

The Valley Breeze

MEET YOUR 2023/2024
VALLEY RIDGE COMMUNITY ASSOCIATION
BOARD OF DIRECTORS



From Left: Len Lavender, Megan Roy, Alyssa Minions, Dave McCarrel,
Christa McKegey, Merl Radke, Cindy Munn, George Banasiak.

Not featured in photo: Chelsea Hunter, Drea Sampson and Michelle Berger.

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.

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 breeze@vrca.community.

VALLEY  RIDGE

Valley Ridge Community Association

Next Board meeting is TBD



Suburban Journals
PUBLISHING

make an impression

Suburban Journals publishes community newsletters for:

Bearspaw, Rocky Ridge / Royal Oak, Scenic Acres,
Silver Springs, Tuscany, Valley Ridge, Varsity in the NW;
Skyview Ranch (including Redstone) in the NE

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

www.SuburbanJournals.ca

In Our Community

President's Update

Dear Residents of Valley Ridge,



I am excited to welcome you to the November issue of our community newsletter.

October brought us the return of the Valley Ridge Halloween Contest! In case you have not got your pictures in yet, submit them to directoratlarge1@vrca.community by November 1, 2023. Good luck! The Christmas Light contest will kick-off December 1st, so start planning your displays now.

In other news, we continue to extend our thanks to the sponsors of our Oktoberfest event held in September. Thank you to Gerard and Sherry Chiasson for your help at the event and your generous donations to the door-prizes! Further thanks to our beer sponsor, Bronc Brewing. The beverages and door-prizes were a big hit!

We also extend our appreciation for the door-prize donations from the newest Cactus Club location in Crowfoot, and the Valley Ridge Golf Course. Thank you to the VRCA board members for your efforts in planning and execution, and the many other volunteers, with particular thanks to John Card for your diligence preparing the rink!

We are always in need of new volunteers, and there are currently vacancies on the board. If you would like to see your picture on the cover of the Breeze for next season, you are encouraged to contact memberships@vrca.community to connect.

Have a fantastic month.

Megan Roy, VRCA President

DID YOU KNOW??

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.



News from the Community Garden

Celebration of the Garden Harvest!

The colder November weather is here. The community gardeners are enjoying delicious harvest from their boxes and reliving the joys of a fabulous growing season. Celebrate tasty and healthy food through these pictures.

Successes in the 2023 Community Garden

No vandalism and no theft! From what I know, we did not experience vandalism or theft this year. The deterrents of camera, lights, and signage helped. The residents that planned, planted, watered, weeded, and harvested are enjoying the delicious results of their work.

Join the Garden in 2024

We encourage others to join our gardening community and rent a box for 2024. You can register through the Valley Ridge Community Association website <https://www.vrca.community/> on the first Monday of February 2024. Click on “About the VRCA” and select “Community Garden.”



A Bit of Garden Humour

Zucchini's are either a gardener's joy or nemesis. Enjoy comedian Dave Barry's thoughts about this vegetable.

The trouble is you cannot grow just one zucchini. Minutes after you plant a single seed, hundreds of zucchini will barge out of the ground and sprawl around the garden, menacing the other vegetables. At night, you will be able to hear the ground quake as more and more zucchinis erupt.

And a few groaners.

Why do potatoes make good detectives?
Because they keep their eyes peeled.

What vegetable did Noah not take on the ark?
Leeks.

What is small, red, and whispers?
A hoarse radish.

Barb Pedersen, Garden Volunteer

Our Lady of the Assumption School

OLA school has had lots to celebrate!

We wrapped up September with our first ever Colour Run (which raised funds for our new playground), a junior high activity day, junior high volleyball teams hitting the court, our cross-country district run, and recognizing Orange Shirt Day.

In October, we participated in a lovely Thanksgiving celebration and took part in activities that highlighted our district Faith theme of “Thanks be to GOD for His Indescribable Gifts” 2 Corinthians 9:15. We “walked to remember Wenjack” (a Truth and Reconciliation activity and social justice project) for SOCKtober, donating lots of socks to Inn from the Cold.

November includes a district Faith Day, a Remembrance Day liturgy, and veterans food drive.

