

The Valley Breeze



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

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VALLEY  RIDGE

Valley Ridge Community Association

Next Board meeting is TBD



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In Our Community

President's Update

The VRCA's AGM was scheduled for Thursday, April 28, 2022. Unfortunately, we did not have a quorum. According to the VRCA Bylaws, we need 20 households to be in attendance for a quorum. We had 16 households in attendance. So the VRCA's AGM had to be rescheduled to Monday, May 30.



Street sweeping for the community of Valley Ridge was scheduled for early April. Unfortunately, it snowed on the day we were scheduled. So the new schedule is now mid-June.

Check the City's website for the exact day your street is scheduled.

Dave McCarrel, VRCA President

Valley Ridge T-Ball Valley Ridge T-Ball starts Monday, August 29th!

- Participation is open to children aged 4, 5, and 6
- T-ball will run on Monday and Wednesday evenings between 6 and 7pm
- The last day will be Wednesday, September 28th (note: we do not play on Labour Day Monday)
- One parent per player MUST stay at the fields to assist with "parenting" as required and to help on the field
- Mandatory volunteerism, in addition to helping out at the field. Each participant must select a volunteer role at registration
- We need coaches to step forward prior to the season to ensure the program can go ahead.

*"In order to write about
life first you must live it."
- Ernest Hemingway*

Councillor Report

Hello Ward 1! Summer is almost here. June is Calgary's highest risk month for flooding as the melting of snow and ice in the mountains accelerates. While the risk of severe flooding in any given year is low, it's a possibility that we must always prepare for. The City of Calgary is well equipped to respond to flooding, with preparation well underway and continuing work on further flood mitigation. You can find out more about flood risk and preparations at Calgary.ca/floodinfo.

The City of Calgary hosts a number of day camps for children with programs beginning July 4. Arts, sailing and outdoor rec camps are all available. Learn more at Calgary.ca/daycamps.

The City has new guidelines for patios on public property in 2022. This popular program began in response to COVID-19 but has become a great contributor to the vibrancy of Calgary streets. The new guidelines make accessibility and pedestrian safety a priority. Details are at Calgary.ca/patios.

Did you know that your property might contain a utility right-of-way? This is a zone on residential properties where utility providers can place their infrastructure, above or below ground. Utility providers are permitted to access this area without necessarily obtaining your permission. You can find out more about rights-of-way on your property at Calgary.ca/ROW.

Transit safety continues to be a high priority issue for our office. Councillor Sharp held meetings with Calgary Transit, City Administration, the Calgary Police Service and other agencies in May to continue to work on solutions to social disorder issues. We appreciate all of the feedback we have received from Ward 1 residents.

Sonya Sharp, Councillor, Ward 1

"Life is not a problem to be solved, but a reality to be experienced."

- Soren Kierkegaard

Community Garden Update

What Is Swiss Chard?

When I was young, Romaine lettuce was a rare and exotic addition to dinner. Iceberg lettuce was the norm. I realize now that I've been naive about the enormous variety of leafy green foods available, and it's exciting to discover there are many!



I've heard Swiss chard mentioned in casual "garden talk," but I knew little about it. As a guess, I would have said it was a food that originated in Switzerland, and I would have been wrong. Swiss chard is named thanks to a Swiss botanist who first discovered it in Italy; the "Swiss" part stuck.

Swiss chard is a member of the beet family that grows in various pretty colours. Like beets, both the stems and leaves can be eaten cooked or raw. It has a mild flavour and is a superfood that is high in vitamin A, vitamin C, vitamin K, and antioxidants.

Pan fry Swiss chard in butter and garlic. Or, if you have too much (because it can be prolific), boil the leaves before soaking them in an ice bath, squeeze all the water out, then chop and freeze in small portions for year-round use in soup, stew, and smoothies.

Fresh from the grocer or garden, you can:

- Rinse off Swiss chard leaves and store them in the refrigerator, ready to be added to salads, pasta, pizzas, quiches, and sandwiches.
- Cook the ribs like asparagus (steamed, roasted, sautéed).

Swiss chard can also be used in flower boxes or as table decoration. That is how beautiful its colours can be.

"The more you know, the more you grow."—Aristotle.

We encourage everyone to visit the garden, but please do not touch the flowers and produce you see growing. All boxes are rented, planted, and lovingly tended for the owners to harvest for themselves and their families. Thank you.

*Written by Leesa JoAnn Iverson
Photography by Caroline Keats*

Safety and Crime in Valley Ridge

How to Report Crime in Valley Ridge: Dial 911 for emergencies or crimes in progress. For non-emergencies, dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (talk, type, or text), submit tips online at crimestoppers.ab.ca or text tttTIPS to 274637.

What Else Can I Do to Secure My Home and Property?

The Calgary Police Service encourages Calgarians to establish a 9 p.m. “secure your home and property routine” before heading to bed. The routine recommends Removing valuables from vehicles | Ensuring vehicles are locked, windows are closed, and if possible, parked in a garage | Closing garage doors and windows | Locking any person-doors in the garage, including those leading into a house | Checking that all house doors—front, back, side, and garage—are locked | Ensuring all windows are shut | Turning on an exterior light.

