

The Valley Breeze



Interested in renting the Valley Ridge rink this winter?
Contact facilities@vrca.community
for details on availability and pricing.



The Valley Breeze

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

Dear Residents of Valley Ridge,



As we embrace the December festivities and the closing chapter of this year, it is my pleasure to share with you the richness and diversity of the holidays celebrated in our community during this month.

First and foremost, we are in the midst of the holiday season, with excitement building for Christmas and Hanukkah. These celebrations bring families together, spreading love and joy through traditions, decorations, and acts of kindness. Our community is lit up with beautiful lights and decorations, reminding us of the magic of the season.

The VRCA Christmas Light contest is up and running! Take pictures of your displays and send them to sports@vrca.community before January 1 to be entered to win!

Kwanzaa is another significant holiday celebrated this month. It's a time to honor African heritage and culture, focusing on seven principles that emphasize unity, self-determination, and collective responsibility. We can all learn from the principles of Kwanzaa as we work towards building a stronger and more inclusive community.

Additionally, December hosts the winter solstice, marking the shortest day of the year. It's an astronomical event celebrated by many as a reminder of the changing seasons and the natural cycles of life.

In our wonderfully diverse community, we also have residents who celebrate Diwali, the Festival of Lights. This Hindu festival symbolizes the triumph of light over darkness and good over evil. Let us appreciate the beauty and significance of this holiday, which resonates with everyone's values of hope and positivity.

Lastly, we cannot forget the joy and anticipation of New Year's Eve, as we bid farewell to 2023 and welcome 2024 with hope and enthusiasm.

As we enter this season of celebrations, let's respect and appreciate the various traditions, customs, and beliefs that make our community vibrant and unique. May the spirit of unity, love, and understanding be at the forefront of our celebrations, as we safely come together to create lasting memories and foster a sense of togetherness.

Wishing you a December filled with happiness.

Megan Roy, VRCA President

News from the Community Garden

And That's a Wrap!

The community gardens celebrated a very successful year on October 16 with a lovely year-end windup. Many thanks to Carol Rogalski for hosting the event. The wine was delicious, the cheese and snacks delightful, and the conversation enlightening and motivating!

Successes in 2023

We had NO vandalism this year! Theft was minimal; only a few zucchinis. This is a big relief to the community members who put much effort into their gardens. It appears that the preventative measures that we took such as cameras and signage worked.

Most of our plants recovered nicely from the early summer hailstorm. We need to accept Mother Nature and work with what is given us for weather.

Dreaming about Your Garden During the Winter

The garden year has no beginning and no end.—
Elizabeth Lawrence, horticulture writer

In the next few winter months, gardeners can “think spring” and start preparing for the growing season.

- Grab your favourite beverage, sit in a comfortable chair, and think about your garden. What did you plant? How did it grow? What did you harvest? What did you and your family enjoy eating the most?
- Make a list of what worked and what didn't. Plan which vegetables and flower to grow in 2024.
- Browse through gardening books and websites, especially those based in Calgary. What ideas catch your attention? Add to your list.

Gardening Quotes for Inspiration

Many horrific situations exist in our world. A garden is one way of gaining a short time of peace, relaxation, hope, and optimism. Enjoy these quotes.

- Watching something grow is good for morale. It helps us believe in life.—Myron Kaufmann, author
- Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.—May Sarton, author

Mark Your Calendars for February 6, 2024

The community garden boxes are available for rent for the 2024 season on February 6, 2024. On that day, go to the link below and register. Boxes are \$35 for the season,

and you need to be a VRCA member at a cost of the \$35 annual fee.

When you rent a community garden box, you gain:

- A dedicated garden box near your home.
- The satisfaction of planting, nurturing, harvesting, and eating your own produce.
- Learning great gardening tips from other Valley Ridge residents.
- Having fun during garden work bees. We have lots of laughs as we shovel compost and pull weeds together!

<https://www.vrca.community/community-garden/>

Barb Pedersen, Garden Volunteer



Christmas Party at the Valley Ridge Lodge

On behalf of The Lodge at Valley Ridge Retirement Residence, the Valley Ridge Community Association members are invited to attend our Christmas party on Friday, December 15, 2023, at 2:30 p.m. We will have refreshments and entertainment by Silence in B'tween. Santa and Mrs. Claus will be making a surprise guest appearance, with photo booth too!

Halloween Haunts

In shadows danced their spooky delight,
With cobwebs, (drone) ghosts that soared in flight.
In the moonlight's glow, the haunted houses shone so bright,
The Halloween decor, a wondrous sight.
Our feature residence, you've truly set the bar,
A spooktacular champ, our neighborhood star!
Ghosts, spiders, tombs, their efforts take the crown,
In our community, this spook-tacular display is renown.

11520 Valley Ridge Drive.

Thank you for your participation in the Halloween decor photo event!

Want to see your residence featured? The Christmas Light contest has begun.

Send your photos to sports@vrca.community by the end of December for your chance to win!



Councillor Report

Hello Ward 1! The holiday season is almost here. I'm wishing you and your family a fun-filled month and all the best for the coming year.

Budget adjustments update

Council concluded its deliberations on the 2024 City budget in November. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting calgary.ca and by subscribing to the Ward 1 newsletter at calgary.ca/ward1.