We want to thank all our families and school community for supporting our Colour Run as well as our social and faith service projects.

*Mrs. Horton, Principal
Our Lady of the Assumption School*

LEAF Update

The planters are emptied, and the winter planters are either already installed or about to be. We were able to purchase a few new planters this autumn, and we have reinstalled several planters along the four-way stop boulevards. We are working on a four-way stop bed and moon bed plan for more perennials and rock features, outside of the self-watering planters. This will help reduce water wastage, while still allowing for a bright pop of colour.

Our landscapers have been tasked with creating a landscape plan for our traffic circle at the entrance to Valley Ridge. Once we receive the options, the Board will debate, and we will re-enter our discussions with Alberta Transportation. We will keep everyone apprised of the situation as it progresses.

Community Events Update

The holiday season is almost upon us! Once again, we will be running a Christmas Lights and Display contest. This will run between December 1 to December 23, and all you need to do is turn on your outside lights. Our team will be driving around and taking pictures of the displays. The top winners will receive a gift certificate to Mulligan's at the Valley Ridge Golf Course, and a special mention in the Valley Breeze. We can't wait to see what displays will be out this year!

How Should The Poppy Be Worn?

The Royal Canadian Legion suggests that the poppy be worn on the left lapel of a garment and / or as close to the heart as possible.

The official start of the Poppy Campaign and the distribution of poppies to the general public begin on the last Friday in October and run until November 11.

The lapel poppy may be worn throughout the whole of the remembrance period and is removed at the end of Remembrance Day. Many people place their poppy at the base of the cenotaph, as a sign of respect, at the end of the Remembrance Day ceremony.

www.veterans.gc.ca

Councillor Report

Hello Ward 1! As we head into our snowy season, I'd like to remind everyone to take extra caution on our streets and pathways. Help keep yourself and others safe by slowing down and staying alert to vehicles and pedestrians.

This month we recognize Remembrance Day. I invite all Ward 1 residents to consider attending a Remembrance Day service in honour of those who have defended our country, whether here in Ward 1 or elsewhere across the city.

Budget adjustments

Later this month, Council will debate adjustments to The City's budget for the upcoming year. As part of this year's adjustments, Council is considering additional investments in a number of programs, like Transit safety and the housing strategy.

The budget that Council approved last year will already require The City to collect more in taxes in 2024. It will simply not be possible to fund all of these investments while keeping taxes reasonable.

It's important I hear from Ward 1 residents about what we need to prioritize. Visit calgary.ca/ward1 to learn more about the proposed investments and to submit your feedback.

Residential parking permits

As part of budget adjustments, Council will also be reconsidering the fee structure for residential parking permits this month. The implementation of fees was delayed earlier this year to allow time for Calgarians to request a review of the parking restrictions in their areas.

Visit calgary.ca/ward1 to get the latest information on these changes or to share your comments.

Snow and Ice

When snow stops falling, The City begins its 7 day snow plan. The City prioritizes major routes and pedestrian areas with a high volume of traffic, followed by major community and Transit routes. The City will also level ruts in residential areas as needed, but does not clear snow from residential streets.

Visit calgary.ca/snow to learn more about snow and ice clearing and to see current road conditions. Visit calgary.ca/311 or call 311 or report a concern.

Sonya Sharp, Councillor, Ward 1

Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;



- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Alberta Health Services

Shop Local This Holiday Season!

This year is a great time to shop locally and support our local artisans and small businesses. In November, there are numerous craft fairs taking place in many local communities, and around the city. With many vendors under one roof, you can find unique, one-of-a-kind gifts for all of your loved ones on your Christmas list.

Be sure to check out your local community for fairs in your neighborhood!



