTRICAL SERVICES WestPro Electrical Services offers affordable rates while still providing a quality customer-focused service. Call to discuss your electrical requirements for pricing. We are happy to provide free estimates. Local Valley Ridge Business. Call Marco at 403-891-3257.



Like Us on Facebook!

Please tell your friends, family, and neighbours in Valley Ridge to join us on our Facebook page, *Valley Ridge Community Association*.



Note: All phone numbers begin with 403

VRCA 695-7533
VRCA website vrca.community
VRCA Facebook Valley Ridge Community Association

VRCA EXECUTIVE COMMITTEE

President Dave McCarrel president@vrca.community
Vice President Megan Roy vicepresident@vrca.community
Secretary Chelsea Hunter secretary@vrca.community
Treasurer Mike McGee treasurer@vrca.community

VRCA DIRECTORS

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VACANT planning@vrca.community

Communications and Community Relations
Catharine Cornfield communications@vrca.community

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VALLEY BREEZE NEWSLETTER

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VALLEY RIDGE COMMUNITY GARDEN COMMITTEE
garden@vrca.community

VALLEY RIDGE SOCCER CLUB www.vrca.community
sports@vrca.community

PLAZEBO

Edward Jones 286-5661
Good Luck Pizza Mart 460-3833
Hang's Alteration 889-7569
Law Office 769-1966
Pachet Assessment and Rehabilitation Services Inc. www.pachetservices.com 232-1212

Richard's Cleaners M-F 7:30am-8pm; Sa 9am-5pm; Su closed 451-7468
Rockstar Tanning 984-2826
SmartMart M-F 6:30am-10pm, Sat 7:30am -10pm, Sun 8am-10pm 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 Pharmacy 532-4500
Valley Ridge Wine and Liquor khlee0717@gmail.com 247-0341
Valley Ridge Chiropractic & Wellness Centre www.vrchirowellness.ca 202-1114
Valley Ridge Psychologist: Dr. Tanja Haley www.drtnanja.com 669-0005

Van Gogh Grill & Bar 288-9664

ELECTED OFFICIALS

Councillor, Ward Sutherland ward01@calgary.ca 268-2430
M.L.A., Nicolaiades Demetrios calgary.bow@assembly.ab.ca 216-5400
M.P., Ron Liepert ron.liepert@parl.gc.ca 292-6666

OTHER

Calgary Public Library www.calgarypubliclibrary.com
Bowness 221-2022 Crowfoot 221-4122
Community Resource Officer Cst. David Down 428-6200
DDown@calgarypolice.ca
Calgary Police Nonemergency 266-1234
Lodge at Valley Ridge www.lodgeatvalleyridge.ca 286-4414
Valley Ridge Golf Club www.valleyridgegolf.com 221-9682

VRCA

Plazebo Pauze

Local businesses who advertise in *The Valley Breeze* are invited to submit short profile articles to *The Valley 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 breeze@vrca.community.

Just in Case You Didn't Know...

You can view the current issue of *The Valley Breeze* electronic file at our publisher's website: suburbanjournals.ca/current-issues. Also, if you have misplaced a current issue, additional copies may be picked up at the Valley Ridge Pharmacy.


VRCA Membership Reminder: 2020 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.

Memberships can be purchased online at the VRCA website vrca.community. You can also purchase your membership by cheque (see form below for instructions). The receipts provided by the website are all you need as proof of membership payment.

VRCA occasionally emails members to provide notification of community events and updates within our community. You can choose to be removed from the list at any time. Please indicate whether you are interested in receiving emails about our community.

Your membership helps to fund activities within our community and provides support for VRCA initiatives and future services, making Valley Ridge a better place to live. Email memberships@vrca.community if you have questions.



Valley Ridge
Community Association

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

NEW **RENEWAL**

VRCA occasionally emails members with community event information.

I consent to receive emails from VRCA

I do not wish to receive emails from VRCA

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Mail with \$35 cheque payable to VRCA:
Valley Ridge Community Association – attn.: Membership Chair
11732 Valley Ridge Blvd NW, Calgary, AB, T3B 5Z9