Do you know anyone in and around Valley Ridge that is struggling with alcohol and other drug dependencies?



Consider contacting the Calgary Alpha House Society, which is a local non-profit, charitable agency providing support to men and women whose lives have been impacted by alcohol and other drug dependencies. For individuals on the street needing assistance, contact the 24/7 DOAP Team at (403) 998-7388. To clean up needle and needle debris in Valley Ridge on public and private property, contact the Needle Response Team at (403) 796-5334. To seek assistance for individuals who are sleeping in camps outside in Valley Ridge, contact the Encampment Team at (403) 805-7388.

Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard



for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.

City of Calgary

Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will



- promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

Alberta Health Services

Did You Know... These Facts About June

- June has two birthstones. They are the pearl and Alexandrite.
- The birth flower is the Rose.
- The two zodiac signs in June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22).
- June was named after the Roman goddess Juno, who is the wife of Jupiter.
- June Solstice (also called Summer Solstice) occurs around June 21, when the Sun is directly overhead the Tropic of Cancer. This is also the longest day of the year.
- Father's Day is celebrated on the third Sunday of June.

"You only live once, but if you do it right, once is enough."

- Mae West

Stepping into Summer

Routine plays an important role in developing life skills and establishing healthy habits. With the school year ending, moving into the summer months with some structure can help reduce stress and anxiety. It equally can contribute to a more comfortable transition for back to school.

For a flexible routine, which supports good mental health, we can think of the “The Big 5 to Thrive”. We want to be mindful of exercise, sleep, supportive relationships, healthy nutrition, and helping others.

Here are some tips on how to support each of these pillars:

- **Exercise:** It is important to move our body in ways we enjoy! The general recommendation is ensuring we get 150 minutes of vigorous exercise each week, which can include activities like riding your bike, playing team sports, or going for a brisk walk.
- **Sleep:** A healthy sleeping pattern includes getting adequate hours of rest and establishing a good nighttime routine. General recommendations for children under 12 years old is 9-12 hours of sleep, while those ages 13-18 should be aiming for 8-10. During this time, the brain is developing and becoming specialized. A good nighttime routine can include monitoring technology and stimulating activities before bed. Instead, shift the focus to calming activities such as, meditation, stretching or reading a book.
- **Supportive Relationships:** Be mindful of who is around you. Work towards ensuring you have positive connections with family, friends, and others in our community. Together, you can support and comfort one another in both times of joy, but also during hardship.
- **Nutrition:** You want to enjoy what you eat, but it is equally important to make sure you are getting all the necessary nutrients. Healthy eating is associated with a healthy heart, strong bones, better energy levels, improved mood, and brain health. Experiment with recipes and find the joy of fueling your body!
- **Helping Others:** Helping when we volunteer, donate, or share our time with others boosts our mood and our well-being. This summer, strive to get involved in your community!



These pillars of health can seem basic, but we can always find something to work on. Improving one can often have positive effects on the others, so this summer, strive to thrive with the Big 5!

*Community Health Promotion Services Team,
Alberta Health Services*

The Origin of Father's Day

The tradition of Father's Day moved to Canada from the U.S., and is also celebrated on the third Sunday of June.

The idea of a Father's Day celebration originated with Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington—as she per chance listened to a Mother's Day sermon in 1909.

The 27-year-old pondered if there is a day to honor mother then why not for father? She began a rigorous campaign to celebrate Father's Day with the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supporting her cause. As a result Spokane celebrated its first Father's Day on June 19, 1910.

Though there was initial hesitation, the idea gained gradual popularity all over the U.S. and Father's Day came to be celebrated in many countries around the world.

www.fathersdaycelebration.com

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.

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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.

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Note: All phone numbers begin with 403

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

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Valley Ridge Family Physicians 282-3806
Valley Ridge Pharmacy 532-4500
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Valley Ridge Chiropractic & Wellness Centre www.vrchirowellness.ca 202-1114
Valley Ridge Psychologist: Dr. Tanja Haley www.drktanja.com 669-0005
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ELECTED OFFICIALS

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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

Membership Update

2022 Valley Ridge Community Association memberships are now available!

There are two ways to purchase or renew your membership:

- Visit <https://www.vrca.community/memberships/>
- Drop the membership form (found in the Breeze), as well as the \$35 membership fee, in the mail. Once your membership is processed, you'll receive an email confirmation for your records.

The VRCA is a community-based volunteer organization that supports recreation facilities and community events that help make Valley Ridge the amazing place we call home. Membership fees and volunteers help ensure that our community members have access to a variety of information, programs and amenities, including:

- construction, operation and maintenance of the community facilities, including the skating rink, sports court and fitness park;
- Community Garage Sale, Family Skate Day, and BBQ;
- Community Garden;
- Music- and Yoga-in-the-Park;
- soccer and T-ball; and
- ongoing updates related to the construction in and around our community.

Please contact memberships@vrca.community if you have any questions or concerns.



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.: Director of Memberships
11743 Valley Ridge Blvd NW, Calgary, AB, T3B 5Z9