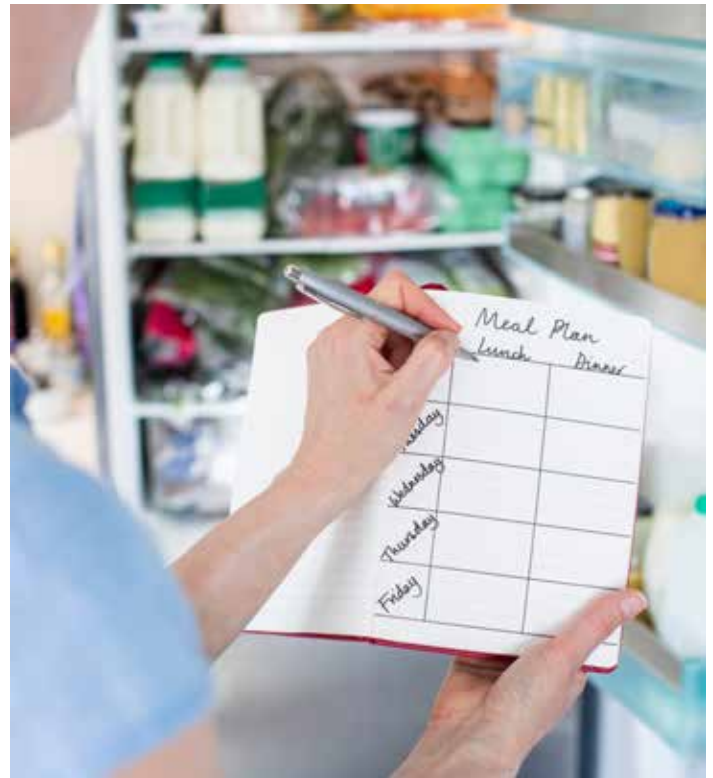
Reducing Food Waste

Reducing food waste can help you make the most of your food budget, reduce trips to the grocery store and positively impact our community, economy, and environment.

Here are some actions you can take to start saving money, time and food in your home:

- Use a grocery list and meal plan to avoid buying food you won't use.
- Schedule one day a week to cook from the freezer and cupboard only.
- Label leftovers so they don't become mysteries in the freezer.
- Set aside the fridge's top shelf as a 'leftovers' or 'eat first' shelf.
- Use blemished or unused produce in soup, smoothies, or baking.
- Check out more tips at calgary.ca/foodwaste.

City of Calgary, Waste & Recycling Services



Word Search

- | | |
|----------|-----------|
| BRAVE | PEACE |
| CANADA | POPPY |
| COUNTRY | REMEMBER |
| FIELDS | RESPECT |
| FLANDERS | SACRIFICE |
| FREEDOM | SERVICE |
| HEROES | SILENCE |
| HONOR | SOLDIERS |
| MEDALS | WAR |
| MEMORIAL | WORLD |
| NOVEMBER | WREATHS |

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | A | Z | C | K | C | N | P | R | X | W | A | R | C | B | C | Z | D |
| T | U | I | C | H | A | W | F | R | E | E | D | O | M | R | B | L | U |
| L | R | C | O | D | N | F | P | Y | B | B | I | O | O | Y | R | L | W |
| K | I | D | U | Q | A | G | E | E | M | G | M | C | T | O | A | E | O |
| J | C | W | N | C | D | P | M | S | A | U | P | E | W | E | V | C | F |
| X | F | E | T | D | A | F | O | Y | Q | C | S | R | V | Q | E | L | H |
| U | B | P | R | U | M | L | P | R | O | I | E | V | C | O | A | O | X |
| V | T | G | Y | F | D | P | W | W | L | A | R | E | K | N | N | H | A |
| F | C | U | E | I | O | Y | M | E | T | K | X | H | D | C | E | E | N |
| Y | E | X | E | P | I | T | N | H | I | R | E | E | Q | R | K | C | M |
| S | P | R | B | J | R | C | S | U | H | J | R | L | O | H | O | I | E |
| E | S | K | E | G | E | F | P | T | O | S | T | E | G | O | X | F | M |
| A | E | M | D | B | E | C | I | V | R | E | S | C | C | N | N | I | O |
| E | R | E | E | S | M | T | H | X | Z | N | D | R | K | O | V | R | R |
| E | N | T | W | D | S | E | W | F | I | E | L | D | S | R | C | C | I |
| J | W | U | O | U | A | F | M | G | P | D | S | J | K | L | F | A | A |
| K | D | Q | E | W | Z | L | T | E | E | P | D | N | X | B | C | S | L |
| R | K | X | U | Z | X | H | S | Z | R | X | A | H | P | E | U | X | P |

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 19 years experience and 2200 hours of schooling. Specializing in Deep Tissue Massage. Please phone Christa at 403-471-9363 to book your free assessment.