Snow and ice

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at calgary.ca/snow. A reminder also that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

Food Bank Challenge

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which ward can donate the most amount of food. While the official challenge is just a few days, the Calgary Food Bank welcomes donations all year round. Visit calgary.ca/Ward1 for details on how you can participate. City facilities and programming over the holidays Some City programs and services will have reduced or modified hours during the holiday season. Visit calgary.ca for the latest information on schedule changes, or call 311 for more information.

Engagement opportunities

The City is always looking for feedback from Calgarians on future programming, policies, and City spaces. Visit engage.calgary.ca to learn about the online and in-person opportunities for engagement happening right now.

Sonya Sharp, Councillor, Ward 1

Editor's Note:

Wildlife and Pets in Our Community

Several residents have written in regarding wildlife interactions and pet infractions, so a quick reminder to all residents.

All dogs and cats need to be kept on a leash if outside of your property. A resident walking their dog was surprised by a moose dashing towards them and then chased by an off-leash dog. We do not want to negatively impact our resident moose wildlife, or cause any injury to our pets, so please be responsible. Also, please remember that you are required to pick up any dog waste and dispose of it. Leaving it in baggies on the ground is not acceptable.

Cats are to be kept indoors or on your property at all times. The City of Calgary has bylaws against roaming cats.

Concerns with Cats

We can help you address cat concerns in your community. Calgary bylaw states cats must be confined to the owner's property.

- Roaming cats are a community nuisance; they dig in gardens or defecate on neighbour's property.
- Outdoor cats kill thousands of songbirds each year. This greatly impacts our city's biodiversity and natural health.
- Keeping your cat in your yard keeps it safer from traffic, wildlife, poisons, diseases, frostbite, dehydration, and abuse from humans.

Under our Responsible Pet Ownership Bylaw, cat owners must ensure their cats:

- Have a City of Calgary license.
- Remain on the owner's property.
- Do not disturb the peace by howling or crying.
- Do not damage others' property.
- Do not scatter garbage.
- Do not chase, threaten, or attack a person or an animal.

Fines for failing to comply with the Responsible Pet Ownership Bylaw range from \$25 to \$1500.



Rink Update

VRCA Outdoor Rink and Sport Court Update

Hope all residents had a great summer. There was a lot of activity during the past months at the facility, some days from 7:00 a.m. until the lights went out at night. The court is being used by all ages; I spoke with a young student that was practicing basketball many mornings at 7:00. He advised he was entering Edge Academy in the fall and wanted to be in shape to start the year. This is a great facility for all residents of the community.

Volunteers are now preparing the facility for the winter months, removing sports court equipment and installing fencing around the pond area. Flooding will commence as soon as the cold weather has set in.

Many volunteer hours are required for operating and maintaining the rink during the winter months. We have a couple of experienced group leaders that will provide training on all the equipment. Any amount of time is appreciated. Please inquire at the rink or contact below.

Partial costs for rink operations are from rentals. We welcome all residents' inquiries about birthday parties, family gatherings, team practice. Please stop by the rink or contact by email below.

The Rink committee has decided to increase hourly costs by 5% for the 2023/2024 winter season. This will bring the average hourly cost to \$105.00 per hour. VRCA members receive a 10% discount.

Thanks to everyone for the continued support for the Community Outdoor Rink and Sport Court.

The Board of Directors and the Facility Volunteer Group

Len Lavender, Director of Facilities

DID YOU KNOW?

Norway sends a Christmas tree to Britain every year as a symbol of gratitude for their help preserving Norwegian liberty during World War II.



Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible.



Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services

New Facilities

The VRCA is exploring new facilities, and we have been considering the newly emerging sport of Padel tennis. This is an outdoor combination of both tennis and squash. Currently there are 198 tennis courts in the city, and they are mostly underused. Padel tennis is similar to pickleball, with a lesser impact on the body and fully available to all age ranges. It is a quickly growing sport across the world. Mo Aladin, a former Board member who led our tennis committee prior to COVID, has urged us to look at this opportunity, as he feels it will better serve our community and provide a new racket sport that more people can enjoy and master. We want to introduce you to this sport. Videos on Padel can be found on YouTube under “How to play padel.” https://www.youtube.com/watch?v=NX-68fxhL_4

We will send out a new facilities survey in the New Year to gauge interest in this and other more familiar options.

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 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.

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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.

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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

FREE UPRIGHT PIANO AND BENCH. Please call Heather 403-813-7676.

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 403-998-8535.



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**.



Valley Ridge
Community Association

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 BREEZE NEWSLETTER

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VALLEY RIDGE SOCCER CLUB

www.vrca.community
sports@vrca.community

PLAZEO

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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
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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.drtanja.com	669-0005
Van Gogh Grill & Bar		288-9664
Yulia's Tailoring		617-9372

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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

2024 VRCA Memberships are available for purchase December 1, 2023!

It's that time of year again—the 2024 VRCA Memberships will be available starting on December 1, 2023. Please take a moment to renew your household membership early to maximize your benefits in the new year!

There are two ways to purchase or renew your annual membership:


- Visit <https://www.vrca.community/memberships/>
- Drop the form on the back page of the Breeze, as well as the \$35 membership fee, into 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 Days, Oktoberfest and BBQ;
- Community Garden;
- Music- and Yoga-in-the-Park;
- Soccer and T-ball; and
- A direct liaison between the Board and City representatives, ensuring that the community is up-to-date on the latest developments.

If your neighbours aren't members yet, please encourage them to join so we can continue to be the vibrant community we are today! This year we had our highest membership numbers on record, and we hope to eclipse that in 2024!

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