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.

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.

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.

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.

NEED A VACATION? Let me help plan your perfect vacation whether it be an All-inclusive Beach Vacation, River or Ocean Cruise or Tour of Another Country, we do it all! Visit my website at www.expediacruises.com/CarolMarkell or email: cmarkell@expediacruz.com Office: 403-796-8160.

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.

PRINCE OF EAVES Eavestrough cleaning, service and repair. Former employee of a prominent company in the industry. Now self-employed and available for private services. Call for a free estimate! Resident of Valley Ridge. Barry 403-815-2341.

CUSTOM CLEANING Cleaning to fit your needs! Environmental cleaning experience or your choice of cleaning products available! Over 10 yrs experience. Bonded, insured, reliable. Monthly, Bi-weekly or weekly cleanings available. Book your free estimate by calling Vall today @ 403-614-8528!

REFLEXOLOGY Experience the deeply relaxing, alternative medical practice of Reflexology. All ages can benefit. Pain management, hormonal and energy balancing, anxiety/stress relief. Ask for Michelle, RMT, at Valley Ridge Chiro 403-202-1114. Special introductory rates for Fall. Insurance applies.

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.

CHEAPEST SNOW SHOVELING! \$140 a month for unlimited visits. Each visit we will shovel your driveway, walkway, sidewalk, steps and salt all ice. Check out VRshoveling.com or email at VRshoveling@gmail.com.

STRUGGLING TO FIND YOUR WAY? Explore Art Mindfulness therapeutic sessions—a haven for life's complexities. Rediscover joy amidst crisis; no talent needed. Experience profound change. Contact Alice: 403-808-0831~ AlikisArtinMind.com for workshops or private sessions. (Kids drawing classes are also available).

CAN'T GET TO THE DOCTOR'S OFFICE? WE COME TO YOU! Our staff make house calls for check-ups, complete physicals, chronic disease management, and blood work for people of all ages. Phone: 403-973-3188 Email: Info@DirectHealthCanada.ca. Website: www.DirectHealthCanada.ca



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 Christa McKegney treasurer@vrca.community

VRCA DIRECTORS

Community Planning & Development
 Merlin Radke planning@vrca.community

Communications and Community Relations
 Kevin Unrau communications@vrca.community

Community Events
 Colleen Reed events@vrca.community

Sports Programs
 Alyssa Minions sports@vrca.community

Facilities
 Len Lavender facilities@vrca.community

Director-at-Large
 George Bonasiak directoratlarge1@vrca.community

Director-at-Large
 Barry Brett directoratlarge2@vrca.community

Membership
 Drea Sampson memberships@vrca.community

VALLEY BREEZE NEWSLETTER

Editor Christa McKegney breeze@vrca.community
Assistant Editor Wendy Lukasiewicz
Valley Breeze Classifieds Janine Cardiff breezeads@vrca.community

VALLEY RIDGE LEAF COMMITTEE

leaf@vrca.community 695-7533

VALLEY RIDGE COMMUNITY GARDEN COMMITTEE

garden@vrca.community

VALLEY RIDGE SOCCER CLUB

www.vrca.community
sports@vrca.community

PLAZEBO

Curry n Crust 460-3833
 Incline Physio www.inclinephysio.com 900-1234
 Industry Salon 764-1005
 Law Office 769-1966
 Mankind Barbershop 764-4115
 Pachet Assessment and Rehabilitation Services Inc. www.pachetservices.com 232-1212
 Richard's Dry Cleaning 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
 Smartmart Gas Station 247-7677
 Spelliscy Law Office 403-769-1966
 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.drktanja.com 669-0005
 Van Gogh Grill & Bar 288-9664
 Yulia's Tailoring 617-9372

ELECTED OFFICIALS

Councillor, Sonya Sharp ward1@calgary.ca 268-2430
 M.L.A., Nicolaides 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

Membership Update

2023 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.



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